

COOKING TIMES

BEEF

PRODUCT	METHOD	TIME
Beef Wellington	Bake 200.c	20 mins
Fillet Mignon	Bake 200.c	20 mins
Standing Rib Roast	Bake 180.c	40 mins per kilo plus 20 mins
Rolled Roast	Bake 180.c	40 min per kilo plus 20 mins
Beef Kebabs	BBQ Med heat	10-15 mins
Beef Goulash	Bake 150.c	Or slow cooker 3-4 hours
Stir fry	Pan fry	Med-high heat 5-8 mins
Beef Short Ribs	Slow cook/Bake	3 hours @ 150.c
Beef Brisket	Slow Bake	6 Hours @ 130.c in oven bag
Beef Hot Pots	Bake	20 mins @ 200.c
Corned Silverside	Simmer	1 hour per kg

For more great Beef tips and recipes visit www.waustralianbeef.com.au

LAMB

PRODUCT	METHOD	TIME
Lamb Shoulder	Bake 150.c	4 ½ hours in oven bag
Butterfly Lamb	Bake/BBQ	50 mins @ 180.c
Eye of Loin	Pan Fry/ BBQ	Med-high heat 4 mins per side
Easy Carve Leg	Bake	1 hr 20 mins
Lamb steaks	BBQ/Pan Fry	5 mins per side
Lamb Shanks	Slow cook/ bake 150.c	6-3 hours
Rolled Lamb Loin	Bake 180.c	50 mins
Lamb Rumps	Bake 180.c	40-45 mins
2.5kg Lamb Leg	Bake 180.c	2 hours
Lamb Rack	Bake 180.c	35 mins

PORK

PRODUCT	METHOD	TIME
Pork Loin Roast	Bake 15 mins @ 220	then 40 mins per kg plus 20 mins @ 180.c
Infused Pork Loin	Bake 180.c	1 hour 25 mins
Pork Fillet	Bake 180.c/B.B.Q	35 mins/25 mins
Pork Medallion	Pan Fry/B.B.Q	6mins Turn 2 mins rest 2 mins
Pork Shoulder 4kg	Slow Bake 150.c	5 hours then 10 mins @ 200.c
Pork Pumpkin	Bake 180.c	45 mins
Black Eye Pork	Bake 180.c	35 mins
Stuffed Mushroom	Bake 180.c	35 mins
Pulled Pork Pie	Bake 200.c	20 mins
American Pork Ribs	Bake 160.c	90 mins

For more great Pork based recipes visit www.pork.com.au

CHICKEN

PRODUCT	METHOD	TIME
Butterfly Chicken	Bake 180.c/B.B.Q	50 mins/30 mins
Chicken Pastries	Bake 180.c	35 mins
Chicken Souvlaki	Bake 180.c	35 mins
Tandoori Cutlets	Bake 180.c/B.B.Q	40 mins/25 mins
Kebabs	B.B.Q med heat	10-15 mins
1.8kg Whole Chicken	Bake 180.c	1hr 50 mins
Chicken Drummettes	Bake 180.c	40 mins
Chicken Kiev	Bake 180.c	40 mins
1kg Butter Chicken	Simmer/Bake 180.c	40 mins add 100ml cream towards end

GAME

PRODUCT	METHOD	TIME
Duck Breast	10 mins @ 200.c	Then 25 mins @ 180.c
Butterflied Spatchcock	Bake 180.c	45 mins
2kg Turkey Breast	Bake 180.c	1hr 45 mins – 2 hours