



Temperature Requirements for Potentially Hazardous Foods

Disease causing bacteria can multiply rapidly in potentially hazardous foods if temperature controls are not used or are inadequate. The following time and temperature requirements must be met to ensure a safe food product.

Cold Holding Temperatures

- * Cold foods must be maintained at 41° F or less
- * Mechanical refrigeration is required after four hours
- * Frozen foods have no specific temperature requirement other than to remain frozen. It is recommended that frozen food be maintained at 0°F or less.

Hot Holding Temperatures

- * If hot holding of a cooked product is necessary, the food must be maintained at 140°F or above. The exceptions are roasts which must be held at 130°F or above.

Cooking Temperatures

- * Eggs for immediate service, and except as otherwise required, fish, meat, and commercially raised game animals must be cooked to 145°F or above for 15 seconds
- * Chopped or ground meat, fish, and commercially raised game animals; pork; injected meats; and eggs cooked for hot holding must be cooked to 155°F or above for 15 seconds
- * Poultry; stuffed food products; stuffing containing fish, meat, or poultry and wild game animals must be cooked to 165°F or above for 15 seconds

Microwave Cooking

- * Foods cooked in a microwave must be cooked to 165°F. The product must be covered, and rotated or stirred during the cooking process. After cooking, allow the covered product to stand for two minutes prior to serving.

Cooling of Foods

- * Foods must be cooled from 140°F to 70°F within two hours, and from 70°F to 41°F within an additional four hours. The goal is to cool foods as quickly as possible.

Reheating of Foods

- * Food that is reheated for hot holding must be reheated to an internal temperature of at least 165°F for 15 seconds. Reheating must be done rapidly and the minimum temperature must be reached within two hours. Steam tables, warmers, or similar equipment do not heat food quickly enough and must not be used for reheating food. To reheat food in a microwave, use the same method as in microwave cooking.