



BEEF

ROASTING JOINTS

TOP RIB ROAST	Roast	180°C, 350°C, Gas Mark 4-5
SIRLOIN ROAST	Rare	20 minutes per 450g (1lb) plus 20 minutes
HOUSEWIFE'S ROAST		
TOPSIDE ROAST	Medium	25 minutes per 450g (1lb) plus 25 minutes
EYE ROUND ROAST	Well done	30 minutes per 450g (1lb) plus 30 minutes

POT ROAST JOINTS

BOTTOM ROUND	Pot Roast/	180°C, 350°C, Gas Mark 4-5
BOTTOM BRISKET	Slow Roast	30-40 minutes per 450g (lb) plus 30-40 minutes

STEAKS

SIRLOIN/ STRIPLOIN	Grill/Fry	Rare - 2 1/2 minutes each side Medium - 4 minutes each side Well done - 6 minutes each side
SIRLOIN Extra Thin	Grill/Fry	1 minute each side
FILLET	Grill/Fry	Rare (3-4 minutes each side) Medium (4-5 minutes each side) Well done (6-7 minutes each side)
STEWING BEEF	Braise	170°C, 325°F, Gas Mark 3
DICED RIB STEAK	Casserole	1-1 1/2 hours
STUFFED STEAK	Roast	180°C, 325°F, Gas Mark 5, 55 mins
ROUND STEAK	Casserole	170°C, 325°F, Gas Mark 3 1-1 1/2 hours

NOTE: Cooking times may vary depending on thickness of cut.



PORK

ROASTING JOINTS

BONELESS LOIN ROAST	Roast	180°C, 350°F, Gas mark 4
BONE IN LOIN ROAST		Medium - 30 minutes
LEG OF PORK ROAST		
STUFFED STREAKY ROAST		Well Done - 35 minutes
BONLESS SHOULDER ROAST		per 450g (lb) plus 35 minutes

OTHER CUTS

LOIN CHOPS - Bone in or Boneless	Grill/Fry/ Barbecue	8-10 minutes each side
PORK STEAK (Tenderloin)	Bake	180°C, 350°F, Gas mark 4 1/2 to 1 hour
Stuffed or unstuffed approx 450g (lb)		
TENDERLOIN SLICES (Pork Steak)	Grill/ Fry	3-5 minutes each side
GIGOT PORK CHOPS LEAN DICED PORK	Braise/ Casserole	170°C, 325°F, Gas mark 3 1-1 1/2 hours
PORK RIBS	Roast	160°C, 325°F, Gas mark 3 for 75 minutes
	Barbecue	Par bake for 1 hour Turn on BBQ for 10 minutes

NOTE: Cooking times may vary depending on thickness of cut.



LAMB

JOINTS

Leg of Lamb	Roast	180°C, 350°F, Gas Mark
Half Leg of Lamb		4-5 Medium - 25 minutes p
Fillet of Lamb		er 450g (lb) plus 25 minutes
Butterfly Leg of Lamb		Well Done - 30 minutes
Leg of Lamb Boned and Rolled		per 450g (lb)
Saddle of Lamb		Plus 30 minutes

OTHER CUTS

Rack of Lamb (Approx 8 chops)	Roast	180°C, 350°F, Gas Mark 30 minutes to 45 minutes
Loin Chops	Grill/Fry	6-8 minutes each side
Sideloin Chops	Grill/Fry	6-8 minutes each side
Cutlets	Grill/Fry	4-6 minutes each side
Gigot Chops	Braise/Fry	170°C, 325°F, Gas Mark 3, 8 Minutes each side
Shoulder Lamb Cubed	Grill/ Fry	3-5 minutes each side 2-4 minutes each side
	Cube for Kebabs	Grill, 10-15 minutes turning occasionally

NOTE: Cooking times may vary depending on thickness of cut.

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CHICKEN AND TURKEY

Raw chicken/turkey, like most other meats, should be cooked thoroughly and should not be cooked from frozen. Stuff the neck end of a chicken/turkey only, do not fill the abdominal cavity. On average, if cooking chicken/turkey in a conventional oven, allow 20 minutes per 450g (1lb) plus 20 minutes at 190°C, 375°F, Gas Mark 5. As individual ovens vary, the best way to check that a chicken/turkey is properly cooked is to test it with a temperature probe which should show internal deep muscle temperature 75°C or over. If a probe is not available a skewer pierced deep through the thickest part of the thigh must show the juices absolutely clear, not pink. Once cooked, use any food up quickly or cook as quickly as possible and store covered in the fridge. If you are re-heating cooked chicken/turkey, do this very thoroughly, until piping hot all the way through (above 82°C). It is perfectly safe to re-freeze cooked chicken/turkey as long as it is cooked quickly and frozen immediately. Chicken/turkey portions can be grilled or fried whole or can be sliced into strips for stir frying or into cubes for kebabs.



A temperature probe is an excellent investment for any household kitchen. It accurately senses the internal temperature of meat and poultry. It eliminates guesswork and assures the 'chef' of properly cooked meats and meat products each and every time.

MEAT PRODUCTS Cooking Guide

Sausages	Grill/Fry	10 - 12 mins turning occasionally
Kebabs	Grill/Fry	10 - 15 mins turning occasionally
Stir-Fry	Fry	3 - 6 mins plus 2 mins with vegetables
Burgers	Grill/Fry/BBQ	6 - 7 mins each side
Grillsticks	Grill/BBQ	10 mins turning occasionally
Meatballs	Ovenbake	180°C, 350°C, Gas Mark 4 for 30 mins.

NOTE: Cooking times may vary depending on thickness of cut.

STORAGE AND HANDLING OF MEAT IN THE HOME

TAKING MEAT HOME

Keep to a minimum the time that fresh foods are left in shopping bags, car boots at the office, get food home and into the refrigerator as quickly as possible.

KEEP COOKED AND RAW FOODS SEPARATE

Surfaces and utensils must be cleaned thoroughly between being used for cooked and uncooked foods. Raw meat and poultry should be covered and stored lower in the refrigerator than cooked foods.

CHECK YOUR REFRIGERATOR

Use a refrigerator thermometer to check that a refrigerator is operating at the correct temperature between 0°C and 4°C. Freezers should be kept at minus 18°C.

ALWAYS THAW MEAT THOROUGHLY

Frozen meat must be thawed thoroughly before cooking. Once thawed the meat must not be re-frozen unless it has been cooked first.

ALWAYS WASH HANDS

Hands should be washed thoroughly before and after preparing all foods, and in between handling raw and cooked foods.

KEEP YOUR KITCHEN CLEAN

Always keep kitchen equipment, working surfaces, all cloths and rubbish bins scrupulously clean. Keep flies and pets out of the kitchen.

RE-HEAT FOOD THOROUGHLY

Only re-heat previously cooked meat dishes once. Make sure they are thoroughly re-heated until piping or boiling hot (above 82°C).



RECOMMENDED COOKING METHODS AND TIMES FOR MEAT

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