

TISCHLER'S MARKET

Meat | Seafood | Deli

Choice & Prime Steaks, No Growth Hormones, No Antibiotics

BONELESS BEEF ROASTS

1. Pre-heat oven to 350°F
2. Season your roast generously with desired seasonings
3. Place roast in shallow roasting pan
4. Cook roast for approximately 20-25 minutes per pound
5. Check internal roast temperature 30 minutes before estimated cooking time is up

125°F Rare

135°F Medium

140°F + Well Done

6. Remove roast at desired temperature and let it rest for 15-20 minutes before slicing

NOTE ON MEAT TEMPERATURES:

What constitutes rare and medium-rare cooked meat? To satisfy government home economists, the Beef Council says rare beef means an internal temperature of 140°F. This temperature is ok if you like well-done, dry meat. If you like moist, rosy colored meat, rare begins at 120°F and starts to become medium-rare at 130°F. To cook meat properly and to your liking, you must use a good meat thermometer!

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