



Prime Rib		
Oven temperature 350 degrees		
Rare	15-18 minutes per pound	Internal temperature 130 degrees
Medium	20 minutes per pound	Internal temperature 150 degrees
Well	25 minutes per pound	Internal temperature 160 degrees

Delmonico Roast		
Oven temperature 350 degrees		
Rare	20-25 minutes per pound	Internal temperature 130 degrees
Medium	25-30 minutes per pound	Internal temperature 150 degrees
Well	35 minutes per pound	Internal temperature 160 degrees

Beef Tenderloin		
Oven Temperature 425 degrees		
Place in cooking dish, season, add a little water, and seal tight with foil. Cook for 25 minutes, then open foil and allow to brown for ten minutes. Internal temperature for rare 130 degrees.		

Boneless Pork Loin		
Oven temperature 350 degrees		
30 - 35 minutes per pound	Internal temperature 160 degrees	

Stuffed Pork Chops		
Oven temperature 350 degrees		
Roast in a covered pan with an inch or so of liquid (white wine, apple juice, chicken stock, or water) for 1 hour. Remove cover for the last 15 minutes.		

Turkey		
Oven temperature 350 degrees		
20 minutes per pound	Internal temperature 165 degrees	