

COOKING TIMES

Vegetable Boil Steam

Vegetable	Boil mins	Steam mins
Artichoke	30-40	25-30
Asparagus	8-10	4-5
Beetroot	60-90	-
Broccoli	10-12	5-6
Cabbage	5-10	5-6
Carrots	10-15	5-6
Cauliflower	10-15	5-6
Corn on Cob	10-15	8-10
Courgettes	5-10	5-10
Green Beans	10-12	5-10
Parsnips	20-25	-
Peas	7-10	3-5
Potatoes	15-20	10-12
Spinach	4-5	2-5
Sprouts	10-15	8-10
Swede/Turnip	15-30	-

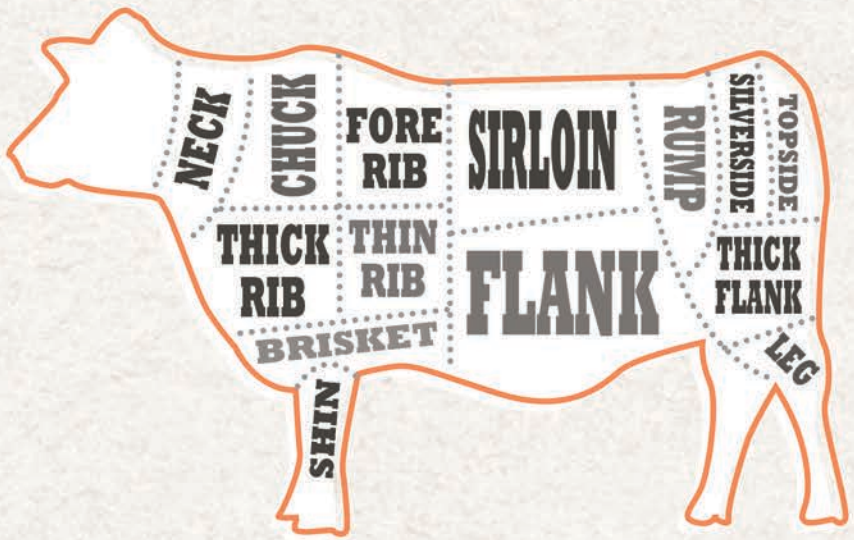


Tip Overcooking vegetables degrades vitamin content. Aim for al dente with crunchy bite.

GRAIN 1 CUP	WATER CUPS	MINS	GRAIN 1 CUP	WATER CUPS	MINS
Amaranth	2	30	Quinoa	2	20
Buckwheat	2	15	Basmati Brown	2	25
Bulgar	2	15	Basmati White	1 1/2	15
Couscous	1	10	Brown Rice	2	40
Millet	2	25	Wild Rice	2 1/2	45
Polenta	5	35	White Rice	1	15

Tip Soaking grains reduces cooking times.

Meat Roasting Times by Weight...



	OVEN (190°C/375°F/GAS 5)	COOKING TIME	INTERNAL TEMP
BEEF	190°C	Rare 20 mins per 450g/1lb + 20 mins	60°C
		Medium 25 mins per 450g/1lb + 25 mins	70°C
		Well Done 30 mins per 450g/1lb + 30 mins	80°C
LAMB	190°C	Rare 20 mins per 450g/1lb + 20mins	60-70°C
		Medium 25 mins per 450g/1lb + 25 mins	70-75°C
		Well Done 30 mins per 450g/1lb + 30 mins	75-80°C
PORK	190°C	35 mins per 450g/1lb + 35 mins	80-85°C
CHICKEN	190°C	25 mins per 450g/1lb + 25mins	80-85°C

Advice: Ensure that any meat that has been frozen is completely defrosted before cooking. Leave roast to rest in a warm place for 10-20 mins after cooking. Use an instant-read thermometer placed into the centre or thickest part of the meat to check that the minimum internal temperature has been reached. Ensure that all food is fully cooked and piping-hot before serving. For poultry, ensure the juices run clear i.e. when the meat is pierced with a knife no blood runs out. If in any doubt, do not serve food undercooked and refer to the meat's packaging instructions or your oven's manual.

