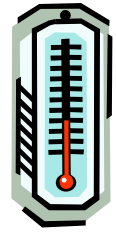
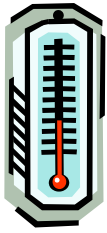








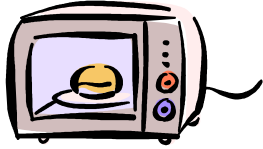
Cooking, Cooling, Thawing, and Holding Temperatures




Fish, Meat, Poultry Minimum Cooking Temperatures		
	Minimum Temperature	Minimum Holding Time at Specified Temperature
Unpasteurized shell eggs prepared for immediate service. Commercially raised game animals, fish, pork, and meat - not otherwise specified in this chart	 145°F	15 seconds
Unpasteurized shell eggs not prepared for immediate service, exotic species of game animals, comminuted fish and meats, injected meats	 155°F	15 seconds
Poultry, stuffed fish, stuffed meat, stuffed pasta, stuffed poultry, stuffing containing fish, meat or poultry, wild game animals	 165°F	15 seconds
Food cooked in a microwave oven	165°F	Hold for 2 minutes after removing from microwave oven
Any food other than raw meats, fish, poultry	Any temperature	

 Cooling 		
	Temperature °F	Time
Potentially Hazardous Food	from 135°F to 70°F	Within 2 hours
Potentially Hazardous Food	from 70°F to 41°F	Within 4 hours
Potentially Hazardous Food if prepared with ingredients at ambient temperature	41°F	Within 4 hours

Holding Temperatures

	Temperature (°F)	Minimum holding time at the specified temperature hot hold for 140°F and above	Maximum time to reach minimum temperature
Food that is cooked, cooled and reheated	Cooked to 165°F held at 135°F	15 seconds	2 hours
Food that is reheated in a microwave oven	Cooked to 165°F held at 135°F	hold for 2 minutes after removing from microwave oven	2 hours
Food that is taken from a commercially processed, hermetically sealed container or intact package	135°F	No time specified	2 hours
Un sliced portions of roast of beef and pork cooked as specified	Cooked to 165°F held at 135°F	15 seconds	N/A

Thawing

	Temperature °F	Time
Under refrigeration	41°F or less	No time required
Completely submerged under running water	70°F or below	For a period of time that does not allow thawed portions to rise above 41°F
Microwave with immediate cooking afterwards	No min. or max. temp required	No time required
Cook from frozen state	No min. or max temp. required	No time required