

# Cooking Temperature Chart For Meat



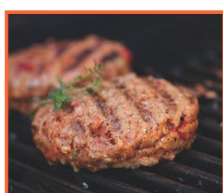
## 165°F for <1 second (instantaneous)

Poultry – Chicken, Turkey, Duck (whole or ground)

Stuffing – made with poultry, meat or fish

Stuffed Foods – Pasta, Poultry, Meat, Seafood

All foods that include TCS Food ingredients that have been previously cooked.



## 155°F for 17 seconds

Ground Meat – Beef, Pork and dishes containing ground meat

Mechanically tenderized meat

Ground Seafood – chopped or minced

Shell Eggs – to be Hot Held for service



## 145°F for 15 seconds

Steak & Chops – Beef, Pork, Veal, Lamb, Game

Seafood – Fish, Shellish, Crustaceans

Shell Eggs – served immediately



## 145°F for 4 minutes

Roasts – Beef, Pork, Veal, Lamb

Alternative Cooking Time & Temp

130°F for 112 mins	138°F for 18 mins
131°F for 89 mins	140°F for 12 mins
133°F for 56 mins	142°F for 8 mins
135°F for 36 mins	144°F for 5 mins
136°F for 28 mins	