



Meat and Poultry Roasting Chart

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

Category	Meat	Oven Temperature (°F)	Timing (Approximate)	Safe Minimum Internal Temperature (°F)	Rest Time
Beef, fresh	rib roast, bone in (4 to 6 pounds)	325	23 to 25 minutes per lb.	145	3 minutes
	rib roast, boneless, rolled (4 to 6 pounds)	325	28 to 33 minutes per lb.	145	3 minutes
	round or rump roast (2 ½ to 4 pounds)	325	30 to 35 minutes per lb.	145	3 minutes
	tenderloin, whole (4 to 6 pounds)	425	45 to 60 minutes total	145	3 minutes
Lamb, fresh	leg, bone in (5 to 7 pounds)	325	20 to 25 minutes per lb.	145	3 minutes
	leg, bone in (7 to 9 pounds)	325	15 to 20 minutes per lb.	145	3 minutes
	leg, boneless, rolled (4 to 7 pounds)	325	25 to 30 minutes per lb.	145	3 minutes
Veal, fresh	shoulder roast, boneless (3 to 5 pounds)	325	35 to 40 minutes per lb.	145	3 minutes
	leg rump or round roast, boneless (3 to 5 pounds)	325	35 to 40 minutes per lb.	145	3 minutes
Chicken, fresh	whole roasting hen (5 to 7 pounds)	350	2 to 2 ¼ hours	165	None
	breast, halves, bone-in	350	30 to 40 minutes	165	None

Category	Meat	Oven Temperature (°F)	Timing (Approximate)	Safe Minimum Internal Temperature (°F)	Rest Time
	(6 to 8 ounces) breast, halves, boneless	350	20 to 30 minutes	165	None
	(4 ounces) legs or thighs	350	40 to 50 minutes	165	None
Pork, fresh	loin roast, bone-in or boneless (2 to 5 pounds)	325	20 to 30 minutes per lb.	145	3 minutes
Tip: When cooked to safe temperatures, fresh pork may still be pink inside – but it will be safe.	crown roast (4 to 6 pounds)	325	20 to 30 minutes per lb.	145	3 minutes
	tenderloin (½ to 1 ½ pounds)	425	20 to 30 minutes total	145	3 minutes
Ham, smoked	fresh, cook-before-eating, bone-in, whole (10 to 14 pounds)	325	18 to 20 minutes per lb.	145	3 minutes
	fresh, cook-before-eating, bone-in, half (5 to 7 pounds)	325	22 to 25 minutes per lb.	145	3 minutes
	fully cooked, bone-in, whole (10 to 14 pounds)	325	15 to 18 minutes per lb.	140	None
	fully cooked, bone-in, half (5 to 7 pounds)	325	18 to 24 minutes per lb.	140	None
	fully cooked, spiral cut, whole or half (7 to 9 pounds)	325	10 to 18 minutes per lb.	140	None