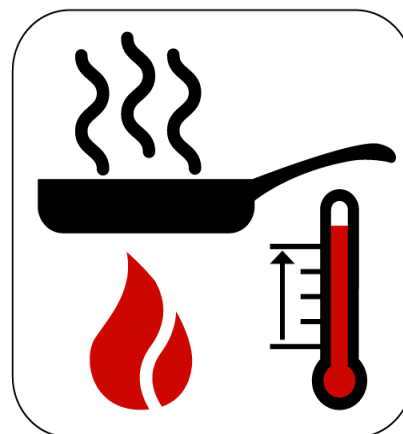


## *Cooking It Safe*

Proper cooking temperatures and time destroy foodborne bacteria and parasites making the food safe to eat.

Thermometers are important food safety tools because the cook can determine that minimum internal temperatures are reached before the food is served. Calibrated instant read thermometers are inexpensive and easy to use. Follow the manufacturer's instructions for testing and adjusting the thermometer.



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### **Food Service Minimum Internal Cooking Temperatures** Use a calibrated thermometer to ensure accuracy.

<b>Food</b>	<b>Temperatures</b>
Poultry, whole or ground duck, chicken, turkey	165°F (74°C) for 15 seconds
Ratites (ostrich, emu, rhea)	155°F(68°C) for 15 seconds
Stuffing, stuffed meat, poultry, fish	165°F (74°C) for 15 seconds
Ground meats; beef, pork, other meat or fish	155°F (68°C) for 15 seconds
Injected meats, brined ham and flavor-injected roasts	155°F (68°C) for 15 seconds
Pork, beef, veal, lamb	
Steaks/Chops	145°F (63°C) for 15 seconds
Roasts	145°F (63°C) for 4 minutes
Elk, deer, bison, and rabbit	
Steaks	145°F (63°C) for 15 seconds
Ground	155°F (68°C) for 15 seconds
Roasts	145°F (63°C) for 4 minutes
Fish	
Whole, steaks or fillets	145°F (63°C) for 15 seconds
Ground, chopped or minced	155°F (68°C) for 15 seconds
Eggs	
Shell eggs, served immediately	145°F (63°C) for 15 seconds
Shell eggs cooked for later service	155°F (68°C) for 15 seconds
Commercially processed ready-to-eat foods	135°F (57°C)
Microwave cooked eggs, poultry, fish, meat	165°F (74°C) let food stand for 2 minutes after cooking
Reheating cooked food	165°F (74°C)
Vegetables and fruits cooked for hot-holding	135°F (57°C) ND Food Code 140°F (60°C)