


Neff CircoTherm® Oven - Roasting Chart



Meat	Oven Temp °C (CircoTherm® oven)	Cooking time (approximate, see below*)	Special instructions
Beef	160°C	Rare 20 mins per 0.5kg Medium 25 mins per 0.5kg Well done 30 mins per 0.5kg	Roast uncovered. Do not add extra fat. Dry roast tender cuts only. For tougher cuts pot roast.
Beef Filet	180°C	Medium rare 12 - 15 mins per 0.5kg	Roast uncovered.
Lamb	160°C	Medium 25 mins per 0.5kg Well done 30 mins per 0.5kg	Roast uncovered.
Pork	160°C increase to 190°C	30 - 35 mins per 0.5kg	Rub skin with oil. Sprinkle with salt. Increase temperature for the last 20 minutes.  Or use CircoRoast for last 20 minutes.
Chicken	160°C	25 mins per 0.5kg	If stuffed, add weight of stuffing to the weight of bird to calculate time. Insert skewer between thigh and breast to ensure juices run clear.
Pheasant	170°C	30 - 35 mins per 0.5kg	Place bacon on breasts to prevent drying. Remove bacon for the last 10 minutes to brown the top.
Turkey not stuffed	160°C	2 to 4kg cook as chicken 4.5 to 7kg 18 mins per 0.5kg 7.5 to 12kg 15 mins per 0.5kg	Brush with melted butter if desired. Once brown cover with foil. Uncover for the last half hour. Insert skewer in the thickest part of the thigh to insure the juices run clear. If stuffed, add weight of stuffing to the weight of bird to determine cooking time.
Duck and Goose	160°C	25 - 30 mins per 0.5kg	Roast uncovered. Pierce skin during roasting to allow fat to run off. Brush with water, sprinkle with salt.

GENERAL INSTRUCTIONS:

When roasting place the meat on the wire shelf over the roasting pan – as one unit in an appropriate shelf position.

*Extra thick joints may take longer to cook than long thin joints. All times given above are for meats that are at room temperature. Times given above are meant as a guide only and may vary according to personal taste.

All meats should be rested for 5 to 10 minutes before serving. This allows juices to settle.

During this time the internal temperature will increase slightly.