Roasting Meats Stove Top



Preheat roaster (or skillet) over medium heat. When several drops of water sprinkled on roaster skitter and dissipate, approximately 2 - 3 minutes, place meat firmly into roaster and press down to ensure even searing. Brown meat on all sides. The meat may stick, but will loosen as it is browned. Do not add liquid (unless recipe calls for it). Cover roaster and cook according to times listed in the recipe, or remove Versa Loc™ handles and finish cooking in the oven as directed in recipe. If simply roasting meat without following a recipe, use this chart as a guide.

Meat	**Minutes per Pound**
Beef	
Rare	10
Medium rare	12
Medium	15
Well-done	20

Meat	**Minutes per Pound**
Lamb, leg	
Rare	20
Medium	25

Well-done	30
Pork	25 - 30
Veal	20

Valoración:

★★☆☆☆