

ROASTING POULTRY

TIMING varies based on the size and shape of each bird. Use times as general guides. For stuffed birds, see tip at bottom of chart (*next page*).

ADD AROMATICS, if desired, by placing quartered onions and celery in body cavity. Pull neck skin to back and fasten with a skewer. If a band of skin crosses tail, tuck drumsticks under band. If there is no band, tie drumsticks to tail with 100%-cotton kitchen string. Twist wing tips under back. Place bird, breast side up, on a rack in a shallow roasting pan; brush with vegetable oil and, if desired, sprinkle with dried herbs, such as thyme or oregano (crushed). (When cooking a domestic duckling or goose, prick skin generously all over and omit oil.)

COVER Cornish game hens, pheasants, and whole turkeys with foil, leaving air space between bird and foil. Lightly press foil at ends of drumsticks and neck to enclose bird. Leave other poultry uncovered.

MEAT THERMOMETER (oven-going) may be inserted into the center of an inside thigh muscle of large birds, not touching the bone. (Or, during/after roasting, insert an instant-read thermometer into center of the inside thigh muscle, away from bone, checking temperature in several places.)

ROAST in an uncovered pan. Two-thirds of the way through roasting time, cut band of skin or string between drumsticks. Uncover large birds the last 45 minutes of roasting; uncover small birds the last 30 minutes of roasting. Continue roasting until meat thermometer registers 175°F in thigh muscle or until drumsticks move easily in sockets. (For a whole or half turkey breast, bone in, thermometer should register 170°F. For whole boneless breast, thermometer should register 165°F.) Remove bird from oven; cover. Allow whole birds and turkey portions to stand 15 minutes before carving.

Type of Bird	Weight	Oven Temperature	Roasting Time
CHICKEN			
Capon	5 to 7 lb.	325°F	1¾ to 2½ hours
Meaty pieces (breast halves, drumsticks, and thighs with bone)	2½ to 3 lb.	375°F	45 to 55 minutes
Whole	2½ to 3 lb. 3½ to 4 lb. 4½ to 5 lb.	375°F 375°F 375°F	1 to 1¼ hours 1¼ to 1½ hours 1¾ to 2 hours

GAME

Cornish game hen	1¼ to 1½ lb.	375°F	1 to 1¼ hours
Duckling, domestic	4 to 6 lb.	350°F	1¾ to 2½ hours
Goose, domestic	7 to 8 lb. 8 to 10 lb.	350°F 350°F	2 to 2½ hours 2½ to 3 hours
Pheasant	2 to 3 lb.	325°F	1½ to 2 hours

ROASTING POULTRY *(continued)*

Type of Bird	Weight	Oven Temperature	Roasting Time
TURKEY			
Breast, whole	4 to 6 lb.	325°F	1½ to 2¼ hours
	6 to 8 lb.	325°F	2¼ to 3¼ hours
Breast, boneless whole*	2½ to 3 lb.	325°F	40 to 60 minutes
Breast, half	2 to 2½ lb.	325°F	60 to 70 minutes
Breast, boneless half	1¼ to 1½ lb.	325°F	35 to 40 minutes
Drumstick	1 to 1½ lb.	325°F	1¼ to 1¾ hours
Thigh	1½ to 1¾ lb.	325°F	1½ to 1¾ hours
Whole (unstuffed)**	8 to 12 lb.	325°F	2¾ to 3 hours
	12 to 14 lb.	325°F	3 to 3¾ hours
	14 to 18 lb.	325°F	3¾ to 4¼ hours
	18 to 20 lb.	325°F	4¼ to 4½ hours
	20 to 24 lb.	325°F	4½ to 5 hours

**If you can't find a boneless whole turkey breast, have the butcher remove the bone.*

***Stuffed birds generally require 15 to 45 minutes more roasting time than unstuffed birds.*

Always verify doneness temperatures of poultry and center of stuffing (165°F) with a meat thermometer.

ROASTING MEAT

SELECT A PAN that fits the task of roasting big pieces of meat—a large, sturdy shallow pan with a rack set inside. The pan’s sides should be 2 to 3 inches high. This setup keeps the meat above the juices so the heat circulates all around the meat. You can also use a 13×9-inch baking pan with an oven-safe wire rack set inside.

TO ROAST, place meat, fat side up, on a rack in a shallow roasting pan. (Roasts with a bone do not need a rack.) Insert a meat thermometer in the thickest part of the roast (or check with an instant-read thermometer near the end of cooking time). Do not add water or liquid and do not cover. Roast in a 325°F oven (unless chart says otherwise) for time given (below) and until thermometer registers the temperature listed under “Doneness.” Remove the meat from the oven. Tent with foil; let stand 15 minutes before carving. The meat’s temperature will rise to the standard for medium rare (145°F) and medium (160°F) during the time it stands.

