

# COOKING: Time-Temperature Control for Safety Foods (TCS)

Reaching the proper cooking temperature for a specified time is an important factor in reducing the occurrence of foodborne illness.

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

135°

Maintain temperature for no minimum time

- Roasts of pork, beef, and lamb.
- To slow cook roasts, follow the time-temperature table in the food code.

145°

Maintain 145°F/ 63°C temperature for 4 minutes

- Seafood, including fish and shellfish.
- Steaks and chops, including pork, beef, veal, and lamb.
- Commercially-raised game animals.
- Shell eggs that will be served immediately.

145°

Maintain 145°F/ 63°C temperature for 15 seconds

- Ground meat, including beef, pork, seafood, and commercially-raised game animals.
- Injected and mechanically-tenderized meat.
- Ratites, including ostrich and emu.
- Shell eggs that will be hot-held for service.

155°

Maintain 155°F/ 68°C temperature for 17 seconds

- Poultry, including whole/ground chicken, turkey, or duck.
- Stuffing made with fish, meat, or poultry.
- Stuffed meat, seafood, poultry, or pasta.
- Dishes that include previously cooked TCS ingredients.

165°

Maintain 165°F/74°C temperature for 15 seconds

**Note:** If a food is prepared using a non-continuous cooking process, you must cook the food to the cook temperature required for that specific type of food.

