

Guide to Meat Cooking Times

Method	Meat	Minutes
Roasting 180°C - 190°C (350°F - 375°F) (Gas 4 - 5)	Beef	20 per 450g (1lb) + 20
	Lamb	20 per 450g (1lb) + 20
	Mutton	25 per 450g (1lb) + 20
	Pork	30 per 450g (1lb) + 30
	Veal	30 per 450g (1lb) + 30
Boiling 82°C (180°F)	Unsalted Meat	20 per 450g (1lb) + 20
	Salted Meat	25 per 450g (1lb) + 25
Frying or Grilling	Steak - Well Done 2.5cm (1½ inch)	8 Each Side
	Steak - Medium 2.5cm (1½ inch)	6 Each Side
	Steak - Rare 2.5cm (1½ inch)	4 Each Side
	Minute Steak	1 Each Side
	Pork Chops	8 - 10 Each Side
	Lamb Chops	6 - 8 Each Side
	Gammon Steaks	5 - 8 Each Side
	Sausages	5 - 8 Each Side
	Bacon Rashers	3 - 5 Each Side
	Kidneys	3 - 5 Each Side
	Liver 1.5cm (1½ inch)	2 - 4 Each Side
	Veal Escalope	2 Each Side