

ROAST COOKING TEMPERATURES:

Whole beef roasts and pork roasts can be safely cooked using one of the following time and temperature combinations

130°F for 112 minutes

131°F for 89 minutes

133°F for 56 minutes

135°F for 36 minutes

136°F for 28 minutes

138°F for 18 minutes

140°F for 12 minutes

144°F for 5 minutes

145°F for 4 minutes

151°F for 54 seconds

155°F for 22 seconds

158°F for 0 seconds