Product roasting times

Fri-Jado always wants to make sure your roasted products are of the best quality. The table below shows time, set oven temperature and desired core temperature per type of product. Keep in mind that the time, temperature and core temperature may vary, based on the quality and weight of the product and the use of spices, marinade and the injection of flavours.

Product	Product weight (per portion)	Time	Oven temperature	Core temperature
Chicken	0.8 - 1.5 kg	60 - 75 min.	180°C	85°C
Chicken wings	0.1 - 0.2 kg	15 - 25 min.	180°C	85°C
Chicken tights	0.2 - 0.5 kg	35 - 55 min.	180°C	85°C
Butterfly chicken	0.8 - 1.4 kg	50 - 70 min.	180°C	85°C
Drumsticks	0.1 - 0.3 kg	25 - 35 min.	180°C	85°C
Chicken legs	0.2 - 0.4 kg	30 - 40 min.	180°C	85°C
Duck	1.2 - 1.4 kg	30 - 40 min.	180°C	65°C
Turkey	2.4 - 4.5 kg	80 - 100 min.	180°C	85°C
Turkey with filling	3.0 - 5.0 kg	90 - 110 min.	180°C	85°C
Turkey filet	1.0 - 1.5 kg	50 - 65 min.	175°C	70°C
Pork ribs slow cook	1.5 - 2.0 kg	150 - 200 min.	125°C	70°C
Spare ribs	0.8 - 1.0 kg	30 - 45 min.	170°C	70°C
Rack of lamb	-	90 min.	130°C	45°C
Leg of lamb	1.8 - 2.5 kg	60 - 70 min.	180°C	65°C
Pork belly	0.8 - 1.0 kg	50 min.	165°C	70°C
Pork shoulder	0.6 - 0.8 kg	55 min.	170°C	70°C
Suckling pig	8.0 - 10.0 kg	100 - 120 min.	160°C	70°C
Minced beef	1.0 - 1.2 kg	40 - 50 min.	185°C	70°C
Roast beef	1.5 - 2.0 kg	30 - 45 min.	180°C	40°C
Roulade (pork)	2.0 - 2.5 kg	50 - 60 min.	200°C	65°C
Roulade (beef)	2.0 - 2.5 kg	40 - 55 min.	200°C	65°C
Fresh Haddock fillets	0.125 - 0.250 kg	9 -12 min.	200°C	65°C
Frozen Haddock fillets	0.125 - 0.250 kg	20 - 22 min.	200°C	65°C
Calamari rings	0.05 kg	15 - 20 min.	200°C	-
Oven-roasted squid	0.3 - 0.3 kg	15 - 20 min.	180°C	65°C