Meat and Poultry Roasting Charts

Raw meat and poultry should always be cooked to a safe minimum internal temperature. Always use a food thermometer to assure that meat and poultry have reached a safe minimum internal temperature. When roasting meat and poultry, set the oven temperature to 325°F (163°C) or higher. Explore the charts below to learn how to get great results every time you cook.

Note: The information on **this page does not include foods containing ground meat and poultry**, including meatloaf and sausage. Check the safe minimum internal temperature chart for safe cooking temperatures and rest times for all meat and poultry, seafood, and other cooked foods.

Meat Charts

Beef, Lamb, Pork and Veal Roasting Chart

Minimum internal temperature = **145°F (63°C)**.

Allow to rest for at least **3 minutes**.

Type	Oven °F/°C	Timing
Beef		
Rib roast, bone-in 4 to 6 lbs.	325°F (163°C)	23 to 25 min/lb.
Rib roast, boneless 4 to 6 lbs.	325°F (163°C)	28 to 33 min/lb.
Round or rump roast 2 ½ to 4 lbs.	325°F (163°C)	30 to 35 min/lb.
Tenderloin roast, whole 4 to 6 lbs.	425°F (218°C)	45 to 60 minutes total
Lamb		
Leg, bone-in 5 to 7 lbs. 7 to 9 lbs.	325°F (163°C)	20 to 25 min/lb. 10 to 15 min/lb.
Leg, boneless, rolled 4 to 7 lbs.	325°F (163°C)	25 to 30 min/lb.
Shoulder roast 3 to 4 lbs.	325°F (163°C)	30 to 35 min/lb.
Fresh Pork		
Loin roast, bone-in or boneless 2 to 5 lbs.	350°F (177°C)	20 min/lb.
Crown roast	350°F (177°C)	12 min/lb.

Minimum internal temperature = **145°F (63°C)**.

Allow to rest for at least **3 minutes**.

Type	Oven °F/°C	Timing
10 lbs.		
Tenderloin	425°F (218°C) - 450°F (232°C)	20 to 27 minutes total
½ to 1 ½ lbs.		
Boston butt	350°F (177°C)	45 min./lb.
3 to 6 lbs.		
Ribs	350°F (177°C)	1 ½ to 2 hours (or until fork
2 to 4 lbs.		tender)
Veal		
Rib roast	325°F (163°C)	25 to 27 min/lb.
4 to 5 lbs.		
Loin	325°F (163°C)	34 to 36 min/lb.
3 to 4 lbs.		

Ham Cooking Chart

Set oven temperature to **325°F (163°C)**

Type	Weight	Timing
Smoked Ham, cook before eating		

Cook to a minimum internal temperature of **145°F (63°C)** and allow to rest for at least **3 minutes**.

Whole, bone-in	10 to 14 lbs.	18 to 20 min/lb.
Half, bone-in	5 to 7 lbs.	22 to 25 min/lb.
Shank or butt portion, bone-in	3 to 4 lbs.	35 to 40 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	30 to 35 min/lb.
Shoulder roll (butt), boneless	2 to 4 lbs.	35 to 40 min/lb.
Smoked Ham, cooked		

Reheat cooked hams packaged in USDA-inspected plants to a minimum internal temperature of **140°F (60°C)** and all others to **165°F (74°C).**

Whole, bone in	10 to 14 lbs.	15 to 18 min/lb.
Half, bone in	5 to 7 lbs.	18 to 24 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	25 to 30 min/lb.
Canned ham, boneless	3 to 10 lbs.	15 to 20 min/lb.
Vacuum packed, boneless	6 to 12 lbs.	10 to 15 min/lb.
Spiral cut, whole or half	7 to 9 lbs.	10 to 18 min/lb.
Fresh ham, uncooked		

Cook to a minimum internal temperature of **145°F (63°C)** and allow to rest for at least **3 minutes**.

Whole leg, bone in	12 to 16 lbs.	22 to 26 min/lb.
Whole leg, boneless	10 to 14 lbs.	24 to 28 min/lb.
Half, bone in	5 to 8 lbs.	35 to 40 min/lb.
Country ham		

Cook to a minimum internal temperature of **145°F (63°C)** and allow to rest for at least **3 minutes**.

Whole or half

1. Soak 4 to 12 hours in refrigerator.
2. Cover with water, then boil 20 to 25 minutes per pound.

Set oven temperature to **325°F (163°C)**

Type	Weight	Timing

3. Drain the ham and cook at 400°F (204°C) for 15 minutes to brown.

Poultry Charts

Poultry Roasting Chart

The times shown below are for unstuffed poultry. Add 15 to 30 minutes for stuffed birds. The internal temperature should reach 165°F (74°C) in the center of the stuffing.

Minimum internal temperature = **165°F (74°C)**

Check the internal temperature in the innermost part of the thigh, innermost part of the wing, and thickest part of the breast.

Type	Oven °F/°C	Timing
Chicken, whole 3 to 4 lbs 5 to 7 lbs.	350°F (177°C)	1 ¼ to 1 ½ hours 2 to 2 ¼ hours
Chicken, breast halves, bone-in **6 to 8 oz.**	350°F (177°C)	30 to 40 minutes
Chicken, breast halves, boneless **4 oz.**	350°F (177°C)	20 to 30 minutes
Capon, whole 4 to 8 lbs.	350°F (177°C)	2 to 3 hours
Cornish hen, whole 18 to 24 oz.	350°F (177°C)	50 to 60 minutes
Duck, whole (do not stuff) 4 to 6 lbs.	350°F (177°C)	30 to 35 min/lb
Duck, legs or thighs	325°F (163°C)	1 ¼ to 1 ½ hours
Young goose, whole 8 to 12 lbs.	325°F (163°C)	2 ½ to 3 hours
Young goose, pieces or cut up	325°F (163°C)	2 hours

Turkey Roasting Time by Size

Set oven temperature to **325°F (163°C)**.

Minimum internal temperature = **165°F (74°C)**

Turkey Size	Unstuffed	Stuffed
4 to 6 lbs. (breast)	1 ½ to 2 ¼ hours	Not usually applicable
6 to 8 lbs. (breast)	2 ¼ to 3 ¼ hours	3 to 3 ½ hours
8 to 12 lbs.	2 ¾ to 3 hours	3 to 3 ½ hours
12 to 14 lbs.	3 to 3 ¾ hours	3 ½ to 4 hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours	4 to 4 ¼ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours	4 ¼ to 4 ¾ hours
20 to 24 lbs.	4 ½ to 5 hours	4 ¾ to 5 ¼ hours

Turkey Thawing Time

To thaw in a refrigerator, allow about **24 hours for every 4 to 5 pounds**.

For cold water thawing, allow about **30 minutes per pound**. A turkey thawed in cold water should be cooked right after thawing.

Turkey Size	Thaw in Refrigerator (set to 40°F (4°C) or below)	Thaw in Cold Water (change water every 30 minutes)
4 to 12 lbs.	1 to 3 days	2 to 6 hours
12 to 16 lbs.	3 to 4 days	6 to 8 hours
16 to 20 lbs.	4 to 5 days	8 to 10 hours
20 to 24 lbs.	5 to 6 days	10 to 12 hours

Date Last Reviewed

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