

Cooking in the oven

Low temperature cooking at 80 degrees

Before searing, flavour the meat with Speth's seasoning salt (from top chef Robert Speth) and freshly grounded black pepper.

Veal	Preparation	Cooking time
Double cutlet	Sear all around for 6-8 min. (depends on steak)	2 to 2 ½ hours
Filet 500 – 800 g	Sear all around for 5 – 6 min.	1 ¾ to 2 hours
Veal loin	Sear all around for 8 – 10 min.	2 to 2 ½ hours
Flank of veal Rump of veal	Sear all around for 8 – 10 min.	2 ½ to 3 hours

Beef	Preparation	Cooking time
Filet up to 800 g	Sear all around for 5 – 6 min. depending on size	1 ¼ (rare) to 1 ½ hours (medium rare)
Filet 1,2 – 2 kg	Sear all around for 6 – 8 min. depending on size	1 ½ (rare) to 2 ¼ hours (medium rare)
Double sirloin 300 – 400 g	Sear all around for 2 ½ - 3 min.	Approx. 1 (rare) to 1 ½ hours (medium rare)
Sirloin 500 – 900 g	Sear all around for 4 – 5 min. depending on size	1 ¼ (rare) to 2 hours (medium rare)
Sirloin 1 – 1.5 kg	Sear all around for 5 – 6 min. depending on size	1 ½ (rare) to 2 hours (medium rare)

Lamb	Preparation	Cooking time
Rolled gigot of lamb (boned)	Sear all around for 8 - 10 min. depending on size	2 ½ to 3 hours
Gigot (on the bone)	Sear all around for 10 – 12 min. in the frying pan or roast at 250 degrees in the oven for 12 – 15 min., then reduce temperature quickly down to 75 degrees (open oven door)	3 to 4 hours

Pork	Preparation	Cooking time
Filet 400 – 600 g	Sear all around for 5 min. depending on size	1 ½ to 1 ¾ hours
Loin of pork	Sear all around for 8 - 10 min. depending on size	2 to 2 ½ hours



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Cooking at 160 degrees

Before searing, flavour the meat with Speth's seasoning salt (from top chef Robert Speth) and freshly grounded black pepper.

Sort of meat	Preparation	Cooking time	Core temperature
Veal steak	Sear in the frying pan	Approx. 45 min.	64 degrees
Veal prime rib	Sear in the oven, 15 min. at 230 degrees	Approx. 45 Min. at 180 degrees	64 degrees
Sirloin	Sear in the frying pan	Approx. 65 min.	54 degrees
Beef prime rib	Sear in the frying pan	Approx. 60 min.	54 degrees
Beef filet	Sear in the frying pan	Approx. 40 min.	54 degrees