

Resting Meat

Kitchen

Why resting matters, and how long each cut needs.

Rest uncovered or loosely tented; wrapping tightly softens any crust.

Cut	Rest	Carryover
Steak	5–10 min	+2–3°C
Chicken breast	5–10 min	+2–3°C
Whole chicken	15–20 min	+3–5°C
Roast joint	20–30 min	+5–8°C
Large roast / turkey	30–45 min	+5–10°C
Fish	2–3 min	Minimal

Carryover cooking is real: pull large roasts 5–8°C below target, because they keep cooking while they rest.