

Standard Timings

Kitchen

Reference cooking times for common staples.

From a rolling boil unless stated.

Food	Time	Test
Dried pasta	8–12 min	Bite; firm centre
White rice, absorption	10–12 + 10 rest	All water absorbed
New potatoes	15–20 min	Knife slides in
Roast potatoes	45–60 min at 200°C	Crisp outside
Chicken breast	18–20 min at 200°C	74°C internal
Whole chicken	20 min per 500 g + 20	74°C in the thigh
Hard-boiled egg	10–12 min	Firm
Steamed green veg	3–5 min	Bright, still firm

Ovens vary by 10–20°C from their dial. Check with a thermometer once and adjust every timing accordingly.