

## Poultry Roasting Chart

Minimum internal temperature = <b>165°F (74°C)</b>		
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
<b>Chicken, whole</b> 3 to 4 lbs 5 to 7 lbs.	350°F (177°C)	1 ¼ to 1 ½ hours 2 to 2 ¼ hours
<b>Chicken, breast halves, bone-in</b> 6 to 8 oz.	350°F (177°C)	30 to 40 minutes
<b>Chicken, breast halves, boneless</b> 4 oz.	350°F (177°C)	20 to 30 minutes
<b>Capon, whole</b> 4 to 8 lbs.	350°F (177°C)	2 to 3 hours
<b>Cornish hen, whole</b> 18 to 24 oz.	350°F (177°C)	50 to 60 minutes
<b>Duck, whole (do not stuff)</b> 4 to 6 lbs.	350°F (177°C)	30 to 35 min/lb
<b>Duck, legs or thighs</b>	325°F (163°C)	1 ¼ to 1 ½ hours
<b>Young goose, whole</b> 8 to 12 lbs.	325°F (163°C)	2 ½ to 3 hours
<b>Young goose, pieces or cut up</b>	325°F (163°C)	2 hours

Date Last Reviewed September 21, 2023