



Meat Doneness Guide



Roasting Guidelines for Joints



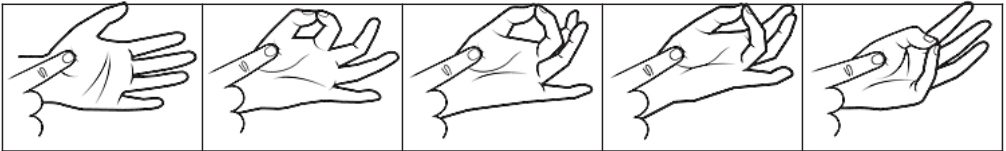
Ovens vary & recommended temperatures should be checked against the user instructions for the oven being used

Type of Meat	Initial		Additional		Core Temp	Resting Time
	Temp	Time	Temp	Time		
Beef	200 °C	30 mins	160 °C	Rare-15 mins per kg	55 °C	30 mins
Lamb				Medium-20 mins per kg	65 °C	
Venison				Well Done-30 mins per kg	75 °C	
Chicken	190 °C	20 mins	170 °C	Small-40 mins Large-60 mins	65 °C	20 mins
Pork	200 °C	30 mins	160 °C	35 mins per kg	65 °C	20-30 mins

Note: Additional time required applies per kilogram *proportionately*.
 For example, the *additional* time required for a 1kg **RARE** beef roast is 15 mins,
 and the *additional* time required for a 1,25kg **RARE** beef roast is 18,75 mins,
 and the *additional* time required for a 1,5kg **RARE** beef roast is 22,5 mins.



The Touch Test for Steaks



RAW

Rare

Medium Rare

Medium

Well Done

Open the palm of your hand. Relax the hand. With your other index finger push on the fleshy area between the thumb and the base of the palm.

This is what **RAW** meat feels like.

For **RARE** steak, gently press the tip of your index finger to the tip of your thumb,

For **MEDIUM RARE** steak, press the tip of your middle finger to the tip of your thumb,

For **MEDIUM** steak, gently press the tip of your ring finger to the tip of your thumb,

For **WELL DONE** steak, gently press the tip of your pinky to the tip of your thumb, and push on the fleshy area between the thumb and the base of the palm with your other index finger.

