

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 10 lbs.	350°F (177°C)	12 min/lb.
Tenderloin ½ to 1 ½ lbs.	425°F (218°C) - 450°F (232°C)	20 to 27 minutes total
Boston butt 3 to 6 lbs.	350°F (177°C)	45 min./lb.
Ribs 2 to 4 lbs.	350°F (177°C)	1 ½ to 2 hours (or until fork tender)

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

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

Type	Oven °F/°C	Timing
Veal		
Rib roast 4 to 5 lbs.	325°F (163°C)	25 to 27 min/lb.
Loin 3 to 4 lbs.	325°F (163°C)	34 to 36 min/lb.

Date Last Reviewed September 21, 2023