Cooking Temperatures (Oven)

1. ***Bottom Round Roast***- **Bake at 325** degrees for **an hour and a half** or until internal temperature is 135 degrees
2. ***Eye Round Roast-*** **Cook at 350 degrees F** for **20 for 25 minutes per pound**. 30 minutes per pound at 350 degrees F until Internal Temperatures reaches 175 degrees F
3. ***Top Round Roast-*** **Bake for 15 minutes at 450 degrees**. Then reduce the oven to **325 degrees** and bake for **an hour** or until an instant read thermometer reads 135 to 140 degrees. Remove from the oven and tent with tin foil for 15 minutes.
4. ***Chuck Roast-*** Sear first! Cover and roast at **250 degrees** on the center rack for **2 hours**. Remove from oven and take roast from pan - best in crockpot
5. ***Top Sirloin Roast-*** Place in the oven at **375 degrees**, and roast until you reach an internal temperature of **130 F for medium rare**. For each additional 'step' of doneness, add ten degrees. So medium would be 140, medium-well, 150, and well-done 160.
6. ***Brisket-*** Preheat the oven or smoker to **225 degrees F**. Trim the fat evenly across the top to 1/4-inch thick. Season the brisket liberally with the seasoning rub. Cook in the oven or smoker until the internal temperature on an instant- read meat thermometer reaches 175 degrees F, **about 6 to 8 hours**.
7. ***Standing Rib Roast-*** Bake at 350 degrees for **16 to 18 minutes a pound**, to an internal temperature of 120 degrees. For a 7-pound roast, that's going to be about **two hours**
8. ***Bone-In Ham-*** **Preheat the oven to 325°F**. Place the ham on a rack in a shallow roasting pan. For a whole 10- to 15-pound ham, allow **18 to 20 minutes per pound**; for a half--5 to 7 pounds--about 20 minutes per pound
9. ***Picnic Shoulder-*** **Preheat the oven to 350** and cook roast for **2 hours at 350 and 3 and 1/2 hours at 325 degrees F**. Roast the pork for **35 minutes per pound**, uncovered, until the skin is crispy-brown.

10. ***Boston Butt-*** In a nutshell, you season the hell out of it and cook it at a low to moderate heat for 3 to 6 hours (**2-1/2 to 3 hours at 350 degrees**; **5 to 6 hours at 250 degrees.)**
11. ***Pork Tenderloin-*** **Preheat the oven to 375°** and place tenderloin in the middle of a baking dish. Rub vegetables with olive oil and season with 1/8 teaspoon salt. Scatter them around the pork in the baking dish. Roast **30 to 45 minutes** (or until a thermometer inserted in tenderloin registers 155°)
12. ***Pork Loin-*** The rule of thumb for pork roasts is to cook them **25 minutes per pound of meat at 350 degrees** F (175 degrees C). Use a thermometer to read the internal temperature of the roast
13. ***Beef Tenderloin-*** For tenderloin roasts weighing 4 to 5 pounds, **roast at 425°F for 50 to 60 minutes** for medium rare (135°F), and **60 to 70 minutes for medium** (150°F).
14. ***Beef Short Ribs-*** Beef short ribs are done when the internal temperature of the ribs reaches around **200 – 205 degrees Fahrenheit** using an instant read thermometer like a Thermoworks MK4 Thermapen. **At 225 degrees F plan on 6 hours of total time**
15. ***Beef Baby Back Ribs-*** Preheat your smoker, charcoal grill, or gas grill to **225°F** - the ideal temperature for cooking ribs. **Smoke/slow cook for 3 hours** using indirect heat. Wrap the ribs in foil with some liquid and **continue cooking for 2 hours**
16. ***St Louis Ribs-*** Preheat your smoker, charcoal grill, or gas grill to **225°F** - the ideal temperature for cooking ribs. **Smoke/slow cook for 3 hours using indirect heat. Wrap the ribs in foil with some liquid and continue cooking for 2 hours**
17. ***Baby Back Ribs-*** Preheat your smoker, charcoal grill, or gas grill to **225°F** - the ideal temperature for cooking ribs. **Smoke/slow cook for 3 hours using indirect heat. Wrap the ribs in foil with some liquid and continue cooking for 2 hours**
18. ***Picanha-*** For the perfect medium-rare Picanha steak, grill for **9-12 minutes for a 1-inch steak and 12-14 minutes for a 1½ inch steak**, turning about 1 minute before the halfway point. A meat thermometer should read 130°F. Rest your steaks for 5 minutes before serving, covering lightly with foil.
19. ***Whole Chicken-*** **Roast the chicken at 400 degrees for about an hour and a half**, depending on the size of the birds. The way I figure time for this is to take the average weight of one of the chickens (say, 4.5 lbs) and calculate 15 minutes per pound (that would be about 67 minutes for a 4.5 lb chicken).

20. ***Smoked Whole Chicken-*** **Preheat oven to 425°.** Place in a dry roasting pan and season to taste with Salt, Pepper, Garlic, and Rosemary (optional). **Bake uncovered for 15 minutes. Reduce heat to 350° and bake for an additional 3 hours, or until the internal temperature of the thickest part of the chicken reads 165° or higher.**

21. ***Pastrami-*** Bake It. Put the slices of pastrami in a sandwich on a baking sheet and cover it loosely with aluminum foil. Heat the sandwich at **200 or 250 degrees Fahrenheit for 10 to 15 minutes** or until the pastrami is heated through

22. ***Corned Beef-*** Bake at **355 degrees for 45 minutes per pound** until internal temperature reaches 160-190 degrees

23. ***Homemade Meatloaf-*** Bake at 375 degrees, the simple answer is **approximately 45 minutes on the higher end and at least 40 minutes**.

24. ***Smoked Boneless Ham-*** **Heat oven to 325 degrees F**. Remove all packaging materials and place ham on its side, fat side up, on rack in shallow roasting pan; cover loosely with aluminum foil. 2. **Heat approximately 15 to 20 minutes per pound until heated through.**

25. ***Smoked Ham Hocks-*** **Preheat your oven to 350 ° F.** In an oven safe lidded skillet or braising pan, fry the ham hocks in the oil until brown and crispy on the outside. Remove from the stove, cover with a lid and place in the oven. **Cook in the oven for 2-3 hours**, until the ham hock meat is tender and falls apart when pulled at with a fork

26. ***Homemade Italian Meatballs-*** **Preheat the oven to 350**. Set the number of frozen meatballs you want to use on a baking sheet with plenty of space between and in a single layer. **Bake at 350 for 20 minutes**. Remove and use as desired