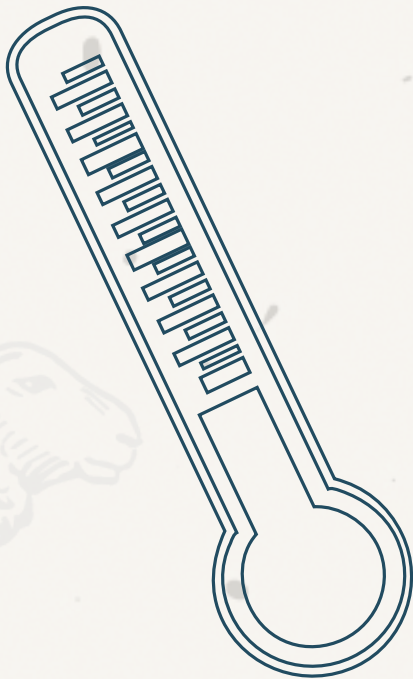
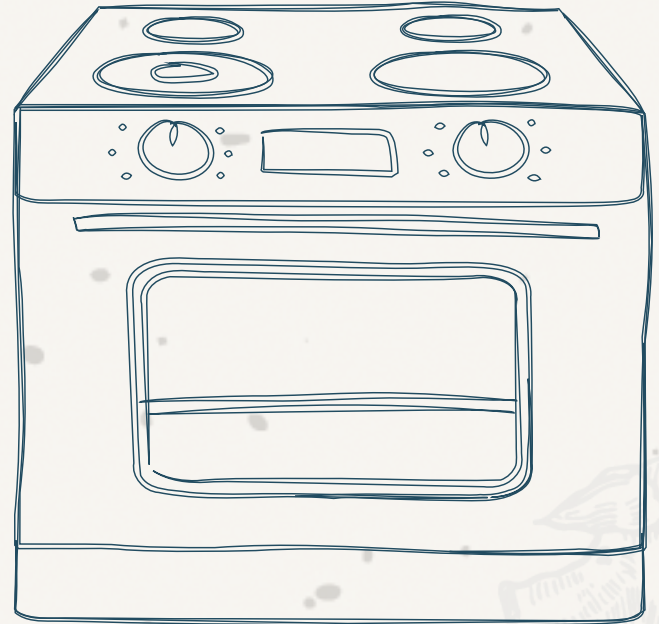


Roasting Times

Oven 350°F/Gas 4		Internal Temp.	
Beef	180°C	Beef	65-70°C
Pork	180°C	Pork	70-75°C
Lamb	180°C	Lamb	65°C
Chicken	180°C	Chicken	80°C

Cooking Time Allowed

44 mins per KG + 20 mins over
 44 mins per KG + 20 mins over
 44 mins per KG + 20 mins over
 44 mins per KG + 20 mins over



Oven Temperatures

Gas Level	Degree° (C/F)	Timing
1/2	120°C/250°F	Very Slow
2	150°C/300°F	Slow
4	180°C/350°F	Medium
6	200°C/400°F	Medium Hot
8	230°C/450°F	Hot
9	240°C/475°F	Very Hot

LEARN TO COOK THE PERFECT MEAL!