

Safe Minimum Internal Cooking Temperatures

After working so hard to prepare your food, make sure you cook it to the correct minimum internal temperature to reduce dangerous microorganisms to safe levels. Use a thermometer to verify final cooking temperatures.

Food Item	Minimum Cooking Temperature
Poultry (including whole or ground chicken, turkey, and duck)	165 ° F for 15 seconds
<ul style="list-style-type: none"> • Stuffing made with potentially hazardous ingredients • Stuffed meat, fish, poultry, and pasta 	165 ° F for 15 seconds
Dishes containing potentially hazardous ingredients	Previously cooked ingredients: 165 ° F for 15 seconds; cook raw ingredients to their required minimum internal temperatures.
Ground Meat (all meat of fish)	155 ° F for 15 seconds
Injected Meats	155 ° F for 15 seconds (brined hams and flavor injected roasts)
Pork, beef, veal and lamb	Steaks, Chops: 145 ° F for 15 seconds. Roasts: 145 ° F for 4 minutes
Fish	145 ° F for 15 seconds
Eggs for immediate service	145 ° F for 15 seconds
Eggs to be hot held	155 ° F for 15 seconds

Cooking Food In A Microwave:

- Cover food to prevent drying.
- Cook food to 165 ° F.
- Rotate or stir food halfway through cooking.
- Take food's temperature and let stand for two minutes after cooking.

These are minimum internal temperatures to keep food safe. Some jurisdictions and/or your company may have raised the internal temperature standards higher than the temperatures above. If so, great! Check with your health inspector if you have questions about the minimum internal temperatures where you live.



Safe Food, Great Service, No Empty Seats