


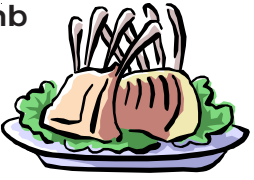




# Product

# Internal Cooking Temperatures

<p><b>Poultry</b> (whole or ground - duck, chicken, turkey) Stuffing, stuffed meat and dishes that include previously cooked, potentially hazardous ingredients</p> 	<p><b>165°</b></p>	<p>165°F (74°C) for 15 seconds</p>
<p><b>Microwave cooked</b> Eggs, poultry, fish, meat</p>		<p>165°F (74°C) let food stand for 2 minutes after cooking</p>
<p><b>Ground meats</b> - beef, pork, or other meat, fish</p> 	<p><b>155°</b></p>	<p>155°F (68°C) for 15 seconds</p>
<p><b>Injected meats</b> - (including brined ham &amp; flavor-injected roasts)</p> 		<p>155°F (68°C) for 15 seconds</p>
<p><b>Pork, Beef, Veal, Lamb</b></p> 	<p><b>145°</b></p>	<p><b>Steaks / Chops:</b> cook to an internal temp. of 145°F (63°C) for 15 seconds</p> <p><b>Roasts:</b> 145°F (63°C) for 4 minutes</p>
<p><b>Fish</b></p> 		<p>145°F (63°C) for 15 seconds</p>
<p><b>Fresh shell eggs</b> for immediate service</p> 		<p>145°F (63°C) for 15 seconds</p>
<p>Commercially processed <b>ready-to-eat foods</b> held for service</p> <div data-bbox="97 1323 665 1627" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Minimize "Danger Zone" temperatures during preparation, cooking, &amp; cooling. After 4 hours in the "DZ" food is considered adulterated and must be discarded.</p> </div>	<p><b>135°</b> <b>Temp</b> <b>D</b> <b>A</b> <b>N</b> <b>G</b> <b>E</b> <b>R</b> <b>Zone</b></p>	<p>135°F (60°C)</p> <div data-bbox="950 1323 1526 1627" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>When cooling potentially hazardous food, the temperature must be lowered from 135°F to 70°F in 2 hours and then from 70°F to 41°F or below in the next 4 hours to prevent bacterial growth.</p> </div>

41°

# Minimum Internal Cooking Temperatures