



Turkey Thawing Time

To thaw in a refrigerator, allow about 24 hours for every 4 to 5 pounds.

For cold water thawing, allow about 30 minutes per pound. A turkey thawed in cold water should be cooked right after thawing.

Turkey Size	Thaw in Refrigerator (set to 40 °F or below)	Thaw in Cold Water (change water every 30 minutes)
4 to 12 lbs.	1 to 3 days	2 to 6 hours
12 to 16 lbs.	3 to 4 days	6 to 8 hours
16 to 20 lbs.	4 to 5 days	8 to 10 hours
20 to 24 lbs.	5 to 6 days	10 to 12 hours

Turkey Roasting Time by Size

Set oven temperature to 325 °F.

Minimum internal temperature = 165 °F

Turkey Size	Unstuffed	Stuffed
4 to 6 lbs. (breast)	1 ½ to 2 ¼ hours	Not usually applicable
6 to 8 lbs. (breast)	2 ¼ to 3 ¼ hours	3 to 3 ½ hours
8 to 12 lbs.	2 ¾ to 3 hours	3 to 3 ½ hours
12 to 14 lbs.	3 to 3 ¾ hours	3 ½ to 4 hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours	4 to 4 ¼ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours	4 ¼ to 4 ¾ hours
20 to 24 lbs.	4 ½ to 5 hours	4 ¾ to 5 ¼ hours

Poultry Roasting Chart

Minimum internal temperature = 165 °F

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	Timing
Chicken, whole 3 to 4 lbs 5 to 7 lbs.	350	1 ¼ to 1 ½ hours 2 to 2 ¼ hours
Chicken, breast halves, bone-in 6 to 8 oz.	350	30 to 40 minutes
Chicken, breast halves, boneless 4 oz.	350	20 to 30 minutes
Capon, whole 4 to 8 lbs.	350	2 to 3 hours
Cornish hen, whole 18 to 24 oz.	350	50 to 60 minutes
Duck, whole (do not stuff) 4 to 6 lbs.	350	30 to 35 min/lb
Duck, legs or thighs	325	1 ¼ to 1 ½ hours
Young goose, whole 8 to 12 lbs.	325	2 ½ to 3 hours
Young goose, pieces or cut up	325	2 hours

Ham Cooking Chart

Set oven temperature to 325 °F

Type	Weight	Timing
------	--------	--------

Smoked Ham, cook before eating

Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.

Whole, bone-in	10 to 14 lbs.	18 to 20 min/lb.
Half, bone-in	5 to 7 lbs.	22 to 25 min/lb.
Shank or butt portion, bone-in	3 to 4 lbs.	35 to 40 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	30 to 35 min/lb.
Shoulder roll (butt), boneless	2 to 4 lbs.	35 to 40 min/lb.

Smoked Ham, cooked

Reheat cooked hams packaged in USDA-inspected plants to a minimum internal temperature of 140 °F and all others to 165 °F.

Whole, bone in	10 to 14 lbs.	15 to 18 min/lb.
Half, bone in	5 to 7 lbs.	18 to 24 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	25 to 30 min/lb.
Canned ham, boneless	3 to 10 lbs.	15 to 20 min/lb.
Vacuum packed, boneless	6 to 12 lbs.	10 to 15 min/lb.
Spiral cut, whole or half	7 to 9 lbs.	10 to 18 min/lb.

Fresh ham, uncooked

Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.

Whole leg, bone in	12 to 16 lbs.	22 to 26 min/lb.
Whole leg, boneless	10 to 14 lbs.	24 to 28 min/lb.
Half, bone in	5 to 8 lbs.	35 to 40 min/lb.

Country ham

Set oven temperature to 325 °F

Type	Weight	Timing
------	--------	--------

Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.

Whole or half

1. Soak 4 to 12 hours in refrigerator.
2. Cover with water, then boil 20 to 25 minutes per pound.
3. Drain the ham and cook at 400 °F for 15 minutes to brown.

Beef, Lamb, Pork and Veal Roasting Chart

Minimum internal temperature = 145 °F .		
Allow to rest for at least 3 minutes .		
Type	Oven °F	Timing
Beef		
Rib roast, bone-in 4 to 6 lbs.	325	23 to 25 min/lb.
Rib roast, boneless 4 to 6 lbs.	325	28 to 33 min/lb.
Round or rump roast 2 ½ to 4 lbs.	325	30 to 35 min/lb.
Tenderloin roast, whole 4 to 6 lbs.	425	45 to 60 minutes total

Minimum internal temperature = **145 °F.**

Allow to rest for at least **3 minutes.**

Type	Oven °F Timing	
Lamb		
Leg, bone-in 5 to 7 lbs. 7 to 9 lbs.	325	20 to 25 min/lb. 10 to 15 min/lb.
Leg, boneless, rolled 4 to 7 lbs.	325	25 to 30 min/lb.
Shoulder roast 3 to 4 lbs.	325	30 to 35 min/lb.
Fresh Pork		
Loin roast, bone-in or boneless 2 to 5 lbs.	350	20 min/lb.
Crown roast 10 lbs.	350	12 min/lb.
Tenderloin ½ to 1 ½ lbs.	425-450	20 to 27 minutes total
Boston butt 3 to 6 lbs.	350	45 min./lb.

Minimum internal temperature = **145 °F**.

Allow to rest for at least **3 minutes**.

Type	Oven °F Timing	
Ribs 2 to 4 lbs.	350	1 ½ to 2 hours (or until fork tender)
Veal		
Rib roast 4 to 5 lbs.	325	25 to 27 min/lb.
Loin 3 to 4 lbs.	325	34 to 36 min/lb.