



# MEAT RESTING TIME CHART

Protein	Recommended Rest Time	Notes
Steaks	5-10 minutes	Thicker steaks may benefit from longer resting.
Pork Chops	3-5 minutes	Helps retain moisture.
Pork Roasts	10-15 minutes	Larger cuts need more time.
Chicken Breasts	3-5 minutes	Prevents juices from escaping.
Whole Chicken	10-15 minutes	Prevents juices from escaping.
Turkey	20-30 minutes	Improves slicing and moisture retention.
Lamb Chops	5-10 minutes	Similar to steaks.
Lamb Roast	10-15 minutes	Allows temperatures to stabilize.

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