

### Cooking Temperatures

<b>Foods</b>	<b>Minimum Internal Temperatures</b>
Hot holding for service (commercially processed and ready-to-eat foods, fruits, vegetables, grains, legumes)	135°F (57°C)
Whole meat roasts (beef, corned beef, lamb, pork, cured pork roasts such as ham)	145°F (63°C) for 4 minutes
<ul style="list-style-type: none"> <li>• Seafood (fish, shellfish, crustaceans)</li> <li>• Steaks/chops (beef, lamb, pork, veal)</li> <li>• Eggs served immediately</li> </ul>	145°F (63°C) for 15 seconds
<ul style="list-style-type: none"> <li>• Ground meat (beef, pork, other meats)</li> <li>• Ground seafood (including chopped or minced)</li> <li>• Injected meat (brined ham, flavor-injected roasts)</li> <li>• Eggs hot-held for service</li> </ul>	155°F (68°C) for 15 seconds
<ul style="list-style-type: none"> <li>• Poultry (whole and ground)</li> <li>• Stuffing made with Time/Temperature Control for Safety (TCS) ingredients</li> <li>• Stuffed meat, fish, poultry, pasta</li> <li>• Previously cooked &amp; cooled TCS foods</li> </ul>	165°F (74°C) for 15 seconds

Temperature requirements based on He-P2300 – Sanitary Production and Distribution of Food. NH Department of Health and Human Services, Food Protection Section (2011) and the 2009 Food and Drug Administration Food Code. Available at: [http://www.gencourt.state.nh.us/rules/state\\_agencies/he-p2300.html](http://www.gencourt.state.nh.us/rules/state_agencies/he-p2300.html)  
Adapted from National Restaurant Association Solutions™ ServSafe® Essentials, Fifth Edition. Chicago, IL. 2008