

Meat and Poultry Roasting Chart

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If you prefer, you may choose to cook these meats and poultry to higher temperatures.

Red Meat, Type	Oven °F	Timing	Minimum Internal Temperature & Rest Time
BEEF, FRESH			
Beef, rib roast, bone-in; 4 to 8 pounds	325	23 to 30 min/lb	145 °F and allow to rest for at least 3 minutes
Beef, rib roast, boneless; 4 pounds	325	39 to 43 min/lb	
Beef, eye round roast; 2 to 3 pounds	325	20 to 22 min/lb	
Beef, tenderloin roast, whole; 4 to 6 lbs	425	45 to 60 minutes total	
Beef, tenderloin roast, half; 2 to 3 lbs	425	35 to 45 minutes total	
POULTRY: Times 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.			
Turkey, whole;	325	30 min/lb	165 °F and check the internal temperature in the innermost part of the thigh, innermost part of the wing and the thickest part of the breast.
Chicken, whole; 4 to 8 pounds	375	20 to 30 min/lb	
CAPON, whole; 4 to 8 pounds	375	20 to 30 min/lb	
CORNISH HENS, whole; 18 to 24 oz.	350	50 to 60 minutes total	
DUCK, domestic, whole	375	20 min/lb	
DUCK, wild, whole	350	18 to 20 min/lb	
GOOSE, domestic or wild, whole	325	20 to 25 min/lb	
PHEASANT, young, whole, 2 pounds	350	30 min/lb	
QUAIL, whole	425	20 minutes total	
LAMB			
Lamb, leg, bone-in; 5 to 9 pounds	325	20-26 min/lb	145 °F and allow to rest for at least 3 minutes

Lamb, leg, boneless; 4 to 7 pounds			
Lamb, crown roast; 3 to 4 pounds	375	20-30 min/lb	
PORK, FRESH			
Pork, loin roast, bone-in; 3 to 5 pounds	325	20-25 min/lb	145 °F and allow to rest for at least 3 minutes
Pork, loin roast boneless; 2 to 4 pounds	325	23-33 min/lb	
Pork, crown roast; 6 to 10 lbs	325	20-25 min/lb	
Pork, tenderloin; ½ to 1½ lbs	425	20-30 minutes total	
PORK, CURED			
Ham, cook-before-eating, bone-in; Whole, 14 to 16 pounds	325	18-20 min/lb	145 °F and allow to rest for at least 3 minutes
Ham, cook-before-eating, bone-in; Half, 7 to 8 pounds	325	22-25 min/lb	
Ham, fully cooked, bone-in; Whole, 14 to 16 pound	325	15-18 min/lb	140 °F
Ham, fully cooked, bone-in; Half, 7 to 8 pounds	325	18-25 min/lb	140 °F
Ham, fully cooked, boneless; 3 to 4 lbs	325	27-33 min/lb	140 °F
Ham, country, dried	(see label directions)		
VEAL			
Veal, boneless roast, rump or shoulder; 2 to 3 pounds	325	25-30 min/lb	145 °F and allow to rest for at least 3 minutes
Veal, bone-in roast, loin; 3 to 4 pounds	325	30-34 min/lb	