

COOKING: Time-Temperature Control for Safety Foods (TCS)

Reaching the proper cooking temperature for a specified time is an important factor in reducing the occurrence of foodborne illness.

Food from plants, fruit, vegetables, grain (e.g., rice, pasta), and legumes (e.g., beans, refried beans) that will be hot-held for service.

135°

Maintain temperature for no minimum time

Roasts of pork, beef, and lamb.
To slow cook roasts, follow the

145°

Maintain 145°F/ 63°C temperature for 4 minutes

Seafood, including fish and shellfish.
Steaks and chops, including pork, beef, veal, and lamb.
Commercially-raised game animals.
Shell eggs that will be served immediately.

145°

Maintain 145°F/ 63°C temperature for 15 seconds

Ground meat, including beef, pork, seafood, and commercially-raised game animals.
Injected and mechanically-tenderized meat.
Ratites, including ostrich and emu.
Shell eggs that will be hot-held for service.

155°

Maintain 155°F/ 68°C temperature for 17 seconds

Poultry, including whole/ground chicken, turkey, or duck.
Stuffing made with fish, meat, or poultry.
Stuffed meat, seafood, poultry, or pasta.
Dishes that include previously cooked TCS ingredients.

165°

Maintain 165°F/74°C temperature for 15 seconds