



Cooking requirements for Specific Types of Food

Minimum Internal Temperature	Type of Food																		
<p>165 F (74 C) For 15 seconds</p>	<p>Poultry- including whole or ground chicken, turkey or duck Stuffing made with fish, meat or poultry Stuffed meat, seafood, poultry or pasta Dishes that include previously cooked TCS ingredients (raw Ingredients should be cooked to their minimum internal Temperatures)</p>																		
<p>155 F (68 C) For 15 seconds</p>	<p>Ground meat- including beef, pork and other meat Injected meat-including brined ham and flavor-injected roasts mechanically tenderized meat Ratites-including ostrich and emu Ground seafood-including chopped or minced seafood Shell eggs that will be hot-held for service</p>																		
<p>145 F (63 C) For 15 seconds</p>	<p>Seafood-including fish, shellfish and crustaceans Steaks/chops of pork, beef, veal and lamb commercially raised game Shell eggs that will be served immediately</p>																		
<p>145 F (63 C) For 4 minutes</p>	<p>Roasts of pork, beef, veal and lamb Roasts may be cooked to these alternate cooking times and temps depending on the type of roast and oven used.</p>																		
	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">130 F (54 C)</td> <td style="width: 50%;">112 Minutes</td> </tr> <tr> <td>131 F (55 C)</td> <td>89 Minutes</td> </tr> <tr> <td>133 F (56 C)</td> <td>56 Minutes</td> </tr> <tr> <td>135 F (57 C)</td> <td>36 Minutes</td> </tr> <tr> <td>136 F (58 C)</td> <td>28 Minutes</td> </tr> <tr> <td>138 F (59 C)</td> <td>18 Minutes</td> </tr> <tr> <td>140 F (60 C)</td> <td>12 Minutes</td> </tr> <tr> <td>142 F (61 C)</td> <td>8 Minutes</td> </tr> <tr> <td>144 F (62 C)</td> <td>5 Minutes</td> </tr> </table>	130 F (54 C)	112 Minutes	131 F (55 C)	89 Minutes	133 F (56 C)	56 Minutes	135 F (57 C)	36 Minutes	136 F (58 C)	28 Minutes	138 F (59 C)	18 Minutes	140 F (60 C)	12 Minutes	142 F (61 C)	8 Minutes	144 F (62 C)	5 Minutes
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<p>135 F (57 C)</p>	<p>Fruit, vegetables, grains (rice, pasta) and legumes (beans, refried Beans) that will be hot-held for service</p>																		