

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

