

# TIPS FOR COOKING

# Holiday Meats

## TIPS FOR COOKING TURKEY

SERVING	WEIGHT	COOK TIME
6 to 10	8 to 12 lbs	2 to 3 hrs
10 to 14	12 to 16 lbs	3 to 4 hrs
14 to 18	16 to 20 lbs	4 to 5 hrs
18 to 22	20 to 24 lbs	5 to 6 hrs
22 to 26	24 to 28 lbs	6 to 7 hrs
26 to 30	28 to 32 lbs	7 to 8 hrs

Preheat oven to 325° F. Roast until internal temperature registers 165° F, basting turkey with pan juices every 30 minutes. During the final 30 minutes, baste turkey with melted butter.

Remove from the oven, tent loosely with foil and let rest 30 minutes. For best results, cook stuffing separately, until internal temperature registers 165° F.

## HEATING DIESTEL COOKED TURKEYS

**ROASTED TURKEY:** Preheat oven to 325° F. Rub turkey with softened butter and heat until internal temperature registers 165° F. Rest for 15 minutes.

## HEATING BEELER'S COOKED HAMS

Preheat oven to 325° F and bake until internal temperature registers 140° F. Rest for 15 minutes.

## TIPS FOR COOKING BEEF ROAST

SERVING	WEIGHT	# RIBS
4 to 6	4 to 6 lbs	2 ribs
6 to 8	6 to 8 lbs	3 ribs
8 to 10	8 to 10 lbs	4 ribs
10 to 12	10 to 12 lbs	5 ribs
12 to 14	12 to 14 lbs	6 ribs
14 to 18	14 to 16 lbs	7 ribs

Remove roast from the fridge 45 minutes before cooking.

**Method 1:** Preheat oven to 200° F and cook for about 43 minutes per pound until internal temperature registers desired doneness.

**Method 2:** Preheat oven to 325° F and cook for about 15 minutes per pound until internal temperature registers desired doneness.

Remove from the oven, tent loosely with foil, and let rest for at least 30 minutes and up to 1 hour before carving.

**Optional:** After resting, sear beef in a preheated 500° F oven for 5 to 10 minutes.

Rare: 120° F to 129° F

Medium Rare: 130° F to 134° F

Medium: 135° F to 144° F

Medium Well: 145° F to 154° F

Well Done: 155° F to 164° F

\*USDA recommends  
145° F for safety.

