

Proper Cooking and Reheating Temperatures

will ensure that time/temperature control for safety (TCS) foods are thoroughly cooked to reduce the risk of foodborne illnesses.



scdhec.gov/food

Cook and reheat all TCS foods to minimum internal temperatures for the required times as measured with a food temperature thermometer.

Cooking



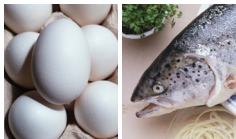
- » Fruits, vegetables, and grains (rice, pasta) for hot holding

135°F



- » Cuts of raw beef, pork, and lamb
- » Eggs for immediate service
- » Fish, including shellfish and crustacean

145°F for 15 seconds



- » Ground or tenderized meats
- » Ground, chopped or minced fish
- » Eggs for hot holding

155°F for 17 seconds



- » Raw poultry
- » Stuffed meats, fish, poultry or pasta
- » Stuffing that includes meat, fish or poultry

165°F



Reheating



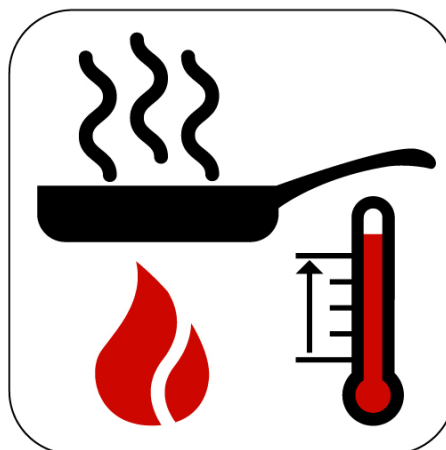
- » TCS food that is cooked, cooled and reheated for hot holding

165°F within 2 hours



- » TCS food that is cooked, cooled and reheated for immediate service

Any temperature



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Sample Cooking Log

Date	Food Item	Cooking (Internal temperature)				Reheat
		135°F	145°F	155°F	165°F	165°F
06/09/2022	chicken				169.1	
06/09/2022	pork		147.3			
06/09/2022	ground beef			159.8		
06/09/2022	eggs		148.6			
06/09/2022	beef stew					172.3

Comments:

All food items were cooked as required. Beef stew was reheated from 38°F to 172°F within 35 minutes.

