



HEYBECK'S MEAT MARKET
333 W. NORTHWEST HIGHWAY
PALATINE, IL 60067
847-358-3820



MEESKE'S PRIME MEATS
227 N. NORTHWEST HIGHWAY
BARRINGTON, IL 60010
847-382-0835



J&B MEAT MARKET
14 S. EVERGREEN STREET
ARLINGTON HEIGHTS, IL 60005
847-670-8650

www.heybecks.com

GIVEN BELOW ARE GENERAL GUIDELINES. PLEASE ALWAYS REFER TO AN ACCURATE MEAT THERMOMETER FOR PROPER TEMPERATURE READINGS. **ALLOW MEAT TO COME TO ROOM TEMPERATURE PRIOR TO COOKING.** AND, ALWAYS ALLOW MEAT TO REST BEFORE CARVING... FOR SMALLER ROASTS (LESS THAN 5 LBS.) ALLOW 15 TO 20 MINUTES. FOR LARGER ROASTS OR TURKEYS, ALLOW 30 MINUTES.

BEEF TENDERLOIN

- 1.) MEAT AT ROOM TEMPERATURE
- 2.) PRE-HEAT OVEN TO 500 DEGREES
- 3.) PUT TENDERLOIN IN OVEN
- 4.) TIME FOR 10 MINUTES – THEN
- 5.) TURN DOWN OVEN TO 400 DEGREES
3 LBS. APPROX. 25 MINUTES LONGER
4 LBS. APPROX. 35 MINUTES LONGER
5 LBS. APPROX. 45 MINUTES LONGER
- 6.) TAKE TENDERLOIN OUT OF OVEN TO REST
- 7.) SLICE, SERVE AND ENJOY

WHOLE TURKEY

PRE-HEAT OVEN TO 325 DEGREES

10 TO 12 POUNDS – 2 ½ TO 3 HOURS
12 TO 14 POUNDS – 3 TO 3 ½ HOURS
14 TO 16 POUNDS – 3 ½ TO 4 HOURS
16 TO 20 POUNDS – 4 TO 5 HOURS
20 TO 24 POUNDS – 5 TO 6 HOURS

CROWN PORK ROAST

WRAP BONES IN FOIL. BAKE AT 325 DEGREES FOR APPROX. 2 ½ TO 3 HOURS. ADD PRE-WARMED STUFFING DURING THE LAST HOUR OF COOKING TIME. LOOK FOR AN INTERNAL TEMPERATURE OF 160 DEGREES.



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LEG OF LAMB (BONELESS)

ROAST AT 325 DEGREES FOR APPROXIMATELY 18 MINUTES PER POUND, OR TO DESIRED INTERNAL TEMPERATURE.

RACK OF LAMB

WRAP THE BONES IN FOIL. SEAR OFF FAT CAP SIDE OF THE LAMB RACK IN A SKILLET FIRST OVER MEDIUM HEAT FOR 5 TO 7 MINUTES. THEN, ROAST WITH BONES DOWN AT 350 DEGREES FOR 30 TO 40 MINUTES OR TILL DESIRED TEMPERATURE IS REACHED.

BONELESS PORK ROAST

ROAST AT 325 DEGREES FOR APPROXIMATELY 18 MINUTES PER POUND, OR 160 DEGREES IS REACHED.

TURKEY BREAST

START IN OVEN AT 425 DEGREES FOR 15 MINUTES. THEN LOWER TEMPERATURE DOWN TO 325 DEGREES FOR APPROXIMATELY 20 MINUTES PER POUND. INTERNAL TEMPERATURE SHOULD READ 160 DEGREES.

HONEY BAKED HAM

- 1.) REMOVE HAM FROM REFRIGERATOR 2 HOURS PRIOR TO WARMING
- 2.) PRE-HEAT OVEN TO 275 DEGREES
- 3.) OPEN TIN FOIL SLIGHTLY
- 4.) BAKE WITH GLAZED SIDE UP ON A FOIL-WRAPPED SHEET PAN
WHOLE HAM - 2 TO 2 ½ HOURS
10 TO 12 POUND ½ HAM - 1 ½ HOURS
5 TO 6 POUND HAM - 45 MINUTES
- 5.) DO NOT OVERCOOK THE HAM. YOU SIMPLY WANT TO WARM IT UP.



