

# BLUESCREEK FARM MEATS

At Bluescreek, we know our meats. And after more than twenty years in the butchery business, we have learned what cooking times and temperatures give our favorite cuts the most flavor, and we're sharing that knowledge with you! For more info, recipes, and techniques, please visit the website or contact us directly.

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[bluescreekfarmmeats.com](http://bluescreekfarmmeats.com)

Beef	Oven Temperature	Baking Time	Internal Temperature
Tenderloin	425°	12-15 min per lb.	120°-125° for Medium-rare, 125°-130° for Medium
Rib Roast	375°	15-20 min per lb.	120°-125° for Medium-rare, 125°-130° for Medium
Sirloin Roast	350°	20-25 min per lb.	120°-125° for Medium-rare, 125°-130° for Medium
Eye of Round	Sear first, then 250°	20-30 min per lb.	120°-125° for Medium-rare, 125°-130° for Medium
Meatloaf	350°	1 hour 30 min	
Chuck/English Roast	250°	Covered in liquid (and with lid) for 6-12 hours until falling apart and tender	

Lamb	Oven Temperature	Baking Time	Internal Temperature
Leg	325°	25-30 min per lb.	130°-135° for Medium-rare, 135°-140° for Medium
Boneless Leg	325°	20 min per lb.	130°-135° for Medium-rare, 135°-140° for Medium
Loin/rack	375°	12-15 min per lb.	130°-135° for Medium-rare, 135°-140° for Medium
Sirloin	350°	20-30 min per lb.	130°-135° for Medium-rare, 135°-140° for Medium
Gyro	350°	1 hour 15 min	

Pork	Oven Temperature	Baking Time	Internal Temperature
Tenderloin	425°	15-20 min per lb.	150°
Loin	275°	Covered to 135°, then uncover & broil to sear to 150° (boneless) or 155° (bone-in)	
Hamloaf	325°	1 hour 30 min	

– For all meat dishes, remove from oven, cover, and let rest for 15-20 min before serving –



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COOKING  
CHART