

Cooking and Hot Holding Food

The internal temperature of Potentially Hazardous Foods (Time/Temperature for Safety Food) must be 41°F or below or 135°F or above at all times. Hot foods must be held at 135°F or above. To ensure foods do not remain at temperatures favorable to bacterial growth, follow these guidelines:

Hot-Holding Foods:

- Use a calibrated thermometer to frequently check internal temperature of all foods.
- Use cleaned and sanitized utensils.
- If hot foods temperature falls below 135°F for no longer than 2 hours, reheat the food to 165°F for 15 sec.

For Microwave Cooking

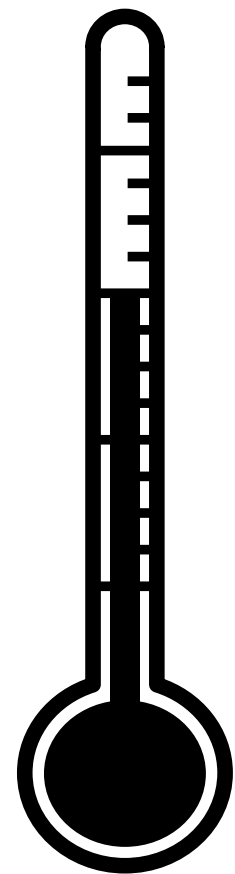
- Cook to a minimum of 165°F in all parts of the food.
- Cover to retain surface moisture.
- Rotate or stir midway through cooking to help spread the heat.
- Allow to stand covered for 2 minutes after cooking to obtain temperature equilibrium.

Commercially Processed Ready to Eat

Potentially Hazardous Food

(Time/Temperature for Safety Food) Initially Heated:

- Must be heated to a minimum of 135°F for 15 seconds for hot holding.
- If not for hot holding, may be served at any temperature.



The only way to ensure that foods have been cooked properly is to verify the minimum internal temperatures by using a properly calibrated thermometer.



Cooking and Hot Holding Food

The temperature danger zone is defined as the temperature between 41°F to 135°F. Foods left too long in the danger zone can cause foodborne illness. You can make sure foods are thoroughly heated or cooked by using the Minimum Cooking Temperature Chart below.

Food	Temperature	Time
<ul style="list-style-type: none"> • Fruits, vegetables for hot holding 	135°F	N/A
<ul style="list-style-type: none"> • Fish, seafood, pork, veal, lamb, mutton, beef • Raw eggs for immediate service. • Whole muscle, intact beef steak (145°F top & bottom and all exterior surfaces have cooked color) 	145°F	15 seconds
<ul style="list-style-type: none"> • Ground meats (beef and pork) • Injected meats, comminuted (a food that is reduced in size by chopping, grinding, etc., and restructured) fish and meats • Commercially raised game meats • Raw eggs for hot holding 	158°F 155°F 150°F 145°F	< 1 second 15 seconds or 1 minute or 3 minutes
<ul style="list-style-type: none"> • Poultry • Foods that are stuffed with raw animal foods, raw animal foods that are stuffed, any raw animal food cooked in a microwave • Approved wild game animals 	165°F	15 seconds