

# Timetable for Roasting Beef

<b>Cut</b>	<b>Approximate Weight (in pounds)</b>	<b>Oven Temperature (in degrees F)</b>	<b>Final Meat Thermometer Reading (in degrees F)</b>	<b>Approximate Cooking Time*</b>
<b>Rib Roast, Chin Bone Removed</b>	4 to 6 (2 ribs)	350	135 (medium-rare) 150 (medium)	1-3/4 to 2-1/4 hr. 2-1/4 to 2-3/4 hr.
<b>Rib Eye Roast, Large End</b>	3 to 4	350	135 (medium-rare) 150 (medium)	1-3/4 to 2-1/4 hr. 2 to 2-1/2 hr.
<b>Tenderloin Roast, Trimmed</b>	2 to 3 ( <i>center-cut</i> )	425	135 (medium-rare) 150 (medium)	35 to 40 min. 45 to 50 min.
<b>Round Tip Roast</b>	3 to 4	325	140 (medium-rare) 155 (medium)	1-3/4 to 2 hr. 2-1/4 to 2-1/2 hr.
<b>Bottom Round Roast</b>	3 to 4	325	135 (medium-rare)	1-1/2 to 2 hr.
<b>Top Loin Roast (Strip)</b>	3 to 4	325	135 (medium-rare) 150 (medium)	1-1/4 to 1-1/2 hr. 1-1/2 to 1-3/4 hr.

\*Cooking times are based on meat taken directly from the refrigerator.

\*The Test Kitchen recommends that all roasted meat be taken out of the oven when it is 5-8 degrees F below desired temperature; let it rest for about 15 minutes before cutting. As it rests, the meat will continue to cook.

