

## J&B Market

14 South Evergreen Avenue  
Arlington Heights, IL 60005  
(847) 670-8650

## Meeske's Prime Meats

227 N. Northwest Highway  
Barrington, IL 60010  
(847) 382-0835

## Heybeck's Market

333 W. Northwest Highway  
Palatine, IL 60067  
(847) 358-3820

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**GIVEN BELOW ARE GENERAL GUIDELINES.** PLEASE ALWAYS REFER TO AN ACCURATE THERMOMETER FOR PROPER TEMPERATURE READINGS. ALLOW MEAT TO COME TO ROOM TEMPERATURE PRIOR TO COOKING. AND, ALWAYS ALLOW MEAT TO REST PRIOR TO CARVING.  
FOR SMALLER ROASTS (LESS THAN 5 LBS.) 15 TO 20 MINUTES;  
FOR LARGER ROASTS OR TURKEYS, OVER 30 MINUTES

### BEEF TENDERLOIN

1. MEAT AT ROOM TEMPERATURE
2. PRE-HEAT OVEN TO 500°
3. PUT TENDERLOIN IN OVEN
4. TIME FOR 10 MIN – THEN
5. TURN OVEN DOWN TO 325°
6. 3 LBS. APPROX. 20 MINUTES LONGER  
4 LBS. APPROX. 30 MINUTES LONGER  
5 LBS. APPROX. 40 MINUTES LONGER
7. TAKE TENDERLOIN OUT OF OVEN TO REST
8. SERVE & ENJOY

### WHOLE TURKEY

PREHEAT OVEN TO 325°  
10 TO 12 LBS. - 2-1/2 TO 3 HOURS  
12 TO 14 LBS. - 3 TO 3-1/2 HOURS  
14 TO 16 LBS. - 3-1/2 TO 4 HOURS  
16 TO 20 LBS. - 4 TO 5 HOURS  
20 TO 24 LBS. - 5 TO 6 HOURS

### CROWN PORK ROAST - WRAP BONES IN FOIL

BAKE @ 325° FOR APPROXIMATELY 3 TO 3-1/2 HOURS. ADD STUFFING DURING LAST HOUR OF COOKING. INTERNAL TEMPERATURE OF 155°

### LEG OF LAMB (BONELESS)

ROAST @ 325° FOR APPROXIMATELY 18 MINUTES PER POUND, OR TO DESIRED INTERNAL TEMPERATURE

### RACK OF LAMB - WRAP BONES IN FOIL

ROAST BONES DOWN @ 350° FOR 30 TO 40 MINUTES OR UNTIL INTERNAL TEMPERATURE IS DESIRED

### BONELESS PORK ROAST

ROAST AT 325° FOR APPROXIMATELY 18 MINUTES TO A POUND, OR 155° IS REACHED.

### TURKEY BREAST

ROAST @ 325° FOR APPROXIMATELY 20 MINUTES PER POUND. 155° INTERNAL TEMPERATURE IS DESIRED.

### HONEY BAKED HAM

1. PULL HAM OUT OF REFRIGERATOR 2 HOURS PRIOR TO WARMING
2. PRE-HEAT OVEN TO 275°
3. OPEN TIN FOIL SLIGHTLY
4. BAKE WITH GLAZED SIDE UP  
WHOLE HAM - 2 TO 2-1/2 HOURS @ 275°  
10 TO 12 LBS. - 1-1/2 HOURS @ 275°  
5 TO 6 LBS. - 45 MINUTES @ 275°
5. DON'T OVERCOOK –  
JUST WARM THE HAM

### NO PEEK RECIPE FOR BEEF TENDERLOIN

1. PRE-HEAT OVEN TO 500°
2. MEAT AT ROOM TEMPERATURE
3. PUT MEAT ON RACK IN OVEN WITH 1/2 INCH WATER UNDERNEATH
4. COOK AT 500° FOR 5 MINUTES PER POUND
5. TURN OFF OVEN
6. DO NOT OPEN OVEN FOR 1 HOUR

**OVER**

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### STUFFED BREAST OF CHICKEN

1. PRE-HEAT OVEN TO 350°
2. CHICKEN AT ROOM TEMPERATURE
3. COOK AT 350° UNCOVERED FOR 50 MINUTES TO AN HOUR
4. REMOVE STRINGS BEFORE SERVING.

### STUFFED PORK CHOPS

1. PRE-HEAT OVEN TO 325°
2. PORK CHOPS AT ROOM TEMPERATURE
3. COOK AT 325° COVERED FOR 40 MINUTES AND THEN UNCOVERED FOR ANOTHER 10 TO 15 MINUTES

### HONEY PORK ROAST

1. PRE-HEAT OVEN TO 325°
2. PORK ROAST AT ROOM TEMPERATURE
3. COOK AT 325° UNCOVERED FOR 20 MINUTES PER POUND
4. REMOVE STRINGS BEFORE SERVING

### BBQ BABY BACK RIBS

1. SIMMER RAW RIBS IN WATER WITH 1/2 CUP OF BBQ SAUCE FOR ADDED FLAVOR FOR 2 HOURS
2. REMOVE AND PLACE ON SHEET PAN
3. COAT RIBS WITH BBQ SAUCE OR MARINADE
4. COOK IN 350° PRE-HEATED OVEN OR GRILL FOR APPROX. 25 TO 35 MIN.
5. RECOAT WITH SAUCE OCCASIONALLY

### BONELESS RIB EYE ROAST

500° FOR 15 MINUTES; THEN TURN OVEN DOWN TO 325° FOR...

- |         |                           |
|---------|---------------------------|
| 3 LBS.  | 30 MINUTES LONGER         |
| 4 LBS.  | 45 MINUTES LONGER         |
| 5 LBS.  | 1 HOUR LONGER             |
| 6 LBS.  | 1 HOUR 15 MINUTES LONGER  |
| 7 LBS.  | 1 HOUR 30 MINUTES LONGER  |
| 8 LBS.  | 1 HOUR 45 MINUTES LONGER  |
| 10 LBS. | 2 HOURS 15 MINUTES LONGER |
| 12 LBS. | 2 HOURS 45 MINUTES LONGER |

130°  
Internal  
Temperature  
For  
Medium-Rare

### STANDING RIB ROAST

500° FOR 15 MINUTES; THEN TURN OVEN DOWN TO 325° FOR...

- |        |                           |
|--------|---------------------------|
| 2 RIBS | 40 MINUTES LONGER         |
| 3 RIBS | 1 HOUR 30 MINUTES LONGER  |
| 4 RIBS | 2 HOURS LONGER            |
| 5 RIBS | 2 HOURS 30 MINUTES LONGER |
| 6 RIBS | 3 HOURS LONGER            |
| WHOLE  | 3 HOURS 30 MINUTES LONGER |

130°  
Internal  
Temperature  
For  
Medium-Rare

HELPFUL INTERNAL TEMPERATURE  
READINGS  
FOR BEEF AND LAMB:

125° - RARE  
130° - MEDIUM RARE  
135° TO 140° - MEDIUM  
145° - MEDIUM WELL

*AGAIN, PLEASE ALLOW ROASTS TO REST PROPERLY BEFORE CARVING.*

**OVER**