HOORVIA ? MEAT ROAST COOKING GUIDE CHART: PRINTABLE OVEN ROASTING REFERE

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #1004

Roast Cut	Typical Weight	Oven Temp	Time	Pull Temp & Rest
Prime Rib (bone-in)	4?6 lbs	325°F	20?23 min/lb	128°F ? Rest 20 mins
Beef Tenderloin (whole)	2?3 lbs	425°F	12?15 min/lb	128°F ? Rest 15 mins
Pork Loin (boneless)	3?5 lbs	350°F	20?25 min/lb	140°F ? Rest 10 mins
Pork Shoulder / Butt	5?8 lbs	275°F	45?60 min/lb	198°F ? Rest 30 mins
Leg of Lamb (bone-in)	5?7 lbs	325°F	20?24 min/lb	130°F ? Rest 20 mins
Whole Chicken	4?5 lbs	375°F	18?20 min/lb	160°F ? Rest 15 mins
Turkey Breast (bone-in)	3?4 lbs	325°F	20?25 min/lb	160°F ? Rest 20 mins
Ham (fully cooked)	5?7 lbs	325°F	15?18 min/lb	135°F ? Rest 15 mins
Whole Duck	5?6 lbs	350°F	18?20 min/lb	160°F breast ? Rest 15 mins
Chuck Roast (braised, covered)	3?4 lbs	300°F	45?55 min/lb	203°F ? Rest 15 mins

PRO TIP: Sear Before Roasting: Browning the roast in a hot skillet before it goes into the oven builds a deep, savory crust that oven heat alone cannot create ? 3 minutes per side is enough.