



## BEEF ROASTING INFORMATION

To simplify the guess work, use the chart below for general guidance when purchasing your holiday beef roast. Each recommendation will provide an approximate 3 oz serving of cooked beef per person. You may wish to purchase a larger roast if you want second helpings or leftovers!

### PURCHASING TIPS

- When cooking for 4 people or fewer, it is better to purchase a steak. For tips on how to prepare a delicious steak, visit [BeefitsWhatsForDinner.com](http://BeefitsWhatsForDinner.com).
- For bone-in roasts, purchase a roast that has 1 rib for every 2 people.
- Call ahead to your meat counter to order the size of roast you prefer.

### COOKING TIPS

- Insert an ovenproof meat thermometer so the tip is centered in the thickest part of the roast, not resting in fat or touching bone.
- Transfer the finished roast to a carving board and tent loosely with aluminum foil to rest before slicing.

### TRIMMED TENDERLOIN ROAST

Number of Servings	Approximate Weight of Roast (lbs)	Oven Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)*
4-6	1-2	425	Medium Rare	30 min to 40 min	135
			Medium	35 min to 45 min	145
8-10	2-3	425	Medium Rare	35 min to 45 min	135
			Medium	45 min to 50 min	145

### RIBEYE ROAST (BONELESS)

Number of Servings	Approximate Weight of Roast (lbs)	Oven Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)*
12-16	3-4	350	Medium Rare	1 hr 30 min to 1 hr 45 min	135
			Medium	1 hr 45 min to 2 hr	145

### RIBEYE ROAST (BONE-IN)

Number of Servings	Number of Ribs	Approximate Weight of Roast (lbs)	Oven Temperature (°F, preheated)	Degree of Doneness	Approximate Cooking Time	Remove roast when internal temperature reaches (°F)*
4-6	2	4 to 6	350	Medium Rare	1 hr 45 min to 2 hr 15 min	135
				Medium	2 hr 15 min to 2 hr 45 min	145
8-10	4-5	8 to 10	350	Medium Rare	2 hr 30 min to 3 hr	135
				Medium	3 hr to 3 hr 30 min	145

\* Use a meat thermometer to determine a thorough cooking temperature. The internal temperature of the roast will continue to rise once the roast is removed from the oven.

For Medium Rare doneness, a final internal temperature of 145°F will be achieved after 15 to 20 minutes resting time. For Medium doneness, a final internal temperature of 160°F will be achieved after 15 to 20 minutes resting time.