HOORVIA ? MEAT RESTING TIME CHART: PRINTABLE REST GUIDE FOR EVERY CUT

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #027

Meat	Size / Thickness	Rest Time	Why It Matters
Steak (1-inch)	8?12 oz	5?7 mins	Juices redistribute; +3?5°F carryover
Thick Steak (1.5?2 in)	12?20 oz	10?12 mins	Center coasts gently to target temp
Whole Roast Chicken	4?5 lbs	15?20 mins	Skin stays crisp, meat stays juicy
Whole Turkey	12?20 lbs	30?45 mins	Essential ? carving early means dry meat
Prime Rib	4?6 lbs	20?30 mins	Large mass holds heat; slice it warm
Pork Loin Roast	3?5 lbs	10?15 mins	Lean meat dries fast without a rest
Pork Chops	6?8 oz each	5 mins	Small carryover, big juiciness gain
Brisket	10?16 lbs	1?2 hrs (in cooler)	Collagen sets; slices cleanly
Pork Shoulder	5?8 lbs	30?45 mins	Pulls cleanly and retains moisture
Fish Fillet	6?8 oz	3?5 mins	Delicate flesh needs only a short rest
Burgers	1/4?1/3 lb patties	3?5 mins	Cheese melts, juices settle
Lamb Chops	4?6 oz each	5 mins	Tent loosely and serve warm

PRO TIP: Tent, Don't Wrap: Rest meat tented loosely with foil, never wrapped tight. Tight wrapping traps steam and softens the crust you worked to build.