

## Cooking and Reheating Roasts

When you cook or reheat a beef roast, preheat the oven to the correct temperature depending on the oven type and roast weight:

Oven type	Oven temperature	
	<i>Roast weight &lt; 10 lbs. (4.5 kg)</i>	<i>Roast weight &gt; 10 lbs. (4.5 kg)</i>
Still Dry	350°F (177°C) or higher	250°F (121°C) or higher
Convection	250°F (121°C) or higher	250°F (121°C) or higher
High Humidity	250°F (121°C) or higher	250°F (121°C) or higher

Cook and reheat beef roasts using an appropriate time and temperature combination:

Internal temperature	Holding time (may include heat rise after cooking)
130°F (54.4°C)	112 minutes
131°F (55°C)	89 minutes
133°F (56.1°C)	56 minutes
135°F (57.2°C)	36 minutes
136°F (57.8°C)	28 minutes
138°F (58.9°C)	18 minutes
140°F (60°C)	12 minutes
142°F (61.1°C)	8 minutes
144°F (62.2°C)	5 minutes
145°F (62.8°C)	4 minutes
147°F (63.9°C)	2 minutes and 14 seconds
149°F (65°C)	1 minute and 25 seconds
151°F (66.1°C)	54 seconds
153°F (67.2°C)	34 seconds
155°F (68.3°C)	22 seconds
157°F (69.4°C)	14 seconds
158°F (70°C)	Instantaneous