Cooking Times and Temperatures

165°F

Temperature: 165°F

Time: instantaneous

Foods:

- Poultry (chicken, turkey, duck, fowl)
- Stuffing made with fish, meat, or poultry
- Stuffed meat, fish, poultry, and pasta
- Dishes made from previously cooked foods

155°F

Temperature: 155°F

Time: at least 17 seconds

Foods:

- Ground meat, seafood, or ostrich meat
- Injected, marinated, or tenderized meats
- Eggs that will be hot-held for service

145°F

Temperature: 145°F

Time: at least 15 seconds

Foods:

- Whole seafood
- Beef, pork, veal, lamb (steaks and chops)
- Roasts (4 minutes)
- Eggs that will be served immediately

135°F

Temperature: 135°F

Foods:

- Commercially processed, ready-to-eat food that will be hot-held
- Fruits, vegetables, grains, and legumes that will be hot-held

Note: Temperatures are based on the FDA Food Code 2017.

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