











Hot Air Roasting Chart

Meat	Oven Temperature C°	Approximate Cooking Time	Special Instructions
Beef	170°	Rare – 20 mins per lb plus 20 mins Medium - 25 mins per lb plus 25 mins Well done – 30 mins per lb plus 30 mins	Roast uncovered. Do not add extra fat. Dry roast tender cuts only. For tougher cuts pot roast.
Beef Fillet	170°	Medium rare – 12 to 15 mins per lb	
Lamb	170°	Medium - 25 mins per lb plus 25 mins Well done - 30 mins per lb plus 30 mins	Roast uncovered. If using skewer insert in the meaty section, avoid contact with bone, juices should be clear when cooked.
Pork	170° increase to 190°	30 to 35 mins per lb plus 35 mins	Rub skin with oil. Sprinkle with salt. Increase temperature for last 20 mins.
Chicken	170°	20 mins per lb plus 20 mins	If stuffed, add weight of the stuffing to the weight of the bird to calculate time. Insert skewer between thigh and breast to ensure juices run clear at end of cooking time.
Pheasant	170°	30 to 35 mins per lb plus 30 mins	Place bacon rashers on top of breasts to prevent drying out. Remove bacon for the last 10 mins to brown the top.
Turkey Unstuffed	170°	8 – 12lbs same as chicken 12 – 20lbs 15 mins per lb plus 15 mins 20lbs & over 12 mins per lb plus 12 mins	Brush with melted butter or margarine if desired. Cover with foil. Uncover for the last half hour. Insert skewer into thickest part of the thigh to ensure juices run clear at end of cooking time. If roasting with stuffing, add the weight of the stuffing to the weight of the turkey to calculate cooking time.
Duck & Goose	170°	25 – 30 mins per lb	Roast uncovered. Pierce skin during roasting to allow fat to run off. Brush with water, sprinkle with salt.

General Instructions: When roasting place the meat on the wire shelf over the roasting pan – as one unit in an appropriate shelf position

EXTRA THICK joints may take longer to cook than long thin joints. All times given above are for meats that are at room temperature. Times given above are meant as a guide only and may vary according to personal taste. All meats should be rested for 5 to 10 minutes before serving. This allows the juices to settle. During this time the internal temperature will increase slightly.

Quick Oven Symbols Reference Chart

	Hot air cooking	Ideal for all types of foods, cooking on up to 3 shelf levels at the same time. Great for baking and roasting, ideal for larger joints. For best results place the joint on the metal rack over the universal pan on shelf level 1. Refer to Roasting Chart for times and temperatures.
	Hot air grilling	This cooking system is ideally suited for Poultry and Duck up to 2.5kg/5lb and for smaller cuts of meat. Also ideal for crisping the Crackling on Pork (use this cooking system for the last 30 minutes of the cooking time to give the perfect crispy finish).
	Top and bottom heat	Ideal for single shelf cooking and gives a crisper, drier result. Good for meat pies and fruit pies. Rich fruit cakes will not be peaked in the centre if cooked using this cooking system. The oven needs to be pre-heated on this setting.
	Special Baking	The moisture produced by the food during cooking will remain inside the oven, giving more moist results. This setting improves the texture and keeping qualities of cakes, breads and pastry items. The oven needs to be pre-heated on this setting.
	Intensive hot air	Ideal for fresh pizza or anything with a pastry base or in a pastry case. Frozen food can be cooked without needing to pre-heat the oven. Foods cooked within pastry cases will not make the pastry soggy on this setting e.g. Quiche.
	Bottom heat	Ideal for Casseroles, Curries and any slow cooking. Good for Bain-Marie cooking of Crème Caramels.
	Defrost setting	Gently defrost a delicate gateaux or large joint of meat or turkey. This setting circulates room temperature air around the food, whilst keeping the food away from pests.
	Automatic cooking programmes	This setting allows you to cook meat or fish (in a Lidded dish) automatically. Enter the programme number, weight of the food and leave it to cook. You can even delay the start time to switch on later. The oven works out the time and temperature for a great result.