

Inspection Report Item 18: Proper Cooking Whole Meat Roasts

FDA Food Code References: 3-401.11, 3-401.12, 3-401.14

Whole Meat Roasts:

Whole meat roasts including beef, corned beef, lamb, pork, and cured pork roasts such as ham shall be cooked in an oven that is preheated to and held at that temperature specified for the roast's weight. Parameters for safety are defined in this chart from the food code:

Oven Type	Oven Temperature Based on Roast Weight	
	Less than 4.5 kg (10 lbs)	4.5 kg (10 lbs) or More
Still Dry	177°C (350°F) or more	121°C (250°F) or more
Convection	163°C (325°F) or more	121°C (250°F) or more
High Humidity¹	121°C (250°F) or less	121°C (250°F) or less

¹Relative 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.

Roasting methods for different cuts may be below the recommended temperatures outlined for raw animal foods.

If your method for whole roasts deviates from the temperatures outlined for raw foods - heat all parts of the meat to the temperature specified in the chart below. It is important to hold that temperature for the amount of time that corresponds to that temperature. This is only allowed for whole meat roasts as defined in the food code.

Temperature °C (°F)	Time ¹ in Minutes	Temperature °C (°F)	Time ¹ in Seconds
54.4 (130)	112	63.9 (147)	134
55.0 (131)	89	65.0 (149)	85
56.1 (133)	56	66.1 (151)	54
57.2 (135)	36	67.2 (153)	34
57.8 (136)	28	68.3 (155)	22
58.9 (138)	18	69.4 (157)	14
60.0 (140)	12	70.0 (158)	0
61.1 (142)	8		
62.2 (144)	5		
62.8 (145)	4		

¹Holding time may include postoven heat rise.