



**BEEF** SEAR QUICKLY THEN LOWER HEAT  
**LAMB** FINISH RARE OR MED/RARE 140° MAX TEMP or..  
**GOAT** BRAISE: ADD LIQUID AND FINISH IN 300° OVEN

**CHICKEN** BRINE, BARD OR BASTE BIRDS  
**TURKEY** LOW TEMP FOR LONGER TIME

**PORK** MARINATE, BRINE OR WET RUB  
COOK TO 145° MAX TEMP

BRING PASTURED MEATS TO ROOM TEMP BEFORE COOKING.  
ALWAYS ALLOW MEAT TO REST BEFORE CARVING  
SEASON SIMPLY - PASTURED MEAT IS VERY FLAVORFUL ON ITS OWN.



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