



Your Key Ingredient For Today's Kitchen™

Roaster Oven Cooking Guide

Roasting Chart

Preheat covered oven for 20 minutes. Suggested times are only a guide. Use a meat thermometer for more accurate roasting. Set meat on rack and place into preheated cookwell.

Type of Food	Weight in pounds	Temp. Setting Preheat/ Roast	Roast Time in Minutes/Lb.
BEEF			
Corned beef	3.5 to 4 lbs.	350°F/300°F	15 to 20 (med-well)
Pot roast, boneless	4 to 6 lbs.	350°F/325°F	15 to 22 (med-well)
Tenderloin	3.5 to 4 lbs.	450°F/450°F	8 to 12 (rare-med)
Sirloin tip	3 to 5 lbs.	350°F/325°F	20 to 25 (medium)
Standing rump	4 to 6 lbs.	350°F/325°F	15 to 22 (rare-med)
Standing rump	2.25 to 3 lbs.	425°F/400°F	12 to 15 (rare-med)
LAMB			
Leg, sirloin	5 to 8 lbs.	400°F/350°F	25 to 30 (med-well)
Shoulder, boneless	3 to 4 lbs.	400°F/350°F	25 to 30 (med-well)
PORK			
Chops, center cut	4 to 5 lbs.	450°F/325°F	15 to 20 (well)
Loin roast, center	3 to 5 lbs.	400°F/350°F	15 to 20 (well)
Shoulder rolled	3 to 4 lbs.	375°F/350°F	25 to 30 (well)
Ribs, lean country (Precook ribs to tender; finish at 425°F in roaster or the grill.)	8 to 10 lbs.	250°F/250°F	15 to 20 (med-well)
Ham, slice	8 to 12 lbs.	350°F/325°F	15 to 20 (well)
Ham, precooked	5 to 10 lbs.	350°F/325°F	15 to 25 (heated)
VEAL			
Veal shoulder, roast	3 to 5 lbs.	350°F/325°F	30 to 35 (well)
POULTRY			
Chicken pieces	6 to 8 lbs.	400°F/375°F	8 to 10 (well)
Chicken whole	3.5 to 5 lbs.	400°F/400°F	13 to 18 (well)
Cornish hens (4)	3.5 to 4.5 lbs.	450°F/450°F	15 to 20 (well)
Duck	4 to 5 lbs.	450°F/425°F	20 to 25 (well)
Turkey, whole	20 to 22 lbs.	400°F/400°F	15 to 20 (well)

*To obtain additional browning on poultry, mix 4 tbsp. melted margarine with 1 tsp. browning sauce; brush evenly over skin before roasting.

Baking Chart

Preheat roaster oven for 20 minutes. Set rack in preheated cookwell. Suggested times are only a guide.

Type of Food	Temperature Setting	Bake Time in Minutes
Baking potatoes	400°F	60 to 70
Sweet potatoes	400°F	55 to 60
Winter squash: Butternut, Buttercup, Acorn (halved or quartered)	400°F	45 to 60
Brownies	350°F	25 to 30
Packaged cake	375°F	30 to 35
Cookies	375°F	11 to 13