



Meat and Poultry Roasting Chart / Imperial to metric weight / inches to cms / Oven temps / Imperial to metric - fluids / Butter measurements

Meat and Poultry Roasting Chart

Red Meat, Type	Oven °F	Timing	Minimum Internal Temperature & Rest Time
BEEF, FRESH			
Beef, rib roast, bone-in; 4 to 8 pounds	325	23 to 30 min/lb	145 °F and allow to rest for at least 3 minutes
Beef, rib roast, boneless; 4 pounds	325	39 to 43 min/lb	
Beef, eye round roast; 2 to 3 pounds	325	20 to 22 min/lb	
Beef, tenderloin roast, whole; 4 to 6 lbs	425	45 to 60 minutes total	
Beef, tenderloin roast, half; 2 to 3 lbs	425	35 to 45 minutes total	
POULTRY: Times are for unstuffed poultry. Add 15 to 30 minutes for stuffed birds. The internal temperature should reach 165 °F in the center of the stuffing.			
Turkey, whole;	325	30 min/lb	165 °F and check the internal temperature in the innermost part of the thigh, innermost part of the wing and the thickest part of the breast.
Chicken, whole; 4 to 8 pounds	375	20 to 30 min/lb	
CAPON, whole; 4 to 8 pounds	375	20 to 30 min/lb	
CORNISH HENS, whole; 18 to 24 oz.	350	50 to 60 minutes total	
DUCK, domestic, whole	375	20 min/lb	
DUCK, wild, whole	350	18 to 20 min/lb	
GOOSE, domestic or wild, whole	325	20 to 25 min/lb	
PHEASANT, young, whole, 2 pounds	350	30 min/lb	
QUAIL, whole	425	20 minutes total	
LAMB			
Lamb, leg, bone-in; 5 to	325	20-26	145 °F and allow to rest for at least 3 minutes

9 pounds Lamb, leg, boneless; 4 to 7 pounds		min/lb	
Lamb, crown roast; 3 to 4 pounds	375	20-30 min/lb	
PORK, FRESH			
Pork, loin roast, bone-in; 3 to 5 pounds	325	20-25 min/lb	
Pork, loin roast boneless; 2 to 4 pounds	325	23-33 min/lb	
Pork, crown roast; 6 to 10 lbs	325	20-25 min/lb	145 °F and allow to rest for at least 3 minutes
Pork, tenderloin; ½ to 1½ lbs	425	20-30 minutes total	
PORK, CURED			
Ham, cook-before- eating, bone-in; Whole, 14 to 16 pounds	325	18-20 min/lb	145 °F and allow to rest for at least 3 minutes
Ham, cook-before- eating, bone-in; Half, 7 to 8 pounds	325	22-25 min/lb	
Ham, fully cooked, bone- in; Whole, 14 to 16 pound	325	15-18 min/lb	140 °F
Ham, fully cooked, bone- in; Half, 7 to 8 pounds	325	18-25 min/lb	140 °F
Ham, fully cooked, boneless; 3 to 4 lbs	325	27-33 min/lb	140 °F
Ham, country, dried	(see label directions)		
VEAL			
Veal, boneless roast, rump or shoulder; 2 to 3 pounds	325	25-30 min/lb	145 °F and allow to rest for at least 3 minutes

Imperial to metric weight

Imperial	Metric
½ oz	10 g
¾ oz	20 g
1 oz	25 g
1½ oz	40 g
2 oz	50 g
2½ oz	60 g
3 oz	75 g
4 oz	110 g
4½ oz	125 g
5 oz	150 g
6 oz	175 g
7 oz	200 g
8 oz	225 g
9 oz	250 g
10 oz	275 g
12 oz	350 g
1 lb	450 g
1 lb 8 oz	700 g
2 lb	900 g
3 lb	1.35 kg

Oven temperature conversions

°F	°C
275°F	140°C
300°F	150°C
325°F	170°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C
475°F	240°C

Imperial to metric fluids

Imperial	Metric
2 fl oz	55 ml
3 fl oz	75 ml
5 fl oz (¼ pint)	150 ml
10 fl oz (½ pint)	275 ml
1 pint	570 ml
1 ¼ pint	725 ml
1 ¾ pint	1 ltr
2 pint	1.2 ltr
2½ pint	1.5 ltr
4 pint	2.25 ltr

Convert American cups to metric

American	Metric	Metric
1 cup flour	150g	
1 cup of caster/ granulated sugar	225g	
1 cup brown sugar	175g	15 ml
1 cup of butter	225g	30 ml
1 cup of sultanas	200g	60 ml
1 cup of currants	150g	120 ml
1 cup of ground almonds	110g	240 ml
1 cup of golden syrup	350g	480 ml
1 cup of uncooked rice	200g	
1 cup of grated cheese	110g	
1 stick butter	110g	

BUTTER CONVERSIONS

butter volume weight chart:			
	Kilogram	Tablespoon	Teaspoon
stick	0.113kg	8	24
half stick	0.056kg	4	12
double stick	0.226kg	16	48
tablespoon	0.014kg	1	3
teaspoon	0.004kg	0.33	1

butter equivalent measurements			
Cups US	Grams	Ounces	Tablespoons
1/8 cup of butter	28.4 gram	1 ounce	2 tbl.sp
1/4 cup of butter	56.7 gram	2 ounce	4 tbl.sp
1/3 cup of butter	75.6 gram	2.7 ounce	5 1/3 tbl.sp
2/8 cup of butter	85 gram	3 ounce	6 tbl.sp
1/2 cup of butter	113.4 gram	4 ounce	8 tbl.sp
5/8 cup of butter	141.8 gram	5 ounce	10 tbl.sp
2/3 cup of butter	151.2 gram	5.3 ounce	10 2/3 tbl.sp
3/4 cup of butter	170.1 gram	6 ounce	12 tbl.sp
7/8 cup of butter	198.5 gram	7 ounce	14 tbl.sp
1 cup of butter	226.8 gram	8 ounce	16 tbl.sp

Oven temperatures

For most purposes, PBC will assume that you are using a conventional boat oven, however if you are using a fan assisted oven, check what the manufacturer says, or try lowering the temperature by 20 degrees. If you have one fitted on your oven, use your oven thermometer, it's a little better than just guessing - however, as with a lot of boat ovens, you might find that you have just two temperatures - HOT OR COLD!

Imperial inches to metric cms

Imperial	Metric
1/8 inch	3 mm
1/4 inch	5 mm
1/2 inch	1 cm
3/4 inch	2 cm
1 inch	2.5 cm
1 1/4 inch	3 cm
1 1/2 inch	4 cm
1 3/4 inch	4.5 cm
2 inch	5 cm
2 1/2 inch	6 cm
3 inch	7.5 cm
3 1/2 inch	9 cm
4 inch	10 cm
5 inch	13 cm
5 1/4 inch	13.5 cm
6 inch	15 cm
6 1/2 inch	16 cm
7 inch	18 cm
7 1/2 inch	19 cm
8 inch	20 cm
9 inch	23 cm
9 1/2 inch	24 cm
10 inch	25.5 cm
11 inch	28 cm
12 inch	30 cm