

fold

Come and Get It

001

fold

What are the four acceptable methods for thawing TCS food?

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100 points

- In a cooler, keeping its temperature at 41° F (5° C) or lower
- Submerged under running, drinkable water at 70° F (21° C) or lower
- In a microwave oven if it will be cooked immediately after thawing
- As part of the cooking process

00Z

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Meat cooked in a microwave oven must be heated to what minimum internal temperature?

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200 points

165°F (74°C)

003

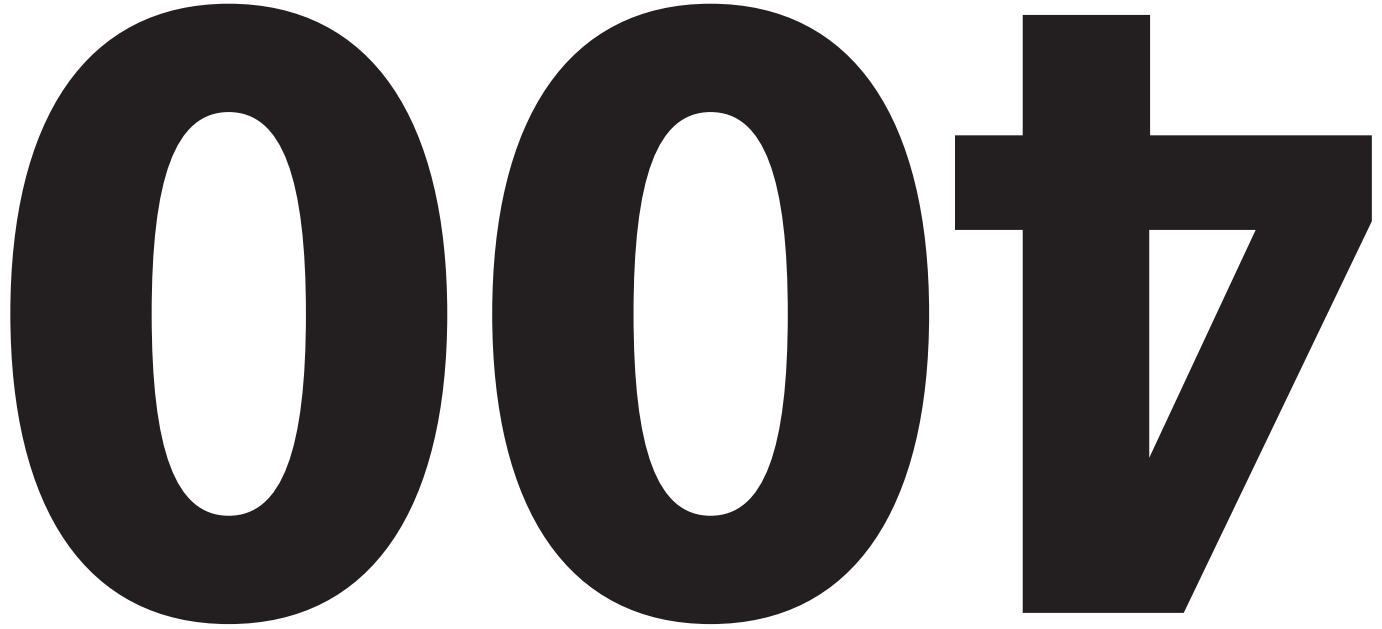
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What are the time and temperature requirements for reheating beef stew that will be held for service?

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300 points

It must be reheated to 165°F (74°C) for 15 seconds within two hours



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List the required minimum internal cooking temperatures for beef roasts, stuffed pork chops, and shell eggs for immediate service.

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400 points

- **Beef roasts: 145°F (63°C) for four minutes**
- **Stuffed pork chops: 165°F (74°C) for 15 seconds**
- **Shell eggs for immediate service: 145°F (63°C) for 15 seconds**

009

fold

What are the time and temperature requirements for cooling TCS food?

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500 points

Cool food from 135° F to 70° F (57° C to 21° C) within two hours, and from 70° F to 41° F (21° C to 5° C) or lower in the next four hours
