



Appendix C

Roast Cooking Chart

Whole MEAT roasts including beef, corned beef, lamb, pork, and cured pork roasts such as ham, shall be cooked in a preheated oven and to an internal temperature of 145° F, or held at 130° F for at least 112 minutes, or to a temperature referenced in the following tables:

- (1) In an oven that is preheated to the temperature specified for the roast weight in the following chart and that is held at that temperature.

Oven Type	Oven Temperature Based on Roast Weight	
	Less than 10 lbs	10 lbs or More
Still Dry	350°F or more	250° F or more
Convection	325° F or more	250° F or more
High Humidity ¹	250°F or less	250° F or less

¹ Relative humidity greater than 90% for at least 1 hour as measured in the cooking chamber or exit of the oven; or in a moisture-impermeable bag that provides 100% humidity.

- (2) As specified in the following chart, to heat all parts of the food to a temperature and for the holding time that corresponds to that temperature:

Temperature °F	Time ¹ in Minutes	Temperature °F	Time ¹ in Seconds
130	112	147	134
131	89	149	85
133	56	151	54
135	36	153	34
136	28	155	22
138	18	157	14
140	12	158	0
142	8		
144	5		
145	4		

¹ Holding time may include post oven heat rise.