

Q Guild Recommended Cooking Times for Meat Cuts

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Guide to roasting

Roasting doesn't need to be complicated. Weigh the raw joint using the table below and calculate the cooking time. All timings are approximate as adjustments may be required due to oven types and degree of cooking preferred.

Roasting essentials

- Position the oven shelves so the meat is in the centre of the oven.
- Place the joint uncovered on a wire rack in a roasting tin ensuring any fat is on the top. This allows the juices to run down and baste the joint naturally.
- Remember to weigh the joint before calculating your preferred cooking time.
- If stuffing a joint remember to weigh the joint after stuffing.
- Allow the joint to rest for 5-10 minutes after cooking to let the meat fibres relax and juices distribute evenly so the joint is moist and easy to carve.
- The degree of cooking can be tested using a meat thermometer towards the end of the cooking time: insert into the centre of the joint or at the thickest point, until it reaches the required temperature.
 - Beef: Rare - 60°C, Medium - 70°C, Well Done - 80°C
 - Lamb: Medium - 70-75°C, Well Done - 75-80°C
 - Pork: 70-75°C
 - Chicken: 75°C



All joints and birds should be removed from the fridge prior to cooking to allow them to come up to a cool room temperature (Small joints and birds from 30mins up to 2 hours for larger joints and birds).

Meat	Preparation	Calculate Timings Always preheat oven. For fan ovens reduce temp by 10-20°C.	Finishing
Turkey	Cover breast flesh in soft seasoned butter and wrap in bacon. Slow grown birds often require less cooking so always check any farmers cooking instructions.	Preheat to 220°C/425°F/ Gas 7 Allow 15 minutes per 450g (1lb) +15 minutes. Cook for one hour then reduce heat to 190°C/375°F/Gas5	Remove from oven when internal temperature reaches 70°C or insert knife where leg joins body; juice must be colourless, not pink. Rest for at least 30mins or until temperature reaches 75°C. Do not cover otherwise the heat will soften the crispy skin, don't worry it will stay warm.
Turkey breast: Boned, rolled and stuffed	To reduce the outside drying, cover with slices of bacon or pancetta or smear with butter and tent with foil.	Preheat to 200°C/390°F/Gas 6. Allow 18 mins per 450g (1lb) +20 mins, uncover for the last 20-30 mins for skin to crisp.	
Duck Goose	Dry skin well, rub with oil and season with salt. Remove fat from inside. Use a skewer to prick skin all over, especially under wings, put on a rack then place in a roasting tin.	Preheat oven to 220°C/430°F/Gas 7 for 1hour remaining time reduce to 190°C/375°F/Gas 5 Allow 20 mins per 450g (1lb) +20 mins.	For crispy skin remove foil 30mins before end of cooking time, lightly baste and return to oven. Internal temp should be: 75°C

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Chicken	<p>Check and remove any giblets from the cavity. (Don't dispose of them they are great for making gravy)</p> <p>Never wash a raw chicken. Dry any wetness with a paper towel, rub the skin with olive oil or butter then season.</p>	<p>Preheat oven to 190°C/375°F/Gas 5</p> <p>Allow 20mins per 450g (1lb) +15mins</p>	<p>Rest for 10-15 mins, and only loosely cover to avoid the skin going soft.</p>
Beef	<p>Cook joints with a natural fat coverage, fat side uppermost.</p>	<p>Preheat oven to 190°C/375°F/Gas 5</p> <p>Rare: 20 mins per 450g (1lb) +20 mins</p> <p>Medium: 25 mins per 450g (1lb) +20 mins</p> <p>Well done: 30 mins per 450g (1lb) +25 mins</p>	<p>Rest for 20 mins before serving and loosely cover with foil.</p> <p>Internal temp should be: Rare - 60°C</p> <p>Medium - 70°C</p> <p>Well Done - 80°C</p>
Lamb	<p>Cook joints with a natural fat coverage, fat side uppermost. For added flavour stud with fresh rosemary stalks.</p>	<p>Preheat oven to 190°C/375°F/Gas 5</p> <p>Allow 25 mins per 450g (1lb) +25 mins.</p>	<p>Rest serving for 20 mins before and loosely cover with foil.</p> <p>Internal temp should be: Medium: 70-75°C Well-done: 75-80°C</p>
Pork	<p>For added flavour stud the rind with garlic or sage.</p>	<p>Preheat oven to 190°C/375°F/Gas 5</p> <p>Allow 25 mins per 450g (1lb) +30 mins.</p>	<p>Rest for 20 mins - to keep the crackle, don't cover! Internal temp should be: 70-75°C</p>
Gammon, ham joint	<p>Can be boiled or roasted, or both methods can be used, when cooking the same joint.</p> <p>Just boil for half the time and roast for the remainder.</p>	<p>Allow 20 mins per 450g (1lb) +20 mins.</p> <p>For roasting preheat oven to 190°C/375°F/Gas 5.</p> <p>Hob-method cook on medium heat until boiling then turn to a low simmer.</p>	<p>If during roasting the glaze starts to burn, cover with foil.</p> <p>If serving cold gammon, allow to cool while still in the liquid.</p>