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NO PEEK RECIPE FOR BEEF TENDERLOIN

- 1.) PRE-HEAT OVEN TO 500 DEGREES
- 2.) MEAT AT ROOM TEMPERATURE
- 3.) PLACE MEAT INTO THE OVEN WITH ½ INCH WATER UNDERNEATH
- 4.) COOK AT 500 DEGREES FOR 5 MINUTES PER POUND
- 5.) TURN OFF THE OVEN
- 6.) **DO NOT OPEN THE OVEN DOOR FOR 1 HOUR**

STUFFED CHICKEN BREAST

- 1.) HAVE STUFFED CHICKEN BREASTS AT ROOM TEMPERATURE
- 2.) PRE-HEAT 350 DEGREES
- 3.) BAKE, UNCOVERED, AT 350 DEGREES FOR 50 TO 60 MINUTES OR UNTIL INTERNAL TEMPERATURE OF 150 DEGREES IS REACHED.
- 4.) REMOVE STRINGS BEFORE SLICING

STUFFED PORK CHOPS

- 1.) HAVE STUFFED PORK CHOPS AT ROOM TEMPERATURE
- 2.) PRE-HEAT OVEN TO 325 DEGREES
- 3.) BAKE, COVERED, FOR 40 MINUTES. THEN, UNCOVER, AND BAKE FOR 10 MINUTES LONGER. INTERNAL TEMPERATURE SHOULD BE 160 DEGREES.

BBQ BABY BACK RIBS

- 1.) SIMMER RAW RIBS IN WATER WITH 1 CUP OF BBQ SAUCE FOR ADDED FLAVOR FOR TWO HOURS.
- 2.) REMOVE FROM WATER AND PLACE UPON A SHEET PAN THAT HAS BEEN WRAPPED WITH FOIL.
- 3.) COAT RIBS WITH BBQ SAUCE OR MARINADE
- 4.) COOK IN A PRE-HEATED OVEN AT 350 DEGREES FOR 45 MINUTES, OR GRILL.
- 5.) RECOAT WITH SAUCE OCCASIONALLY



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BONELESS RIB EYE ROAST

500 DEGREES FOR 15 MINUTES, THEN TURN DOWN OVEN TO 325 DEGREES FOR...

- 3 LBS 30 MINUTES **LONGER**
- 4 LBS 45 MINUTES **LONGER**
- 5 LBS 1 HOUR **LONGER**
- 6 LBS 1 HOUR 15 MINUTES **LONGER**
- 7 LBS 1 HOUR 30 MINUTES **LONGER**
- 8 LBS 1 HOUR 45 MINUTES **LONGER**
- 10 LBS 2 HOURS 15 MINUTES **LONGER**
- 12 LBS 2 HOURS 45 MINUTES **LONGER**
- 14 LBS 3 HOURS **LONGER**
- 16 LBS 3 HOURS 30 MINUTES **LONGER**

STANDING RIB ROAST

500 DEGREES FOR 15 MINUTES, THEN TURN DOWN OVEN TO 325 DEGREES FOR...

- 2 RIBS 50 MINUTES **LONGER**
- 3 RIBS 1 HOUR 30 MINUTES **LONGER**
- 4 RIBS 2 HOURS **LONGER**
- 5 RIBS 2 HOURS 30 MINUTES **LONGER**
- 6 RIBS APPROXIMATELY 3 HOURS **LONGER**
- 7 RIBS OR WHOLE APPROXIMATELY 3 HOURS 30 MINUTES **LONGER**

CORNED BEEF ROUND OR BRISKET

REMOVE MEAT AND SEASONING BAG FROM PACKAGE. PLACE MEAT IN A DUTCH OVEN, SLOW COOKER, OR LARGE POT. COVER MEAT WITH WATER AND SIMMER FOR APPROXIMATELY 4 HOURS. LARGER CORNED BEEF MAY TAKE LONGER. CHECK TENDERNESS BY POKING WITH A FORK. THE FORK SHOULD EASILY TEAR THROUGH MEAT. THE INTERIOR TEMPERATURE SHOULD REACH 180 TO 190 DEGREES.