

Holiday Roasting Temperatures Cheat Sheet



Prevent foodborne illness during the holidays by roasting your holiday meat to safe minimum internal temperatures. Use a food thermometer to check the temperature in several areas of thickness to ensure it is thoroughly cooked for safety and quality. Allow meat to rest for at least three minutes before carving or consuming.

Learn more about roasting your holiday meat from [FoodSafety.gov](https://www.foodsafety.gov).

HOLIDAY MEAT ROASTING CHART

RED MEAT, TYPE	OVEN °F	TIMING	MINIMUM INTERNAL TEMPERATURE & REST TIME
BEEF, FRESH			
Rib roast, bone-in; 4 to 8 lbs	325	23 to 30 min/lb	145 °F and allow to rest for at least 3 minutes
Rib roast, boneless; 4 lbs	325	39 to 43 min/lb	
Eye round roast; 2 to 3 lbs	325	20 to 22 min/lb	
Tenderloin roast, whole; 4 to 6 lbs	425	45 to 60 minutes total	
Tenderloin roast, half; 2 to 3 lbs	425	35 to 45 minutes total	
LAMB			
Leg, bone-in; 5 to 9 lbs	325	20-26 min/lb	145 °F and allow to rest for at least 3 minutes
Leg, boneless; 4 to 7 lbs	325	20-26 min/lb	
Crown roast; 3 to 4 lbs	375	20-30 min/lb	
PORK, FRESH			
Loin roast, bone-in; 3 to 5 lbs	325	20-25 min/lb	145 °F and allow to rest for at least 3 minutes
Loin roast boneless; 2 to 4 lbs	325	23-33 min/lb	
Crown roast; 6 to 10 lbs	325	20-25 min/lb	
Tenderloin; ½ to 1½ lbs	425	20-30 minutes total	
PORK, CURED			
Cook-before-eating, bone-in; Whole, 14 to 16 lbs	325	18-20 min/lb	145 °F and allow to rest for at least 3 minutes
Cook-before-eating, bone-in; Half, 7 to 8 lbs	325	22-25 min/lb	
Fully cooked, bone-in; Whole, 14 to 16 lbs	325	15-18 min/lb	140 °F
Fully cooked, bone-in; Half, 7 to 8 lbs	325	18-25 min/lb	140 °F
Fully cooked, boneless; 3 to 4 lbs	325	27-33 min/lb	140 °F
Country, dried	325		(see label directions)
VEAL			
Boneless roast, rump or shoulder; 2 to 3 lbs	325	25-30 min/lb	145 °F and allow to rest for at least 3 minutes
Bone-in roast, loin; 3 to 4 lbs	325	30-34 min/lb	
VENISON			
Round, rump, loin, or rib roast; 3 to 4 lbs	325	20-25 min/lb	165 °F