







Internal Cooking Temperatures

CATEGORY	°C	°F
	Beef, veal and lamb	
Ground meat (e.g., burgers, meatballs, sausages)	71	160
Pieces and whole cuts (e.g., steaks and roasts) medium-rare	63	145
medium	71	160
well done	77	170
Mechanically tenderized beef and veal <i>Be sure to turn mechanically tenderized steak over at least twice during cooking</i>	63	145
	Pork including ham, loin and ribs	
Ground pork (e.g., burgers, meatballs, sausages)	71	160
Pieces and whole cuts (e.g., pork chops, rib roast, loin roast)	71	160
	Poultry including chicken, duck and turkey	
Frozen raw breaded chicken products (e.g., nuggets, strips)	74	165
Ground poultry (e.g., burgers, meatballs, sausages)	74	165
Pieces (e.g., breasts, legs, thighs, wings)	74	165
Stuffing, cooked alone or in poultry	74	165
Whole	82	180
	Eggs	
Egg dishes (e.g., frittata, omelette, quiche)	74	165
	Seafood	
Fish	70	158
Shellfish and crustaceans (e.g., crab, lobster, shrimp, clams, mussels, oysters, scallops) <i>When cooking clams, mussels, oysters and scallops in shells, throw away any that do not open</i>	74	165
	Processed Food	
Hot Dogs	74	165

Temperature Control for Food Safety

CATEGORY	°C	°F
Storage of Potentially Hazardous Food		
Hot Holding – Holding cooked food hot	≥60	≥140
Cold Holding – Holding food cold at refrigeration temperatures	≤ 4	≤ 40
Reheating of Potentially Hazardous Food		
Reheating Food (verify internal temperature with a sanitized probe thermometer) <i>Preheat Hot Holding Units (at least 30 minutes before use)</i>	74	165

Cooling of Potentially Hazardous Food

Cool as quickly as possible:

from 60°C (140°F) to 20°C (68°F) in 2 hours or less
and from 20°C (68°F) to 4°C (40°F) in 4 hours or less

Cooling Methods:

- Small portions
- Shallow pans
- Ice-water bath or commercial ice wand
- Blast chiller

Avoid:

- Placing large, deep containers of hot food directly into the refrigerator
- Stacking pans of hot food trapping heat
- Covering food tightly (wait until it is fully cooled)

