

Poultry Roasting Chart

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 hours	165 °F Check the internal temperature in the innermost part of the thigh, innermost part of the wing, and thickest part of the breast.
Capon, whole 4 to 8 lbs.	350	2 to 3 hours	
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	