

## Cooking Requirements for Specific Foods

Animal Product	Minimum Temperature	What to know
Poultry, ground poultry	165°F (74°C) for 15 seconds	Stuffing should be cooked outside of poultry.
Stuffing, stuffed meats, casseroles and dishes combining raw and cooked food	165°F (74°C) for 15 seconds	Stuffing acts as an insulator, preventing heat from reaching the meat's center. Stuffing should be cooked separately.
Ground or flaked meats - hamburger, ground pork, flaked fish, ground game animals, sausage, injected and pinned meats	155°F (68°C) for 15 seconds	Grinding meat mixes the organisms from the surface into the meat. Alternative minimum internal temperatures for ground meats: 150°F (66°C) for 1 minute 145°F (63°C) for 3 minutes
Pork, beef steaks, veal, lamb, commercially raised game animals	145°F (63°C) for 15 seconds	This temperature is high enough to destroy Trichinella larvae that may have infested pork.
Beef or pork roasts	145°F (63°C) for 3 minutes	Alternative minimum internal cooking temperatures for beef and pork roasts: 130°F (54°C) for 121 minutes 134°F (57°C) for 47 minutes 138°F (59°C) for 19 minutes 140°F (60°C) for 12 minutes 142°F (61°C) for 8 minutes 144°F (62°C) for 5 minutes
Fish, foods containing fish and seafood	145°F (63°C) for 15 seconds	Stuffed fish should be cooked to 165°F (74°C) for 15 seconds.  Fish that has been ground, chopped, or minced should be cooked to 155°F (68°C) for 15 seconds.
Shell eggs for immediate service	145°F (63°C) for 15 seconds	Only take out as many eggs as you need. Never stack egg flats near the grill or stove. Eggs cooked for later service must be cooked to 155°F for 15 seconds and held at 140°F.
Foods cooked in microwave - meat, poultry, fish, eggs	165°F (74°C) - let it stand for 2 minutes after cooking	Cover food, rotate or stir it halfway through the cooking process.