

Food Safety Overview

TIME & TEMPERATURE CONTROL

Time/Temperature Control for Safety Foods

- Cold-holding at or below 41°F
- Hot-holding at or above 135°F
- Internal Cooking Temperatures:
 - 135°F (fruits, vegetables, grains, legumes, commercially cooked foods)
 - 145°F (fish, shellfish, steaks/chops of beef or pork, veal, shell eggs)
 - 155°F (ground meats, injected meats, ground seafood)
 - 165°F (raw poultry, stuffed meat or seafood or poultry or pasta)

Proper Thawing

- In refrigerator at or below 41°F
- Under cold running water at or below 70°F
- As part of the cooking process (e.g., frozen chicken wing straight into the fryer)
- In the microwave followed by immediate cooking

Cooling (6 hours or less total)

- 135°F to 70°F within 2 hours
- 70°F to 41°F within 4 hours
- Small portions
- Ice bath with stirring procedure
- Shallow pans
- Use ice as an ingredient
- Chill stick/ice wand
- Do not cover until completely cooled

