



Food Safety and Temperatures

Food Safety Basics

- Bacteria grows most rapidly between the temperatures of 40°F and 140°F.
- When cooling foods to store in the refrigerator, cool it as quickly as possible using an ice bath. It is not ideal to put hot foods directly into the refrigerator as it will raise the temperature of the refrigerator and it will not cool the food quick enough.
- When thawing foods, plan ahead and place food on a tray in the refrigerator away and below cooked foods.
- Cold water thawing is a method that can thaw foods quicker but requires more attention. Place foods in a leak proof bag and place in cold water, changing the water every 30 minutes or so.
- Cooked foods should never come in contact with raw foods.
- Cook all foods according to USDA internal temperatures. The only way to truly tell is by using a food thermometer.
- From a food safety perspective, washing raw poultry is not recommended due to splashing.
- Clean and disinfect surfaces with 5TB bleach per gallon of water.

BEEF		
Rare	120 - 125°F	Cool, red center
Medium Rare	130 - 135°F	Warm, red center
Medium	140 - 145°F	Warm, pink center. Some red.
Medium Well	150 - 155°F	Warm brown, pink center.
Well Done	160°F	Hot, brown, no pink or red.
Ground Beef	160°F	Brown, no pink.

POULTRY		
Chicken Breast	165°F	Place thermometer in thickest part.
Chicken Thighs	175°F	Place thermometer through thickest part, avoiding bone.
Roast Chicken	165°F - 175°F	Check temps on thighs and breasts.
Chicken Wings and drums	165°F	Place thermometer through thickest part, avoiding bone.
White Meat Chicken	165°F	Above this temp and it will dry out.
Dark Meat Chicken	165°F - 175°F	190°F is not uncommon.
Turkey	165° - 170°F	Drumsticks should move easily, juices run clear.

PORK		
Rare	Below 145°F	Do not cook below this temperature.
Medium rare	145° - 150°F	Pink, warm center
Medium	150°F - 155°F	Some pink
Medium Well	155°F - 160°F	Very little pink
Well	Above 160°F	No pink, white
Ribs	145°F - 180°F	Safe above 145 but best at 180.

SEAFOOD		
Salmon	125°F - 145°F	
Halibut	130° - 135°F	
Cod	130° - 135°F	
Other Fin Fish	130° - 135°F	Snapper, Sea bass, tilapia, trout
Lobster	140°F	
Scallops	125°F - 130°F	
Shrimp	120°F	
Tuna, Swordfish, Marlin	125°F	
Ahi Tuna	115°F	Rare
Crab, including crrab cakes	150° - 155°F	
Clams, mussels, oysters	N/A	If shells open, ok. If shells don't open- toss.
Whole fish, steaks	165°F	