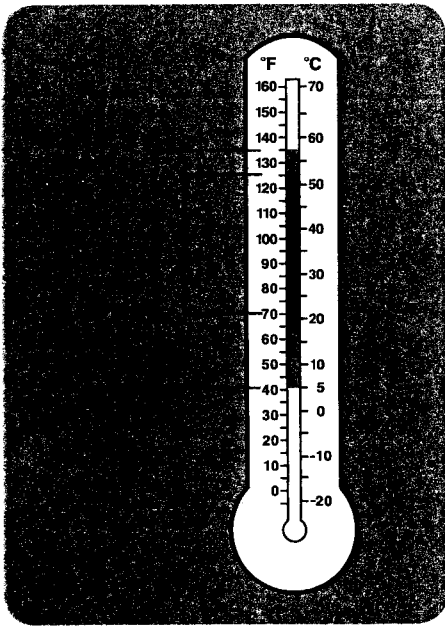


Cooking Requirements for Specific Food

Minimum temperatures have been developed for TCS food. These temperatures are listed below. However, your operation or area might require different temperatures.

Cooking Requirements for Specific Types of Food

Minimum Internal Temperature	Type of Food
165°F (74°C) for 15 seconds	<ul style="list-style-type: none">• Poultry—including whole or ground chicken, turkey, or duck• Stuffing made with TCS ingredients• Stuffed meat, seafood, poultry, or pasta• Dishes that include previously cooked, TCS ingredients (Raw ingredients should be cooked to their minimum internal temperatures.)
155°F (68°C) for 15 seconds	<ul style="list-style-type: none">• Ground meat—including beef, pork, and other meat• Injected meat—including brined ham and flavor-injected roasts• Ground seafood—including chopped or minced seafood• Eggs that will be hot-held for service
145°F (63°C) for 15 seconds	<ul style="list-style-type: none">• Seafood—including fish, shellfish, and crustaceans• Steaks/chops of pork, beef, veal, and lamb• Eggs that will be served immediately
145°F (63°C) for 4 minutes	<ul style="list-style-type: none">• Roasts of pork, beef, veal, and lamb
135°F (57°C)	<ul style="list-style-type: none">• Commercially processed, ready-to-eat-food that will be hot-held for service (cheese sticks, deep-fried vegetables)
135°F (57°C)	<ul style="list-style-type: none">• Fruit, vegetables, grains (rice, pasta), and legumes (beans, refried beans) that will be hot-held for service



Time-Temperature Abuse

Most foodborne illnesses happen because TCS food has been time-temperature abused. Remember, food has been time-temperature abused any time it remains at 41°F to 135°F (5°C to 57°C). This is called the temperature danger zone, because pathogens grow in this range. But they grow much faster at 70°F to 125°F (21°C and 52°C). These ranges are shown at left.

Food is being temperature abused whenever it is handled in the following ways.

- Cooked to the wrong internal temperature
- Held at the wrong temperature
- Cooled or reheated incorrectly

The longer food stays in the temperature danger zone, the more time pathogens have to grow. To keep food safe, you must reduce the time it spends in this temperature range. If food is held in this range for four or more hours, you must throw it out.