

Karinta Roostooyinka Hilib Idil

Cooking Whole Meat Roasts

AYNA KU JIRAAN HILIBKA LO'DA, XALEEFYADA HILIBKA LO'DA, DHAYLADA, KHAANSIIRKA IYO HILIB KHAANSIIR DAAWAYSAN INCLUDING BEEF, CORNED BEEF, LAMB, PORK AND CURED PORK

Somali

Noocyada foornada iyo heerkullada

Dooro heerkulka saxda ah ee foornada adoo ku salaynaaya:

- Xajmiga roostada (wax ka yar 10 rodol ama 10 rodol ama ka badan)
- Nooca foornada (mid qalalan, dab ku xiran yahay ama uumis ah)

Nooca foornada	Heerkulka foornada
Qalayl togan	Ka yar 10 rodol: 350°F ama ka badan 10 rodol ama ka badan: 250°F ama ka badan
Dabka dhan kasta	Ka yar 10 bawn: 325°F ama ka badan 10 rodol ama ka badan: 250°F ama ka badan
Uumis badan	Roostooyinka miisaan kasta: 250°F ama ka yar

Heerkulka roostada iyo mudada ku haynta

Adeegso mid kamid ah iskudarka waqtiga iyo heerkulka ku qoran hoos ee hilib lo'aadka iyo roostada lo'da ee la karshay, ayna ku jiraan roostada la qaybiyay ee la nidaamshay, roostada la jaray lana nidaamshay,

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

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.

roostoyinka dhaylada iyo hilibka lo'da ee xaleefshay lana kariyay.

Heerkulka roostada waa kan ugu yar ee ay qasab tahay in laga guul gaaro lana dhawro dhammaan qaybaha cad kasta ee hilibka ugu yaraan waqtiga haynta ee la sheegay.

Heerkulka roostada	Waqtiga haynta
130°F	112 daqiiqo
131°F	89 daqiiqo
133°F	56 daqiiqo
135°F	36 daqiiqo
136°F	28 daqiiqo
138°F	18 daqiiqo
140°F	12 daqiiqo
142°F	8 daqiiqo
144°F	5 daqiiqo
145°F	4 daqiiqo

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

Macluumaadka (Resources)

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

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