






Prime Roasts

Grace's Marketplace Long Island

Easy Guide for the Perfect Prime Roast



Grace's Prime Meat/Veteran Butcher department has all of the quality prime cuts anyone and everyone needs for their holiday table edible centerpiece. From specialty preparation and marinating/seasoning, to suggested recipes and cooking times, Grace's has that perfect rack or roast for you and your guests. Reserve yours today!

Cut of Meat	Weight / Thickness	Oven Temp	Cook Time	Internal Temperature and Rest Time
Rack of Lamb 	2 Single Lamb Racks with fat trimmed (leave some fat for juice and flavor)	375°	15 to 20 minutes total	<ul style="list-style-type: none"> For medium rare: 145° For medium: 160° Tent w. foil and rest for 10 min before carving (temp will raise during rest)
Pork Loin Roast (Bone-In) 	3 to 5 lbs Or 5 to 6 lbs	350°	20 to 25 minutes per lb	<ul style="list-style-type: none"> Cook until internal temp is 145° Tent w. foil and rest for 10 min before carving (temp will raise during rest)
Dry Aged Rib Roast (Bone-In) 	3 to 4 lbs Or 4 lbs & larger	350°	25 to 30 minutes per lb Or 30 to 35 minutes per lb	<ul style="list-style-type: none"> Sear 5 min on each side in a pan then bake For medium rare: 135° For medium: 150° Tent w. foil and rest for 15 – 20 min before carving
Beef Tenderloin (Filet Mignon Roast) 	4 to 6 lbs	425°	60 to 70 minutes total	<ul style="list-style-type: none"> For medium rare: 135° For medium: 150° Tent w. foil and rest for 15 – 20 min before carving
NY Strip Roast (Boneless) 	2 ½ to 4 lbs Or 4 to 6 lbs	325°	25 to 30 minutes per lb Or 30 to 35 minutes per lb	<ul style="list-style-type: none"> Sear 5 min on each side in a pan then bake For medium rare: 135° For medium: 150° Tent w. foil and rest for 15 – 20 min before carving

Seasoning: The very best seasoning for any cut of meat is coarsely ground sea salt, black pepper, and granulated garlic. The prime meat natural juices and fat are a great complimentary marinade.