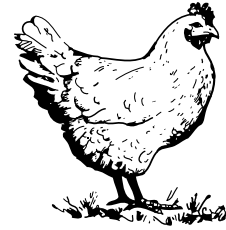


HOT TIPS ON TEMPS

PROPER MINIMUM INTERNAL COOKING TEMPERATURES

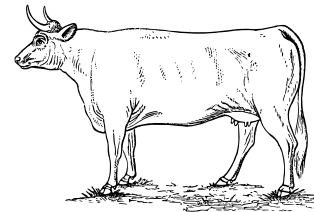
165°F FOR 15 SECONDS

- Poultry
- Stuffing containing fish, meat, or poultry
- Stuffed foods
- Reheated foods
- Wild game animals
- Raw or hazardous foods cooked in the microwave



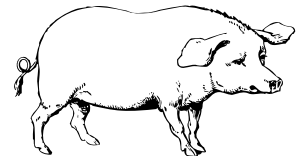
155°F FOR 15 SECONDS

- Steaks
- Ground meat
- Injected meat
- Eggs prepared prior to consumer order
- Exotic animals (ostrich, emu, etc.)
- **Alternative:** 158°F <1 sec; 150°F - 1 min; 145°F - 3 min.



145°F FOR 15 SECONDS

- Whole-muscle, intact cuts of beef
- Pork, fish, or commercially prepared game
- Eggs prepared for immediate consumer order



135°F FOR 15 SECONDS

- Cooked fruits and vegetables
- Hot holding foods
- Commercially packaged food reheated



130°F FOR 112 MINUTES

- Beef or pork roasts
- **Alternative:** 131°F - 89 min; 133°F - 56 min; 135°F - 36 min; 136°F - 28 min; 138°F - 18 min; 140°F - 12 min; 142°F - 8 min; 144°F - 5 min; 145°F - 4 min.

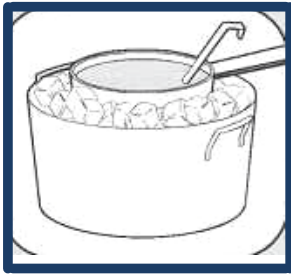


STEPS FOR PROPER COOLING

During the cooling process, Time/Temperature Control for Safety (TCS) food goes through the temperature danger zone (135°F to 41°F) where bacteria grow rapidly. The amount of time that potentially hazardous food is in the danger zone must be minimized. **Do not allow food to cool at room temperature.**

- 1 SEPARATE** food into *smaller, thinner* portions
- 2 DIVIDE** food among several *shallow* pans or containers
- 3 STIR** frequently to accelerate cooling and ensure cold air reaches all parts of the food

METHODS FOR RAPID COOLING



Ice Bath



Ice Wand



Blast Chiller

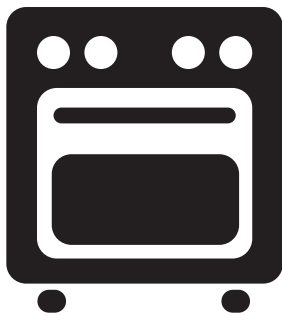
- Monitor the temperatures during the cooling process using a clean and calibrated food thermometer.
- Hot food must be cooled from 135°F to 70°F within 2 hours, and from 70°F to 41°F in an additional 4 hours for no more than a total time of 6 hours.
- If the food has **not** reached 70°F within 2 hours it must be reheated immediately to 165°F for 15 seconds.
- Foods prepared with room temperature (70°F) ingredients must be cooled to 41°F within 4 hours.
- Discard food items that are not cooled using one of the above methods.



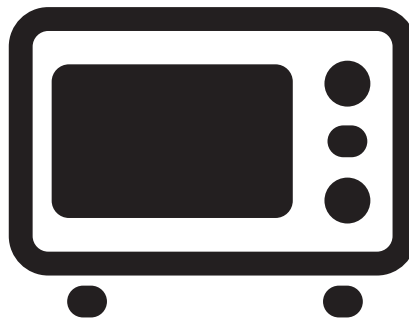
REHEAT FOOD FOR HOT HOLDING TO



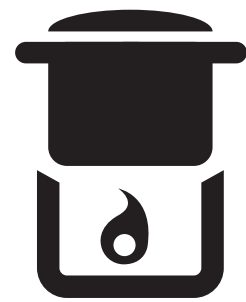
ONLY USE



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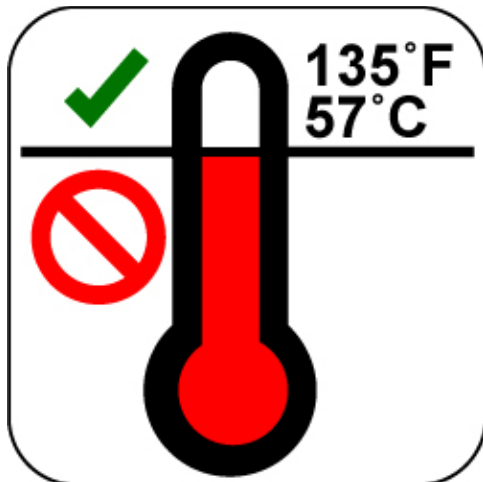


MICROWAVE



STOVE

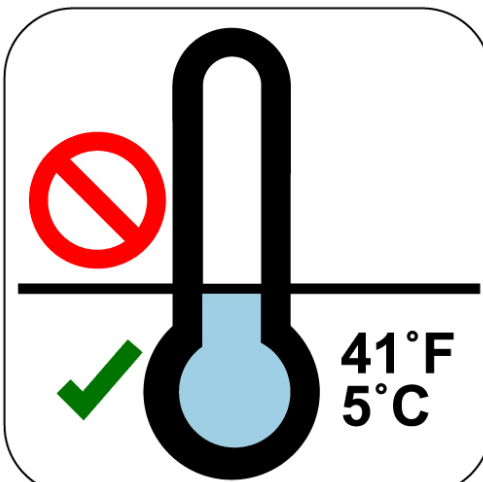
Always Remember:



Copyright © International Association for Food Protection

Keep Hot Foods Hot!

Maintain hot foods at 135°F (57°C) or hotter



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Keep Cold Foods Cold!

Maintain cold foods at 41°F (5°C) or colder