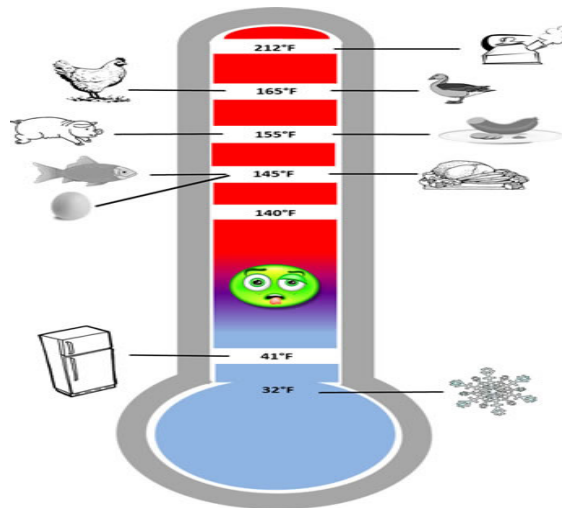


## Cooking times and Temps

When cooking TCS or potentially hazardous foods of varying types and qualities, it is important to understand that different types of foods require different temperatures to ensure proper cooking and safe consumption.



<b>Fruits, vegetables, and commercially processed ready-to-eat food cooked for hot holding</b>	Cook at a temperature of 135°F or higher
<b>Beef, Pork, Veal, and Lamb</b> (chops, roasts, or steaks)	Cook at 145°F or higher for 4 minutes
<b>Seafood, fish, steaks/chops of pork, beef, veal and lamb, and eggs prepared for immediate service</b>	Cook at 145°F or higher for 15 seconds
<b>Ground meats and fish, injected meats, ratites, and eggs prepared for hot holding</b>	Cook at 155°F or higher for 15 seconds
<b>Leftovers or reheated foods</b>	Cook to a temperature of 165°F or higher
<b>Poultry, stuffed foods, stuffing w/fish, meat, poultry, ratites, or ground poultry</b>	Cook at 165°F or higher for 15 seconds