

Quick Roasting Guide

If You Want...

More browning

Crisp vegetables

Even cooking

Better seasoning

Crispy poultry skin

Safe poultry

Faster small batches

Larger batches

Pan gravy

Better results overall

Focus On...

Higher heat + dry surface

Space + heat + limited moisture

Uniform cuts

Light coating of fat

Dry surface + exposed skin

165°F internal temperature

Air fryer

Oven + sheet pan

Save the fond and drippings

Don't rely on cooking time alone

Key Temperature Zones

Zone	Temperature Range	What It Means
Cold Zone	40°F (4°C) or below	Safe for storing perishable foods
Danger Zone	40°F–140°F (4°C–60°C)	Bacteria multiply quickly—avoid this range
Danger Zone	140°F (60°C) or above	Safe for keeping cooked food warm before serving

Food Safety Tips

- Refrigerate leftovers within 2 hours (or 1 hour if above 90°F).
- Reheat leftovers to 165°F (74°C).
- Use shallow containers to cool food faster.
- Never thaw food on the counter—use the fridge or cold water.