



# Internal Cooking Temperatures

## Whole Meat Roasts (ex. Prime Rib)

Temperature	Time in Minutes	Temperature	Time in Seconds <sup>1</sup>
130°F (54.4°C)	112	147°F (63.9°C)	134
131°F (55.0°C)	89	149°F (65.0°C)	85
133°F (56.1°C)	56	151°F (66.1°C)	54
135°F (57.2°C)	36	153°F (67.2°C)	34
136°F (57.8°C)	28	155°F (68.3°C)	22
138°F (58.9°C)	18	157°F (69.4°C)	14
140°F (60.0°C)	12	158°F (70.0°C)	0
142°F (61.1°C)	8		
144°F (62.2°C)	5		
145°F (62.8°C)	4		

<sup>1</sup>Holding time may include post oven rise.

### 135°F

- Plant foods for hot holding

### 145°F for 15 seconds:

- Unpasteurized eggs-Immediate Service
- Fish, except as listed below
- Meat, except as listed below
- Pork, except as listed below
- Commercially raised game animals, rabbits

### 158°F

- Ground or comminuted meats or fish
- Injected meats
- Mechanically tenderized meats
- Ratites (ostrich, rhea, and emu)
- Pooled unpasteurized eggs
- Commercially raised game animals

### 165°F

- Poultry
- Stuffed fish, meat, pork, pasta, ratites, or poultry
- Stuffing containing fish, meat, or poultry
- Baluts

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### Cold Holding Temperatures

- 41°F or less

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### Hot Holding Temperatures

- 135°F or greater after proper cooking or reheating

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### Reheating Temperatures for Hot Holding

- 135° F or greater within two hours for commercially fully cooked foods
  - 165° F or greater within two hours when cooked and cooled in an approved food establishment
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