
Meat and Poultry Charts

Raw meat and poultry should always be cooked to a safe minimum internal temperature. When roasting meat and poultry, use an oven temperature no lower than 325 °F. Use a food thermometer to assure that meat and poultry have reached a safe minimum internal temperature. Explore the charts below to learn how to get great results every time you cook.

Beef, Lamb, and Veal Roasting Chart

Type	Oven °F	Timing	Minimum Internal Temperature and Rest Time
Beef			
Rib roast, bone-in 4 to 6 lbs.	325	23 to 25 min/lb.	145 °F and allow to rest for at least 3 minutes
Rib roast, boneless 4 to 6 lbs.	325	Add 5-8 min/lb. to times above	
Round or Rump Roast 2 ½ to 4 lbs.	325	30 to 35 min/lb.	
Tenderloin roast, whole 4 to 6 lbs.	425	45 to 60 minutes total	
Lamb			
Leg, bone-in 5 to 7 lbs.	325	20 to 25 min/lb.	145 °F and allow to rest for at least 3 minutes
Leg, boneless 4 to 7 lbs.	325	20 to 25 min/lb.	
Shoulder roast 3 to 4 lbs.	325	20 to 30 min/lb.	
Veal			
Rib Roast 4 to 5 lbs.	325	25 to 27 min/lb.	145 °F and allow to rest for at least 3 minutes
Loin 3 to 4 lbs.	325	34 to 36 min/lb.	

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 in the center of the stuffing.

Type	Oven °F	Timing	Minimum Internal Temperature and Rest Time
Chicken, whole 3 to 4 lbs 5 to 7 lbs.	350	1 ¼ to 1 ½ hours	2 to 2 ¼ 165 °F
Capon, whole 4 to 8 lbs.	350	2 to 3 hours	Check the internal temperature in the innermost part of the thigh, innermost part of the wing, and thickest part of the breast.
Cornish hen, whole 18 to 24 oz.	350	50 to 60 minutes	
Duck, whole 4 to 6 lbs.	350	30 to 35 min/lb	
Duck, legs or thighs	325	1 ¼ to 1 ½ hours	
Young goose, whole 8 to 12 lbs.	325	2 ½ to 3 hours	
Young goose, pieces or cut up	325	2 hours	

Turkey Roasting Time by Size

The following times are based on an oven setting of 325 °F. A food thermometer should be used to ensure a safe minimum internal temperature of 165 °F has been reached to destroy bacteria and prevent foodborne illness.

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

Turkey Thawing Time

You can thaw turkey in a refrigerator set to 40 °F or below for approximately 24 hours for every 4 to 5 pounds. Allow about 30 minutes per pound for cold water thawing, changing the water every 30 minutes until the turkey is thawed. A turkey thawed in cold water should be cooked immediately.

Turkey Size	Thaw in Refrigerator	Thaw in Cold Water
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

Pork Charts

Pork Roasting Chart

Type	Oven °F	Timing	Minimum Internal Temperature and Rest Time
Fresh Pork			
Loin roast, bone-in or boneless 2 to 5 lbs.	350	20 min/lb.	145 °F and allow to rest for at least 3 minutes
Crown roast 10 lbs.	350	12 min/lb.	
Tenderloin ½ to 1 ½ lbs.	425-450	20 to 27 minutes total	
Boston Butt 3 to 6 lbs.	350	45 min./lb.	
Ribs 2 to 4 lbs.	350	1 ½ to 2 hours (or until fork tender)	

Ham Cooking Chart

Set oven temperature to 325 °F.

Type	Cut	Weight (lbs.)	Min/Lb	Minimum Internal Temperature and Rest Time
Smoked, cook before eating	Whole, bone-in	10 to 14	18 to 20	145 °F and allow to rest for at least 3 minutes
	Half, bone-in	5 to 7	22 to 25	
	Shank or butt portion, bone-in	3 to 4	35 to 40	
	Arm picnic shoulder, boneless	5 to 8	30 to 35	
	Shoulder roll (butt), boneless	2 to 4	35 to 40	
	Smoked ham, cooked	Whole, bone in	10 to 14	
	Half, bone in	5 to 7	18 to 24	
	Arm picnic shoulder, boneless	5 to 8	25 to 30	
	Canned ham, boneless	3 to 10	15 to 20	
	Vacuum packed, boneless	6 to 12	10 to 15	
	Spiral cut, whole or half	7 to 9	10 to 18	
Fresh ham, uncooked	Whole leg, bone in	12 to 16	22 to 26	145 °F and allow to rest for at least 3 minutes
	Whole leg, boneless	10 to 14	24 to 28	
	Half, bone in	5 to 8	35 to 40	
Country ham (whole, or half)	<ol style="list-style-type: none"> Soak 4 to 12 hours in refrigerator. Cover with water, then boil 20 to 25 minutes per 			

Type	Cut	Weight (lbs.)	Min/Lb	Minimum Internal Temperature and Rest Time
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pound.

3. Drain, glaze, and brown at 400 °F for 15 minutes.

Date Last Reviewed

April 12, 2019