

cookCal - Suggested Cooking Times

The suggested cooking times and temperatures used in cookCal (an iPhone App available on the App Store - [App Store Link](#)) are based on the following:

Please note: These are suggested times and conditions. Temperature/Gas Mark data is available at the end of the document.

Turkey [1]

Cooking times for turkey using a preheated fan assisted oven with a temperature of 180°C (360°F):

- 45 minutes per kg plus 20 minutes for c.3.3kg birds (20 min/lb; ~7 lb 4 oz)
- 40 minutes per kg plus 20 minutes for c.5.5kg birds (18 min/lb; ~12 lb)
- 30 minutes per kg plus 20 minutes for c.7.5kg birds (13.5 min/lb; ~16 lb 8 oz)

Foil should be used to cover the bird throughout cooking up until the final 30 minutes. Turkey should be basted every hour during cooking [1].

Chicken [1]

Cooking times for chicken using a preheated fan assisted oven with a temperature of 180°C (360°F):

- 50 minutes per kg plus 40 minutes for all weights (23 min/lb)

Foil should be used to cover the bird throughout cooking up until the final 30 minutes. Chicken should be basted every 30 minutes during cooking [1].

Goose [1]

Cooking times for goose using a preheated fan assisted oven with a temperature of 200°C (400°F):

- 35 minutes per kg plus 20 minutes for all weights (16 min/lb)

Goose should remain covered with foil throughout cooking to reduce “drying out”, unless a more crispy skin is desired, in which case the foil could be removed for the last 30 minutes. The skin should be pierced all over before cooking and the fat should be drained off halfway through the cooking process [1].

Duck [1]

Cooking times for duck using a preheated fan assisted oven with a temperature of 200°C (400°F):

35 minutes per kg for all weights (16 min/lb)

The skin should be pierced all over before cooking and the fat should be drained off halfway through the cooking process. Duck benefits from not being covered with foil during cooking [1].

Beef [2]

Roasting guidelines for topside, rib, sirloin and silverside

Preheat the oven to 190°C/375°F/Gas 5

Rare: 11 minutes per 450g/1lb (25 min/kg)

Medium: 14 minutes per 450g/1lb (30 min/kg)

Well done: 16 minutes per 450g/1lb (35 min/kg)

Recommended temperatures for beef are:

Rare: 60°C (145°F)

Medium: 70°C (160°F)

Well done: 80°C (180°F)

Baste the meat with the juices at least three times during cooking. Rest for at least 20 minutes before carving [2].

Beef [3]

Temperatures in brackets are internal temperature of meet when cooked.

Beef, rib roast, bone-in; 4 to 8 pounds

Oven 160°C/325°F	Medium rare	23 to 30 min/lb (60°C/145°F) 50 to 66 min/kg
	Medium	27 to 38 min/lb (70°C/160°F) 60 to 84 min/kg

Beef, rib roast, boneless; 4 pounds

Oven 160°C/325°F	39 to 43 min/lb (60°C/145°F) 86 to 95 min/kg
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Beef, eye round roast; 2 to 3 pounds

Oven 160°C/325°F	20 to 22 min/lb (60°C/145°F) 44 to 49 min/kg
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Beef, tenderloin roast, whole; 4 to 6 lbs

Oven 220°C/425°F

45 to 60 minutes total (60°C/145°F)

Beef, tenderloin roast, half; 2 to 3 lbs

Oven 220°C/425°F

35 to 45 minutes total (60°C/145°F)

Lamb [3]

Lamb, leg, bone-in; 5 to 9 pounds

Lamb, leg, boneless; 4 to 7 pounds

Oven 160°C/325°F

Medium rare

23 (20-26) min/lb (60°C/145°F)
50 (44-57) min/kg

Medium

28 (26-30) min/lb (70°C/160°F)
62 (57-66) min/kg

Well done

33 (30-35) min/lb (75°C/170°F)
73 (66-77) min/kg

Lamb, crown roast; 3 to 4 pounds

Oven 190°C/375°F

25 (20-30) min/lb (75°C/170°F)
55 (44-66) min/kg

Pork [3]

Pork, loin roast, bone-in; 3 to 5 pounds

Oven 160°C/325°F

20-25 min/lb (70°C/160°F)
44-55 min/kg

Pork, loin roast boneless; 2 to 4 pounds

Oven 160°C/325°F

23-33 min/lb (70°C/160°F)
51-73 min/kg

Pork, crown roast; 6 to 10 lbs

Oven 160°C/325°F

20-25 min/lb (70°C/160°F)
44-55 min/kg

Pork, tenderloin; ½ to 1½ lbs

Oven 220°C/425°F

20-30 minutes total (70°C/160°F)
44-66 min/kg

Turkey [4]

Pre-heat the oven to gas mark 7, 425°F (220°C).

