

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 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) 																		
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 • Mechanically tenderized meat • Ratites—including ostrich and emu • Ground seafood—including chopped or minced seafood • Shell 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 • Commercially raised game • Shell 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 • Roasts may be cooked to these alternate cooking times and temperatures depending on the type of roast and oven used: <table border="1" data-bbox="613 1171 961 1570"> <tbody> <tr> <td>130°F (54°C)</td> <td>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> </tbody> </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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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 																		

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