

# SAFE COOKING TEMPERATURES

## REQUIREMENTS FOR SAFELY COOKING RAW ANIMAL FOODS

All raw animal foods such as eggs, fish, meat, poultry or a combination of these foods must be cooked until harmful bacteria are destroyed.

- The minimum temperature depends upon the type of food being cooked.
- Measure the internal temperature of food using a thin probe-type thermometer and place the thermometer in the thickest parts of the food.
- Use the temperature charts to determine doneness.

## INTERNAL COOKING TIME AND TEMPERATURE SPECIFICATIONS FOR RAW ANIMAL FOODS EXCLUDING WHOLE MEAT ROASTS

Internal Cooking Temperature & Time	Raw Animal Foods
145°F for 15 seconds	Raw eggs cooked for immediate service Fish, except as listed below Meat, except as listed in the next 2 rows Commercially raised game animals, rabbits
155°F for 17 seconds	Ratites (Ostrich, Rhea, and Emu) Injected meats Mechanically tenderized meats Raw eggs not for immediate service (pooled or hot held) Comminuted: Meat (hamburger or sausage), fish, or commercially raised game animals
165°F for <1 second	Wild game animals Poultry Stuffed fish, meat, pork, pasta, ratites & poultry Stuffing containing fish, meat, ratites & poultry All raw animal foods cooked in a microwave oven

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## INTERNAL COOKING TIME AND TEMPERATURE SPECIFICATIONS FOR WHOLE MEAT ROASTS

(BEEF, CORNED BEEF, LAMB, PORK, AND CURED PORK ROASTS SUCH AS HAM)

Internal Cooking Temperature	Time
130°F	112 minutes
131°F	89 minutes
133°F	56 minutes
135°F	36 minutes
136°F	28 minutes
138°F	18 minutes
140°F	12 minutes
142°F	8 minutes
144°F	5 minutes
145°F	4 minutes
147°F	134 seconds
149°F	85 seconds
151°F	54 seconds
153°F	34 seconds
155°F	22 seconds
157°F	14 seconds
158°F	0 seconds

Oven Cooking of Roasts		
Oven Type	Roast Weight Less than 10 lbs.	Roast Weight More than 10 lbs.
Still Dry	Oven Temperature $\geq 350^{\circ}\text{F}$	Oven Temperature $\geq 250^{\circ}\text{F}$
Convection	Oven Temperature $\geq 325^{\circ}\text{F}$	Oven Temperature $\geq 250^{\circ}\text{F}$
High Humidity	Oven Temperature $\leq 250^{\circ}\text{F}$	Oven Temperature $\leq 250^{\circ}\text{F}$