

Roasting Guide			
Food		Oven Temperature *	Minutes Per / Lb.
Beef	Rare	500 - 350	18 - 20
	Medium	500 - 350	20 - 25
	Well	500 - 350	25 - 30
Pork		450 - 350	30
Lamb, Roast		450 - 325	25 - 30
Veal		450 - 325	30
Chicken		450 - 300	20 - 30
Turkey		450 - 300	20 - 25
Duck, Goose		450 - 300	20 - 25
Fish		400	15 - 20
Meatloaf		350	20 - 30
* Degrees Fahrenheit			
Roast at high temperature for first 15 minutes			
Reduce to lower temperature for remainder of time			

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