

Cooking Requirements

Minimum Internal Temperature

<p>165°F (74°C) for 15 seconds</p>	<ul style="list-style-type: none"> • Poultry - whole or ground <ul style="list-style-type: none"> – Includes: chicken, turkey, duck, geese, guineas, ratites • Stuffing made with fish, meat or poultry • Stuffed meat, seafood, poultry or pasta • Dishes that include previously cooked TCS ingredients <ul style="list-style-type: none"> – Raw ingredients should be cooked to their minimum internal temperatures
<p>155°F (68°C) for 17 seconds</p>	<ul style="list-style-type: none"> • Ground Meat <ul style="list-style-type: none"> – Includes: beef, pork, other meat • Injected Meat <ul style="list-style-type: none"> – Includes: brined ham, flavor injected roasts • Mechanically Tenderized Meat • Ratites <ul style="list-style-type: none"> – Includes: ostrich, emu • Ground Seafood <ul style="list-style-type: none"> – Includes: chopped or minced seafood • Shell eggs that will be hot-held for service
<p>145°F (63°C) for 15 seconds</p>	<ul style="list-style-type: none"> • Seafood <ul style="list-style-type: none"> – Includes: fish, shellfish, crustaceans • Steaks and Chops <ul style="list-style-type: none"> – Includes: pork, beef, veal, lamb • Commercially raised game • Shell eggs that will be served immediately
<p>145°F (63°C) for 4 minutes</p>	<ul style="list-style-type: none"> • Whole meat roasts <ul style="list-style-type: none"> – Includes: pork, beef, veal, lamb • Roasts may be cooked to alternate cooking times and temperatures depending on the type of roast and oven: <ul style="list-style-type: none"> – 130°F (54°C) - 112 minutes – 131°F (55°C) - 89 minutes – 133°F (55°C) - 56 minutes – 135°F (57°C) - 36 minutes – 136°F (58°C) - 28 minutes – 138°F (59°C) - 18 minutes – 140°F (60°C) - 12 minutes – 142°F (61°C) - 8 minutes – 144°F (62°C) - 5 minutes – 145°F (62.8°C) - 4 minutes
<p>135°F (57°C)</p>	<ul style="list-style-type: none"> • Fruits, Vegetables, or other Plant Foods that will be hot-held for service • Grains that will be hot-held for service <ul style="list-style-type: none"> – Includes: rice, pasta • Legumes that will be hot-held for service <ul style="list-style-type: none"> – Includes: beans, refried beans