



PRODUCT COOKING TEMPERATURES

PRODUCT		INTERNAL COOKING TEMPERATURES
Poultry (whole or ground - duck, chicken, turkey)	165°	165° F for < 1 second (cooking only)
Stuffing, stuffed meat		
Reheated foods		
Microwave cooked Eggs, poultry, fish, meat	155°	165° F (let food stand covered for 2 minutes after cooking)
Ground meats - beef, pork, or other meat, fish, eggs (buffet/steam well only)		155° F for 17 seconds
Tenderized and Injected meats (including brined ham & flavor-injected roasts)		155° F
Pork, Beef, Veal, Lamb	145°	Steaks / Chops: cook to an internal temp. of 145° F Roasts: 145° F
Fish		145° F for 15 seconds
Fresh shell eggs for <u>immediate</u> service		145° F for 15 seconds
Commercially processed (from a hermetically sealed or intact package); ready-to-eat foods held for service	135°	135° F
Minimum hot holding temperature		135° F

Reheated foods must be heated to 165° F within 2 hours. The reheated foods must be kept at 165° F for a minimum of 15 seconds.

When cooling TCS food, the temperature must be lowered from 135° F to 70° F within 2 hours and then from 70° F to 41° F or below within the next 4 hours.