NB: Use a meat thermometer to check when meat is cooked. Most meat benefits from resting after cooking so remove from oven approx 5-10°C lower than required for consumption, meat will continue to 'cook' while resting. Poultry should reach 75°C/170°F° before serving, beef and lamb can be slightly less depending on your doneness preference.

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Slow Cooking in liquid - pot roasting, stewing, braising and casseroling

Slow moist methods include pot roasting, stewing, braising and casseroling. These methods are ideal for tenderising less expensive, less tender cuts of meat and are convenient ways of cooking as they require very little preparation or attention during cooking. Simply fill your pan and put it in the oven or on the hob and let it cook. Also saves on washing up too!!



Pot roasting – Boned and rolled Joints

- uses whole bone-in or boned and rolled joints as well as game like venison and rabbit are all ideal for pot roasting.

Method

- Heat 15ml(1tbsp) oil in a large heavy based saucepan or casserole dish. Brown the meat on all sides.
- Add the vegetables and liquid of your choice plus any seasoning or herbs.
- Cover and cook either on the hob on a low simmer or in the oven for the calculated cooking time.

Stewing & casseroling for diced or cubed meat - Braising for steaks or chops

As with pot roasting the meat is simmered at a low temperature on the hob or in the oven with added liquid.

Method

- It is not necessary to pre seal the meat first, just add all the ingredients to a large pan or casserole dish, cover and cook for recommended time.
- You could also try adding jars of shop bought sauces to make preparation really quick. This method is ideal for making tasty curries, simply add a jar of shop bought curry sauce to some cubed meat and vegetables and cook for the calculated cooking time.

Suitable meat cuts

Meat	Cuts	Cooking times
A rough guide: per 450g (1lb) of meat- allow approximately 350g(12oz) root vegetables cut into large pieces and 150ml (¼pt) liquid (instead of water why not try a vegetable stock, wine, cider or beer, etc).		
If using the oven cook at 170°C/325°Gas 3 or if on the hob leave on a low setting.		
Beef	Braising steak Stewing beef Oxtail, cheek, chuck, brisket, shin, thick ribs	1½ -2½ hours 2-3 hours 3-3½ hours
Lamb	Chops, steaks, cubes, offal neck, scrag, breast, shank	1-1½ hours 1½-2½ hours
Pork	Chops, steaks, cubes, offal cheek, belly, hocks	1-1½ hours 1½-2½ hours
Chicken	Thighs, Wings, legs	1-1½ hours
Gammon/Bacon	Whole joints	1-1½ hours
Pot roasting Game is more often used for older meat or tougher cuts. For advice on suggested ingredients and herbs to include go to tasteofgame.org.uk/recipes If using the oven cook at 150°C/Gas 2 or if on the hob leave on a low setting.		
Pheasant Partridge Venison Rabbit or Hare	Whole (older birds) Whole Neck, shoulder, shank Whole and jointed (older and larger)	2 hours 1½ hours 2-3 hours 1-2 hours

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Pan-frying or Grilling - steaks, chops, fillet, medallions, sausages or rashers

Pan-frying, or 'shallow frying' is a quick cooking method for small, tender cuts such as fillet, loin, medallions or thin steaks, using an uncovered pan on the hob.

- Use a heavy-based frying pan, sauté pan or wok.
- For best results, use only a small quantity of oil or butter.
- Ensure that the oil is really hot before adding your preferred cuts.
- Sear each side quickly to seal in juices and retain succulence.
- Only turn your steaks once during cooking; leaving them to cook untouched will produce juicier results.



Grilling is a fast, dry alternative to pan-frying for cooking tender cuts, using intense radiant heat either above or below the meat. Char-grilling or barbecuing seals the meat juices by forming a crust on the surface of the meat. The meat must be basted with a prepared glaze, butter, oil or reserved marinade mixture. This gives a distinctive flavour to your meat and keeps it moist and succulent. Only turn once during cooking; and always rest for 5-10 minutes after cooking leaving them untouched to produce juicier results.

