Minimum Internal Cooking Temperatures

	•	
Product		Internal Cooking Temperatures
Poultry (whole or ground – duck, chicken, turkey) Stuffing, stuffed meat and dishes that include previously cooked, potentially hazardous ingredients	165°	165 F (74 C) for 15 seconds
Microwave-cooked Eggs, poultry, fish, meat		165 F (74C) Let stand two minutes after cooking
Ground meats Beef, pork, fish, other meat Injected meats Includes brined ham and flavor-injected roasts Eggs cooked for hot holding	155°	155 F (68C) for 15 seconds
Pork, beef, lamb	145°	Roasts: 145 F (63 C) for four minutes Undercooked beef steak allowed if requirements are met
Fresh shell eggs for immediate service		145 F (63C) for 15 seconds
All hot holding foods, including commercially-processed ready- to-eat foods, and fresh fruits and vegetables Reheating time for hot holding shall not exceed two hours (exception for unsliced meat roasts). Time as a Public Health Control may be used under certain conditions.	135° Temp DAN ER Zone	135 F (57 C) When cooling potentially hazardous food, the temperature must be lowered from 135 F to 70 F within two hours, and then from 70 F to 41 F or below, within the next four hours to prevent bacterial growth.
Potentially hazardous foods including cooked vegetables and beans, baked potatoes, cooked rice, cooked pasta, raw sprouts, cut melons, cut leafy greens and cut tomatoes.	41°	Most ready-to-eat, potentially hazardous food, prepared and held more than 24 hours must be dated to ensure it is used or discarded within seven days.

