

# ROASTS

|                |  |   |   |   |
|----------------|--|---|---|---|
| <b>BEEF</b>    | <b>OVEN</b><br>180 deg C<br>350 F<br>Gas 4 | <b>RARE</b><br>20 min<br>per 454g (LB)<br>Plus 20 min | <b>MEDIUM</b><br>25 min<br>Per 454g (LB)<br>Plus 25 min | <b>WELL DONE</b><br>30 min<br>Per 454g (LB)<br>Plus 30 min  |
| <b>PORK</b>    | <b>OVEN</b><br>180 deg C<br>350 F<br>Gas 4 |   |   | <b>WELL DONE</b><br>35 mins<br>Per 454g (LB)<br>Plus 35 min |
| <b>CHICKEN</b> | <b>OVEN</b><br>190 deg C<br>375 F<br>Gas 5 |   | <b>MEDIUM</b><br>20 min<br>PER 454g (LB)<br>Plus 20 min |   |
| <b>LAMB</b>    | <b>OVEN</b><br>180 deg C<br>350 F<br>Gas 4 |   | <b>MEDIUM</b><br>25 min<br>PER 454g (LB)<br>Plus 25 min | <b>WELL DONE</b><br>30 min<br>PER 454g (LB)<br>Plus 30 min  |