

Roasting Chart

Meat	Oven Temperature (°F)	Timing (Approximate)	Safe Minimum Internal Temperature (°F)
BEEF, FRESH			
rib roast, bone in 4 to 6 pounds	325	23 to 25 minutes per lb.	145
rib roast, boneless, rolled 4 to 6 pounds	325	28 to 33 minutes per lb.	145
round or rump roast 2 ½ to 4 pounds	325	30 to 35 minutes per lb.	145
tenderloin, whole 4 to 6 pounds	425	45 to 60 minutes total	145
LAMB, FRESH			
leg, bone in 5 to 7 pounds 7 to 9 pounds	325 325	20 to 25 minutes per lb. 15 to 20 minutes per lb.	145 145
leg, boneless, rolled 4 to 7 pounds	325	25 to 30 minutes per lb.	145
VEAL, FRESH			
shoulder roast, boneless 3 to 5 pounds	325	35 to 40 minutes per lb.	145
leg rump or round roast, boneless 3 to 5 pounds	325	35 to 40 minutes per lb.	145

For reasons of personal preference, consumers may choose to cook the above meats to higher temperatures.

CHICKEN, FRESH (Turkey Cooking Charts can be found on page 27.)

whole roasting hen 5 to 7 pounds	350	2 to 2 ¼ hours	165
breast, halves, bone-in 6 to 8 ounces	350	30 to 40 minutes	165
breast, halves, boneless 4 ounces	350	20 to 30 minutes	165
legs or thighs 4 to 8 ounces	350	40 to 50 minutes	165
PORK, FRESH (Tip: When cooked to safe temperatures, fresh pork may still be pink inside – but it will be safe.)			
loin roast, bone-in or boneless 2 to 5 pounds	325	20 to 30 minutes per lb.	160
crown roast 4 to 6 pounds	325	20 to 30 minutes per lb.	160
tenderloin ½ to 1 ½ pounds	425	20 to 30 minutes total	160
HAM, SMOKED			
fresh, cook-before-eating, bone-in whole, 10 to 14 pounds half, 5 to 7 pounds	325 325	18 to 20 minutes per lb. 22 to 25 minutes per lb.	160 160
fully cooked, bone-in whole, 10 to 14 pounds half, 5 to 7 pounds	325 325	15 to 18 minutes per lb. 18 to 24 minutes per lb.	140 140
fully cooked, spiral cut, whole or half 7 to 9 pounds	325	10 to 18 minutes per lb.	140
country, dried, whole or half	Soak 4 to 12 hours in refrigerator. Cover with water, then boil 20 to 25 minutes per pound. Drain, glaze, and brown at 400 °F for 15 minutes.		

For reasons of personal preference, consumers may choose to cook the above meats and poultry to higher temperatures.