

# Time and Temperature Control

Time and temperature are a perfect food safety pair. Because to reduce pathogens in food to safe levels, you have to cook the food to its correct minimum internal cooking temperature then hold the food at this temperature for a specific amount of time.

## MINIMUM COOKING TEMPERATURES:

165°

(74°C) FOR  
<1 SECOND  
(INSTANTANEOUS)

- Poultry—including whole or ground chicken, turkey, or duck.
- Stuffing made with fish, meat, or poultry.
- Stuffed meat, seafood, poultry, or pasta.
- Dishes that include previously cooked TCS (Temperature Controlled for Safety) ingredients.

155°

(68°C) FOR  
17 SECONDS

- Ground meat—including beef, pork, and other meat.
- Injected meat—including brined ham and flavor-injected roasts.
- Mechanically tenderized meat.
- Ratites—including ostrich and emu.
- Ground seafood—including chopped or minced seafood.
- Shell eggs that will be hot-held for service.
- Ground meat from game animals commercially raised and inspected.

145°

(63°C) FOR  
15 SECONDS

- Seafood—including fish, shell fish, and crustaceans.
- Steaks/chops of pork, beef, veal, and lamb.
- Commercially raised game.
- Shell eggs that will be served immediately.

145°

(63°C) FOR  
4 MINUTES

- Roasts of pork, beef, veal, and lamb.

135°

(57°C)  
NO  
MINIMUM  
TIME

- Food from plants, fruit, vegetables, grains, (e.g., rice, pasta) and legumes (e.g., beans, refried beans) that will be hot-held for service.

### SIMPLE STEPS TO MAKE TAKING TEMPERATURES PART OF YOUR OPERATION:

- Having calibrated thermometers readily available.
- Modeling correct behaviors.
- Giving positive reinforcement.
- Identifying corrective action.
- Conducting training and retraining when necessary.

For more information and resources on food safety, visit:  
[foodsafetyfocus.com](http://foodsafetyfocus.com)

