

# Cooking Times and Temperatures

**165°F**

**Temperature: 165°F**

*Time: at least 15 seconds*

**Foods:**

- Poultry (chicken, turkey, duck, fowl)
- Stuffing made with potentially hazardous foods (TCS foods) like meat stocks or broths
- Dishes made from previously cooked foods

**155°F**

**Temperature: 155°F**

*Time: at least 15 seconds*

**Foods:**

- Ground meat, seafood, or ostrich meat
- Injected, marinated, or tenderized meats
- Eggs that will be hot-held for service

**145°F**

**Temperature: 145°F**

*Time: at least 15 seconds*

**Foods:**

- Whole seafood
- Beef, pork, veal, lamb (steaks and chops)
- Roasts (4 minutes)
- Eggs that will be served immediately

**135°F**

**Temperature: 135°F**

*Time: at least 15 seconds*

**Foods:**

- Commercially processed, ready-to-eat food that will be hot-held
- Fruits, vegetables, grains, and legumes that will be hot-held

Note: Refer to the FDA Food Code for acceptable alternate temperatures and cooking times.