









Product		Internal Cooking Temperatures
Poultry (whole or ground – duck chicken, turkey) stuffing, stuffed meat and dishes that include previously cooked, TCS ingredients 	165°	165° F (74°C) for 15 seconds 
Microwave cooked Eggs, poultry, fish, meat		165°F (74°) let food stand for 2 minutes after cooking
Ground Meats – beef, pork, or other meat, fish 	155°	155°F (68°C) for 15 seconds
Injected meats – including brined ham & flavor injected roasts		155°F (68°C) for 15 seconds 
Pork, Beef, Veal, Lamb 	145°	Steaks/chops: 145°F (63°C) for 15 seconds
Fish 		Roasts: 145°F (63°C) for 4 minutes or follow cook chart
Fresh shell eggs for immediate service 		145°F (63°) for 15 seconds

Commercially processed ready-to-eat foods held for service	135° Temp DANGER Zone	135°F (60°) 
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Minimize “danger zone” temperatures during preparation, cooking, & cooling. After 4 hours in the “danger zone” food is considered adulterated and must be discarded.

When cooling TCS foods, the temperature must be lowered from 135°F (60°C) to 70°F (21°C) in 2 hours and then from 70°F (21°) to 41°F (5°) or below in the next 4 hours to prevent bacterial growth.



Minimum Internal cooking temperatures