



COOKING TEMPERATURES

Cooking food to the required minimum internal temperature is critical to reduce pathogens to safe levels in the food. Depending on the type of food, cooking temperatures vary and must be monitored with a calibrated food thermometer. Keep in mind that cooking does destroy vegetative pathogen cells; it does not destroy spores or toxins produced by pathogens. Always select probe thermometers of correct type and size to accurately verify internal temperatures of food. Cook foods to the following minimum internal temperatures prior to service or hot holding:

<u>Temperature</u>	<u>Time</u>	<u>Food Products</u>
165°F	15 sec.	Poultry; stuffed foods; microwave cooked eggs, fish, meat and poultry; reheating all previously cooked and cooled foods (within 2 hours)
155°F	15 sec.	Mechanically tenderized meats; ground beef, lamb, pork and fish; eggs for hot holding
145°F	15 sec.	Whole cuts of beef, lamb and pork; fish and shellfish; eggs for immediate service; commercially raised game
145°F; 140°F; 135°F 130°F	4 min.; 12 min.; 36 min. 112 min.	Beef , lamb and pork roasts
135°F		Vegetables and fruits for hot holding; commercially processed foods; hot holding

Steam tables and hot hold units must never be used to reheat TCS Food. Reheat foods only on a stove, in an oven, steamer, or other equipment designed to rapidly reheat food.

Microwave Oven Cooking: Cover and cook food in the microwave oven to an internal temperature of 165°F. Stir and rotate the food in the microwave to ensure uniform temperature is reached. Cover and let stand 2 minutes prior to service.