

Cook it *Perfectly!*

Boneless Rib Eye Roast or Sirloin

Sear at 425°F for 15 minutes. Reduce to 325°F.

Weight	Roasting Time	Internal Temp (remove from oven)	Stand Time
3-4 lbs.	1.5-2 hrs.	130°F - Med Rare	15-20 min
3-4 lbs.	1.75-2 hrs.	145°F - Medium	15-20 min
4-6 lbs.	2-2.5 hrs.	130°F - Med Rare	15-20 min
4-6 lbs.	2-2.5 hrs.	145°F - Medium	15-20 min
6-8 lbs.	2.5-2.75 hrs.	130°F - Med Rare	15-20 min
6-8 lbs.	2.75-3 hrs.	145°F - Medium	15-20 min

Bone-in Rib Eye Roast (Standing Rib Roast)

Sear at 425°F for 15 minutes. Reduce to 325°F.

Weight	Roasting Time	Internal Temp (remove from oven)	Stand Time
4-6 lbs. (2 ribs)	1.5-2 hrs.	130°F - Med Rare	15-20 min
4-6 lbs. (2 ribs)	1.75-2 hrs.	145°F - Medium	15-20 min
6-8 lbs. (2-4 ribs)	2-2.5 hrs.	130°F - Med Rare	15-20 min
6-8 lbs. (2-4 ribs)	2-2.5 hrs.	145°F - Medium	15-20 min
8-10 lbs. (4-5 ribs)	2.5-2.75 hrs.	130°F - Med Rare	15-20 min
8-10 lbs. (4-5 ribs)	2.75-3 hrs.	145°F - Medium	15-20 min

Tenderloin Roast

Cook at 400°F

Weight	Roasting Time	Internal Temp (remove from oven)	Stand Time
2-3 lbs.	35-40 min.	130°F - Med Rare	10-15 min
2-3 lbs.	45-50 min.	145°F - Medium	10-15 min
4-5 lbs.	50-60 min.	130°F - Med Rare	10-15 min
4-5 lbs.	60-70 min.	145°F - Medium	10-15 min