Cut	Weight	Roasting Time*	Doneness
BEEF			
Boneless tri-tip roast (bottom sirloin) (Roast at 425°F)	1½ to 2 lb.	30 to 35 minutes 40 to 45 minutes	135°F medium rare 150°F medium
Eye round roast (Roasting past medium rare is not recommended)	2 to 3 lb.	1½ to 1¾ hours	135°F medium rare
Ribeye roast (Roast at 350°F)	3 to 4 lb. 4 to 6 lb. 6 to 8 lb.	1½ to 1¾ hours 1¾ to 2 hours 1¾ to 2 hours 2 to 2½ hours 2 to 2¼ hours 2½ to 2¾ hours	135°F medium rare 150°F medium 135°F medium rare 150°F medium 135°F medium rare 150°F medium
Rib roast (chine bone removed) (Roast at 350°F)	4 to 6 lb. 6 to 8 lb. 8 to 10 lb.**	1¾ to 2¼ hours 2¼ to 2¾ hours 2¼ to 2½ hours 2¾ to 3 hours 2½ to 3 hours 3 to 3½ hours	135°F medium rare 150°F medium 135°F medium rare 150°F medium 135°F medium rare 150°F medium
Round tip roast	3 to 4 lb. 4 to 6 lb. 6 to 8 lb.	1¾ to 2 hours 2¼ to 2½ hours 2 to 2½ hours 2½ to 3 hours 2½ to 3 hours 3 to 3½ hours	135°F medium rare 150°F medium 135°F medium rare 150°F medium 135°F medium rare 150°F medium
Tenderloin roast (Roast at 425°F)	2 to 3 lb. 4 to 5 lb.	35 to 40 minutes 45 to 50 minutes 50 to 60 minutes 60 to 70 minutes	135°F medium rare 150°F medium 135°F medium rare 150°F medium
Top round roast (Roasting past medium rare is not recommended)	4 to 6 lb. 6 to 8 lb.	1¾ to 2½ hours 2½ to 3 hours	135°F medium rare 135°F medium rare

*All roasting times are based on meat removed directly from refrigerator.

**Roasts weighing more than 8 lb. should be loosely covered with foil halfway through roasting.

ROASTING MEAT *(continued)*

Cut	Weight	Roasting Time*	Doneness
LAMB			
Boneless leg of lamb	4 to 5 lb.	1¾ to 2¼ hours 2 to 2½ hours	135°F medium rare 150°F medium
	5 to 6 lb.	2 to 2½ hours 2½ to 3 hours	135°F medium rare 150°F medium
Boneless shoulder roast	3 to 4 lb.	1½ to 2 hours 1¾ to 2¼ hours	135°F medium rare 150°F medium
	4 to 5 lb.	2 to 2½ hours 2¼ to 3 hours	135°F medium rare 150°F medium
Boneless sirloin roast	1½ to 2 lb.	1 to 1¼ hours 1¼ to 1½ hours	135°F medium rare 150°F medium
Leg of lamb (with bone)	5 to 7 lb.	1¾ to 2¼ hours 2¼ to 2¾ hours	135°F medium rare 150°F medium
	7 to 8 lb.	2¼ to 2¾ hours 2½ to 3 hours	135°F medium rare 150°F medium
Leg of lamb, shank half (with bone)	3 to 4 lb.	1¾ to 2¼ hours 2 to 2½ hours	135°F medium rare 150°F medium
Leg of lamb, sirloin half (with bone)	3 to 4 lb.	1½ to 2 hours 1¾ to 2¼ hours	135°F medium rare 150°F medium

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ROASTING MEAT *(continued)*

Cut	Weight	Roasting Time*	Doneness
PORK			
Boneless sirloin roast	2 to 2½ lb.	1¼ to 1¾ hours	145°F
Boneless top loin roast (single loin)	2 to 3 lb.	1 to 1½ hours	145°F
Loin center rib roast (backbone loosened)	3 to 4 lb. 4 to 6 lb.	1¼ to 1½ hours 1½ to 2½ hours	145°F 145°F
Loin back ribs or spareribs		1½ to 1¾ hours	Tender
Boneless country-style ribs (loin) (Brown in oil before roasting) (Roast at 350°F)		30 minutes	145°F
Boneless country-style ribs (shoulder) (Brown in oil before roasting) (Roast at 350°F)		50 minutes	Tender (185°F)
Crown roast	6 to 8 lb.	1¾ to 2½ hours	145°F
Tenderloin (Roast at 425°F)	1 lb.	30 to 35 minutes	145°F
Ham, cooked (boneless)***	1½ to 3 lb. 3 to 5 lb. 6 to 8 lb. 8 to 10 lb.**	¾ to 1¼ hours 1 to 1¾ hours 1¾ to 2½ hours 2¼ to 2¾ hours	140°F 140°F 140°F 140°F
Ham, cooked (with bone)*** (half or whole)	6 to 8 lb. 14 to 16 lb.**	1½ to 2¼ hours 2¾ to 3¾ hours	140°F 140°F
Ham, cook before eating (with bone)	3 to 5 lb. 7 to 8 lb. 14 to 16 lb.**	1¾ to 3 hours 2½ to 3¾ hours 4 to 5¼ hours	150°F 150°F 150°F
Smoked shoulder picnic, cooked (with bone)	4 to 6 lb.	1¾ to 2 hours	140°F

VEAL

Loin roast (with bone)	3 to 4 lb.	1¾ to 2¼ hours	150°F medium
Rib roast (chine bone removed)	4 to 5 lb.	1½ to 2¼ hours	150°F medium

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***If using a natural ham, cooking may require 45 to 60 minutes more to reach temperature.