

Soft roasting table for 🔪 «Soft roasting seared» and 🔥 «Soft roasting with grill»

Cut of meat	Preparation method	Degree of doneness	Recommended target temperature °C
Fillet of veal	seared	medium	58
		well done	65
Rump or loin of veal	seared	medium	63
		well done	69
Shoulder of veal	seared	well done	72
	with grill	well done	72
Neck of veal	seared	well done	75
	with grill	well done	75
Veal topside	seared	medium	61
		well done	69
Veal breast, rolled	with grill	well done	75
Fillet of beef	seared	rare	48
		medium rare	53
		medium	57
		well done	65
Sirloin, rump steak	seared	medium	57
		well done	64
Rump of beef	seared	medium	63
		well done	69
Rib-eye or prime rib of beef	seared	medium	60
		well done	69
	with grill	medium	60
		well done	69
Shoulder of beef	seared	medium	72
	with grill	well done	75
Rump or loin of pork	seared	medium	61
		well done	72
Neck of pork	seared	well done	76
	with grill	well done	76
Shoulder of pork	with grill	well done	76
Leg of lamb	seared	medium	65
		well done	74
	with grill	well done	74