Come and Get It
What are the four acceptable methods for thawing TCS food?

As part of the cooking process

- In a microwave oven if it will be cooked immediately after thawing
- Submerged under running, drinkable water at 70°F (21°C) or lower
- In a cooler, keeping its temperature at 41°F (5°C) or lower
Meat cooked in a microwave oven must be heated to what minimum internal temperature?

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

It must be reheated to 165°F (74°C) for 15 seconds within two hours.
List the required minimum internal cooking temperatures for beef roasts, stuffed pork chops, and shell eggs for immediate service.

**Shell Eggs for Immediate Service:** 145°F (63°C) for 15 seconds

**Stuffed Pork Chops:** 165°F (74°C) for 15 seconds

**Beef Roasts:** 145°F (63°C) for four minutes
What are the time and temperature requirements for cooling TCS food?