

## Recommended Safe Minimum Internal Cooking Temperatures based on 2017 FDA Food Code



### 165°F for <1 second (instantaneous)

Poultry – Chicken, Turkey, Duck (whole or ground)

Stuffing – made with poultry, meat or fish

Stuffed Foods – Pasta, Poultry, Meat, Seafood

All foods that include TCS Food ingredients that have been previously cooked.



### 155°F for 17 seconds

Ground Meat – Beef, Pork and dishes containing ground meat

Mechanically tenderized meat

Ground Seafood – chopped or minced

Shell Eggs – to be Hot Held for service



### 145°F for 15 seconds

Steak & Chops – Beef, Pork, Veal, Lamb, Game

Seafood – Fish, Shellfish, Crustaceans

Shell Eggs – served immediately



### 145°F for 4 minutes

Roasts – Beef, Pork, Veal, Lamb

Alternative Cooking Time & Temp

130°F for 112 mins

138°F for 18 mins

131°F for 89 mins

140°F for 12 mins

133°F for 56 mins

142°F for 8 mins

135°F for 36 mins

144°F for 5 mins

136°F for 28 mins



### 135°F - no minimum time

Vegetables, Grain, (rice, pasta), Legumes, (beans, refried beans), Fruit.

To be Hot Held for service

Please Note – These are temperatures recorded at the thickest part of the food

