

## 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
<b>Beef</b>		
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
<b>Lamb</b>		
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.
<b>Fresh Pork</b>		
Loin roast, bone-in or boneless	350°F (177°C)	20 min/lb.

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

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

Type	Oven °F/°C	Timing
<b>2 to 5 lbs.</b>		
<b>Crown roast</b>	350°F (177°C)	12 min/lb.
<b>10 lbs.</b>		
<b>Tenderloin</b>	425°F (218°C) - 450°F (232°C)	20 to 27 minutes total
<b>½ to 1 ½ lbs.</b>		
<b>Boston butt</b>	350°F (177°C)	45 min./lb.
<b>3 to 6 lbs.</b>		
<b>Ribs</b>	350°F (177°C)	1 ½ to 2 hours (or until fork tender)
<b>2 to 4 lbs.</b>		
<b>Veal</b>		
<b>Rib roast</b>	325°F (163°C)	25 to 27 min/lb.
<b>4 to 5 lbs.</b>		
<b>Loin</b>	325°F (163°C)	34 to 36 min/lb.
<b>3 to 4 lbs.</b>		

## Ham Cooking Chart

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

Type	Weight	Timing
<b>Smoked Ham, cook before eating</b>		
<b>Cook to a minimum internal temperature of 145°F (63°C) and allow to rest for at least 3 minutes.</b>		
<b>Whole, bone-in</b>	10 to 14 lbs.	18 to 20 min/lb.
<b>Half, bone-in</b>	5 to 7 lbs.	22 to 25 min/lb.
<b>Shank or butt portion, bone-in</b>	3 to 4 lbs.	35 to 40 min/lb.
<b>Arm picnic shoulder, boneless</b>	5 to 8 lbs.	30 to 35 min/lb.
<b>Shoulder roll (butt), boneless</b>	2 to 4 lbs.	35 to 40 min/lb.
<b>Smoked Ham, cooked</b>		
<b>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).</b>		
<b>Whole, bone in</b>	10 to 14 lbs.	15 to 18 min/lb.
<b>Half, bone in</b>	5 to 7 lbs.	18 to 24 min/lb.
<b>Arm picnic shoulder, boneless</b>	5 to 8 lbs.	25 to 30 min/lb.
<b>Canned ham, boneless</b>	3 to 10 lbs.	15 to 20 min/lb.
<b>Vacuum packed, boneless</b>	6 to 12 lbs.	10 to 15 min/lb.
<b>Spiral cut, whole or half</b>	7 to 9 lbs.	10 to 18 min/lb.
<b>Fresh ham, uncooked</b>		
<b>Cook to a minimum internal temperature of 145°F (63°C) and allow to rest for at least 3 minutes.</b>		
<b>Whole leg, bone in</b>	12 to 16 lbs.	22 to 26 min/lb.
<b>Whole leg, boneless</b>	10 to 14 lbs.	24 to 28 min/lb.

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

Type	Weight	Timing
Half, bone in Country ham	5 to 8 lbs.	35 to 40 min/lb.

**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.
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

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

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

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

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

Date Last Reviewed

September 21, 2023