Meat type	Cuts & approx thickness	Approx Cooking time each side
Beef	Sandwich Steaks 1-2mm	45 secs – 1min each side
	Thin cut steaks 1.5cm	2-4 mins each side
	Medium thickness steaks 2cm Sirloin, rump, rib-eye, medallions	Rare: 2½ mins, Med: 4 mins Well Done: 6 mins each side
	Thick cut steaks 2-3cm Fillet, T Bone	Rare: 3½ mins, Med 5-6 mins Well done 7½ mins each side
Lamb	Neck fillet, escalopes 1-1.5cm	2-4 mins each side
	Steaks, chops, cutlets 2cm	4-6 mins each side
	Thicker than 2cm+	6-8 mins each side
Pork	Escalopes, medallions .5cm-1.5cm	2-4 mins each side
	Steaks or chops 1-2cm	6-8 mins each side
	Belly Slices 1-2cm (work well if pre marinated)	8-10 mins each side
Bacon or Gammon	Steaks 1-2cm	3-6 mins each side
Chicken	Breast strips	3-6 mins each side
Burgers	1-2cm	4-6 mins each side
	+2cm	6-8 mins each side
Sausages	Thin 2cm	Turn slowly to brown all sides 10-15 mins in total
	Thick 3cm+	20-24 mins in total
Game	Pheasant breasts	4-5 mins each side
	Partridge breasts	2-4 mins each side
	Woodcock, Snipe, Woodpigeon, Grouse breasts	2-3 mins each side

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	Mallard, Goose breast Wigeon or Teal breast	5 mins on one side then 2-3 on the other 2½ mins each side
	Venison steaks	3-4 mins each side
	Rabbit breast	10 mins on each side on med heat

Stir-frying – thin strips, mince, small diced or offal*

- Stir-frying is an ideal quick method of cooking meat as the thin strips cook in only a few minutes.
- It is only necessary to use a very small amount of oil (1tbsp) when stir-frying. Use a vegetable-based oil which can be heated to higher temperatures.
- Use a non-stick wok or large frying pan. Always ensure that the pan or wok is really hot before adding the meat a little at a time - it should sizzle when the pieces are added.
- The meat should ideally be trimmed of excess fat and cut into approximately 1cm (½") strips, cut across the grain to help tenderise the meat and prevent shrinkage.



Method

- Heat 15ml (1tbsp) oil in a wok or large frying pan.
- Add the meat and stir-fry for 2-6mins per 225g (8oz) meat
- Add hardest vegetables first (eg carrots, onions) and cook for 2-3 minutes before adding the rest.
- Add sauce (up to 150ml(¼pt)) and cook for a further couple of minutes.

Suggested vegetables for stir-frying:

- Green beans, Bamboo shoots, Leeks, Beansprouts, Mushrooms, Broccoli, Mange tout, Carrots, Peppers, Spring onions, Chinese leaf, Courgettes, Sugar snap peas or a pack of stir-fry veg.

***Offal Cuts** - Pig & Lamb

- Slice liver or halve & core kidneys: gently stir fry in a little liquid/stock and onions for 15-20 mins

Meat storage and preparation

- Ensure that hands, equipment and surfaces are scrupulously clean before and after handling food and between handling raw and cooked foods – especially when using the barbecue.
- Check your fridge is operating at the correct temperature: between 0 and 4 degrees centigrade.
- Keep a separate hard, durable chopping board for preparing raw meats.
- Defrost frozen foods thoroughly (unless otherwise stated) and do not re-freeze once thawed.
- Cover and store raw and cooked foods separately. Store uncooked foods lower in the refrigerator than cooked ones.
- Make sure foods are thoroughly and evenly defrosted, and when re-heating ensure piping hot throughout.
- When marinating meat, cover and store in a refrigerator.
- Ensure burgers and sausages are thoroughly cooked and piping hot before serving.
- Food thermometers can be used to ensure internal food temperatures are sufficiently hot.

Further meat cooking tips and recipes can be found at:

Game: www.tasteofgame.org.uk

Beef & Lamb: www.simplybeefandlamb.co.uk

Pork/Gammon/Sausages/Bacon: www.lovepork.co.uk

Turkey: www.britishturkey.co.uk/category/all-recipes.html

Q Guild: www.qguild.co.uk/hints-tips

Chicken: www.bbc.co.uk/food/collections/easy_chicken_recipes



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