

# Kev Ci Nqaij Thooj

## Cooking Whole Meat Roasts

XWS LI NQAIJ NYUJ, NQAIJ NYUJ MUAB NTSEV QHA (CORNEDED BEEF), NQAIJ ME ES, NQAIJ NPUAS THIAB NQAIJ NPUAS QHA INCLUDING BEEF, CORNEDED BEEF, LAMB, PORK AND CURED PORK

### Hmong

#### Hom qhov cub ci nqaij thiab them kub txias

Xaiv them kub txias kom tsim nyog raws li:

- Thooj nqaij ci (yog tsawg tshaj 10 phaus los sis ntau tshaj 10 phaus)
- Hom qhov cub (still dry (qhov cub qhuav), convection (qhov cub ci) los sis high humidity (qhov cub tuaj hws)

Hom qhov cub	Theem kub txias
Qhov cub qhuav	Tsawg tshaj 10 phaus: 350°F los sis tshaj Ntau tshaj 10 phaus: 250°F los sis tshaj
Qhov cub ci	Tsawg tshaj 10 phaus: 325°F los sis tshaj Ntau tshaj 10 phaus: 250°F los sis tshaj
Qhov cub tuaj hws	Thooj nqaij ci hnyav pes tsawg los tsis ua cas: 250°F los sis tsawg dua

### English

#### Oven types and temperatures

Select the proper oven temperature based on the:

- Size of the roast (less than 10 pounds or 10 pounds or more)
- Type of oven (still dry, convection or high humidity)

Oven type	Oven temperature
Still dry	Less than 10 pounds: 350°F or more 10 pounds or more: 250°F or more
Convection	Less than 10 pounds: 325°F or more 10 pounds or more: 250°F or more
High humidity	Roasts of any weight: 250°F or less

## Qhov theem kub ci nqaij thiab tuav kom kub

Siv cov sij hawm thiab theem kub sab hauv los siv ua tej nqaij nyuj thiab ci nqaij nyuj, xws li ci tej thooj nqaij los sis tej pob ua ntu zus xwb.

Qhov kub ci nqaij uas yog yam qis tshaj yuav tsum tswj li ntawd rau txhua pob nqaij koj ci raws li lub sij hawm tuav kom kub.

Theem kub ci nqaij	Sij hawm tuav kom kub
130°F	112 feeb
131°F	89 feeb
133°F	56 feeb
135°F	36 feeb
136°F	28 feeb
138°F	18 feeb
140°F	12 feeb
142°F	8 feeb
144°F	5 feeb
145°F	4 feeb

## Roast temperatures and holding times

Use one of the time and internal temperature combinations listed below for cooked beef and roast beef, including sectioned and formed roasts, chunked and formed roasts, lamb roasts and cooked corned beef.

The roast temperature is the minimum that must be achieved and maintained in all parts of each piece of meat for at least the stated hold time.

Roast temperature	Holding time
130°F	112 minutes
131°F	89 minutes
133°F	56 minutes
135°F	36 minutes
136°F	28 minutes
138°F	18 minutes
140°F	12 minutes
142°F	8 minutes
144°F	5 minutes
145°F	4 minutes

## Ntaub Ntawv Pab Ntxiv (Resources)

[Minnesota Department of Health Food Business Safety](http://www.health.state.mn.us/foodbizsafety)  
(<http://www.health.state.mn.us/foodbizsafety>)

Minnesota Department of Health  
Food, Pools, and Lodging Services  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4500  
[health.foodlodging@state.mn.us](mailto:health.foodlodging@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

Minnesota Department of Agriculture  
Food and Feed Safety Division  
625 Robert Street N  
St. Paul, MN 55155-2538  
651-201-6027 or 1-800-697-AGRI  
[MDA.FFSD.Info@state.mn.us](mailto:MDA.FFSD.Info@state.mn.us)  
[www.mda.state.mn.us](http://www.mda.state.mn.us)

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*Xav tau cov ntaub ntawv no ua tus qauv txawv qhov  
no, hu rau: 651-201-4500 or 651-201-6000.*

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