

# Inspection Report Item 18: Proper Cooking Time and Temperature

FDA Food Code References: 3-401.11, 3-401.12, 3-401.14

All **raw animal foods** such as eggs, fish, meat, poultry or combination of these foods must be cooked until harmful bacteria are destroyed.

- The minimum temperature depends upon the type of food being cooked.
- Measure the internal temperature of the food using a probe-type food thermometer.
- Use the temperature chart below to determine doneness.

## Internal Cooking Temperature Specifications for Raw Animal Foods

| Internal Cooking Temperature | Raw Animal Foods   |
|------------------------------|--|
| <b>145°F for 15 seconds</b>  | <ul style="list-style-type: none"> <li>• Raw eggs cooked for immediate service</li> <li>• Fish, except as listed below</li> <li>• Meat, except as listed in the next 2 rows</li> <li>• Commercially raised game animals, rabbits</li> </ul>                                |
| <b>155°F for 15 seconds:</b> | <ul style="list-style-type: none"> <li>• Ratites (Ostrich, Rhea and Emu)</li> <li>• Injected meats</li> <li>• Mechanically tenderized meats</li> <li>• Raw eggs not for immediate service</li> <li>• Comminuted meat, fish, or commercially raised game animals</li> </ul> |
| <b>165°F for 15 seconds:</b> | <ul style="list-style-type: none"> <li>• Wild game animals</li> <li>• Poultry</li> <li>• Stuffed fish, meat, pork, pasta, ratites &amp; poultry</li> <li>• Stuffing containing fish, meat, ratites &amp; poultry</li> </ul>  |

## **Microwave Cooking**

When cooking raw animal foods with a microwave oven all foods must be cooked to a minimum temperature of 165°F. Use these steps to ensure evenly cooked product:

1. Rotate and stir food throughout cooking process to evenly distribute heat.
2. Cover food to retain moisture
3. Heat food to an internal temperature of 165°F in all parts of the food
4. Allow food to “stand” covered for two minutes after cooking to obtain temperature equilibrium.