

Cooking Temperatures

Minimal Internal Temp	Type of Food
165 °F for 15 seconds	<ul style="list-style-type: none"> ● Poultry ● Stuffed meat, seafood, poultry, or pasta ● Dishes that include previously cooked, TCS ingredients (aka reheating)
155° F for 15 seconds	<ul style="list-style-type: none"> ● Ground meat ● Injected meat ● Ground seafood ● Eggs that will be hot-held for service
145° F for 15 seconds	<ul style="list-style-type: none"> ● Seafood ● Steaks/chops of pork, beef, veal, and lamb
145° F for 4 minutes	<ul style="list-style-type: none"> ● Roasts of pork, beef, veal, and lamb
135° F	<ul style="list-style-type: none"> ● Commercially processed, ready-to-eat food
135° F	<ul style="list-style-type: none"> ● Fruits, vegetables, grains, and legumes

Holding Temperatures:

- Hot foods should be held at 135° or above.
- Cold food should be held at 41° or below.
- Thermometers should be washed, rinsed, and sanitized before and after use.

Cooling Hot Foods:

- Foods should be cooled to 70° within 2 hours and then to 41° or below over the next hours. If food is not cooled to 70° within 2 hours, it must be thrown out.
- Default method for cooling foods is temporary storage in the Talmage freezer. Crack the lid of the pan, but do not leave food uncovered.
- For items with a high liquid content, consider an ice bath. Separate large amounts of food into small containers and place them in the clean sink filled with ice.
- Whenever possible, portion cooked foods in smaller half-size pans before using full-size pans.