# Poultry Roasting Chart

<table>
<thead>
<tr>
<th>Type</th>
<th>Oven °F</th>
<th>Timing</th>
<th>Minimum Internal Temperature and Rest Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, whole 3 to 4 lbs 5 to 7 lbs.</td>
<td>350</td>
<td>1 ¼ to 1 ½ hours 2 to 2 ¼ hours</td>
<td>165 °F</td>
</tr>
<tr>
<td>Capon, whole 4 to 8 lbs.</td>
<td>350</td>
<td>2 to 3 hours</td>
<td></td>
</tr>
<tr>
<td>Cornish hen, whole 18 to 24 oz.</td>
<td>350</td>
<td>50 to 60 minutes</td>
<td></td>
</tr>
<tr>
<td>Duck, whole 4 to 6 lbs.</td>
<td>350</td>
<td>30 to 35 min/lb</td>
<td></td>
</tr>
<tr>
<td>Duck, legs or thighs</td>
<td>325</td>
<td>1 ¼ to 1 ½ hours</td>
<td></td>
</tr>
<tr>
<td>Young goose, whole 8 to 12 lbs.</td>
<td>325</td>
<td>2 ½ to 3 hours</td>
<td></td>
</tr>
<tr>
<td>Young goose, pieces or cut up</td>
<td>325</td>
<td>2 hours</td>
<td></td>
</tr>
</tbody>
</table>

Date Last Reviewed April 12, 2019