For an 8-10 lb (3.5-4.5 kg) turkey

Cook for 30 minutes, reduce the temperature to gas mark 3, 325°F (170°C) and cook for a further 2½-3 hours. Final 30 minutes (uncovered) at gas mark 6, 400°F (200°C).

For a 12-14 lb (5.5-6.5 kg) turkey:

Cook for 40 minutes, reduce the temperature to gas mark 3, 325°F (170°C) and cook for a further 3-3½ hours. Final 30 minutes (uncovered) at gas mark 6, 400°F (200°C).

For a 15-20 lb (6.75-9 kg) turkey:

Cook for 45 minutes then reduce the temperature to gas mark 3, 325°F (170°C) and cook for a further 4-5 hours. Final 30 minutes (uncovered) at gas mark 6, 400°F (200°C).

The turkey is cooked when the juices run clear from the thickest part of the leg.

Lamb [4]

Preheat oven to gas mark 5, 375°F (190°C).

Roast for 30 minutes per lb (450 g) (66 min/kg). For lamb that is quite pink, give it 30 minutes less cooking time.

Rest for 30 minutes before carving. Baste at least 3 times. Colour of juices from the thickest part of the joint will indicate how well the joint is cooked. Pink juices indicate rare meat.

Beef [4]

Pre-heat the oven to gas mark 8, 450°F (230°C).

Roast for 20 minutes, and then reduce temperature to gas mark 5, 375°F (190°C)

15 minutes per lb (450 g) () for rare

15 minutes per lb (450 g) () plus 15 minutes more for medium

15 minutes per lb (450 g) () plus 45 minutes for well done.

Basting at least three times during cooking. Allow the meat to rest for 20-30 minutes before carving.

Pork [4]

Pre-heat the oven to gas mark 8, 450°F (230°C).

Roast for 25 minutes.

Lower the temperature to gas mark 5, 375°F (190°C) and cook for 35 minutes per lb (450 g) or 80 minutes per kg.

Allow to rest for 20-30 minutes before carving. Don't baste the pork, or the crackling won't be crisp.

Chicken [4]

Pre-heat the oven to gas mark 5, 375°F (190°C).

Roast for 20 minutes per lb (450 g) (44 min/kg) plus 10-20 minutes extra

Baste three times during the cooking. For the final 15 minutes of cooking, increase the heat to gas mark 7, 425°F (220°C)

Leave to rest for 30 minutes before serving.

Gas Mark / Temperature Chart

Gas mark	Temp	Verbal
¼	107°C (225°F)	Very Slow/Very Low
½	121°C (250°F)	Very Slow/Very Low
1	135°C (275°F)	Slow/Low
2	149°C (300°F)	Slow/Low
3	163°C (325°F)	Moderately Slow/Warm
4	177°C (350°F)	Moderate/Medium
5	191°C (375°F)	Moderate/Moderately Hot
6	204°C (400°F)	Moderately Hot
7	218°C (425°F)	Hot
8	232°C (450°F)	Hot/Very Hot
9	246°C (475°F)	Very Hot

References

1. <http://www.food.gov.uk/multimedia/pdfs/committee/864cookingpoultry.pdf> (copy at: <http://cal.culate.it/cook/data/864cookingpoultry.pdf>)
2. http://www.bbc.co.uk/food/get_cooking/cooks_guide/beef.shtml (copy at: http://cal.culate.it/cook/data/bbc_beef.pdf)
3. http://www.fsis.usda.gov/factsheets/Roasting_Those_Other_Holiday_Meats/index.asp (copy at: <http://cal.culate.it/cook/data/usda.pdf>)
4. <http://www.deliaonline.com/how-to-cook/meat/roasting-times.html> (copy at: http://cal.culate.it/cook/data/delia_smith.pdf)