

# Cooking Instructions

## Spoon Roast™

preheat oven @ 350 degrees

Rare 15 to 16 mins per pound  
Medium 16 to 18 mins per pound  
Well 18 to 20 mins per pound

## Boneless Rib Roast

preheat oven @ 350 degrees

Rare 15 to 16 mins per pound  
Medium 16 to 18 mins per pound  
Well 18 to 20 mins per pound

## Filet Mignon Roast

preheat oven @ 450 degrees

Rare 10 to 11 mins per pound  
Medium 11 to 13 mins per pound  
Well 13 to 15 mins per pound

## Bone-In Rib Roast

preheat oven @ 350 degrees

Rare 13 to 15 mins per pound  
Medium 15 to 17 mins per pound  
Well 17 to 19 mins per pound

## Pork Roasts & Lamb

preheat oven @ 350 degrees

20 to 22 Minutes per pound

\*If it is a bone-in product deduct 2 min

## Turkey

preheat oven @ 350 degrees

Stuffed 22 Mins per pound  
Unstuffed 20 Mins per pound

## Corn Beef

Boil large pot of water on stove

Place corn beef in pot (cold water) and bring to a boil then drain. Repeat the first step but simmer it after comes to boil add vegg at about half way through the 2nd boiling

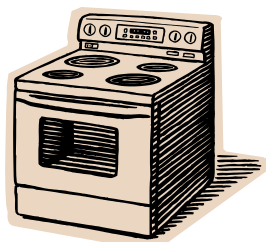
Total cooking time about 2 hours

## Pot Roast

Set crock pot on medium

Place pot roast in the crock pot with 3 cups of water and simmer for 6 to 8 hours. Add your vegg at about half way through...

*\* These cooking times are suggestions, because oven temperatures may vary, we will not be responsible for the cooking of your roast....*



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