

Risk Factor #2

Improper Cooking Temperatures

By cooking raw meats and animal products to the proper temperatures, we ensure that any disease causing bacteria are killed before the food is eaten. That is why it is important to make sure that all foods are thoroughly cooked.

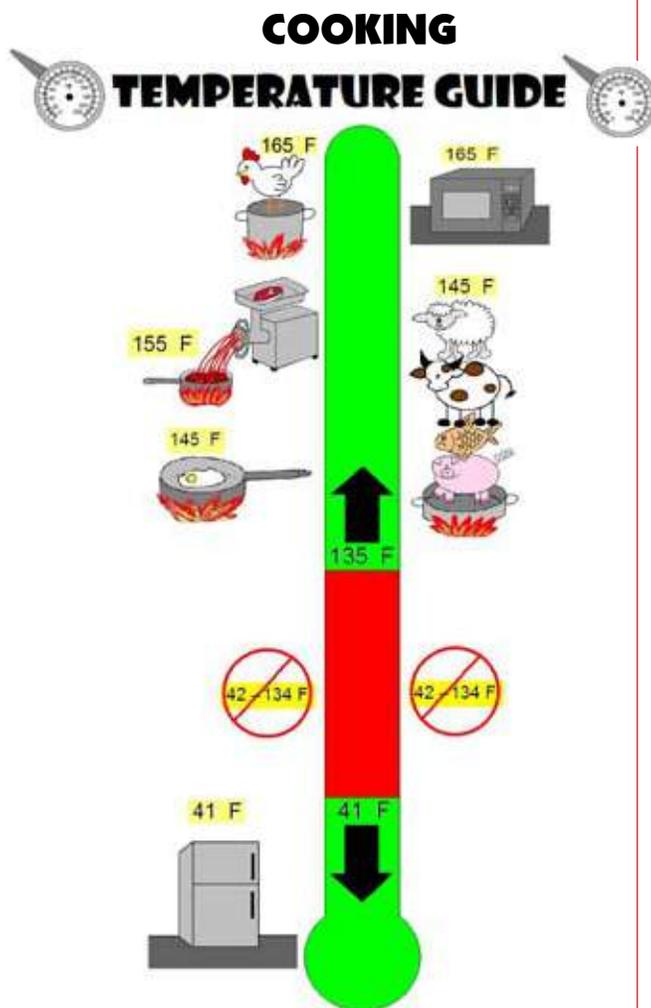


Illustration by Elaine Yan

Required Minimum Cooking Temperatures

165°F – Poultry, stuffed fish, stuffed meat, stuffed poultry, and stuffed pasta.

155°F – Ground or comminuted meat, raw eggs and foods containing raw eggs.

145°F – Raw shell eggs cooked to order, fish, and single pieces of meat including beef, veal, lamb, or pork.

135°F – Fruits and vegetables that are cooked for hot holding.

All cooking temperatures must be achieved and held for 15 seconds.

Any foods cooked in a microwave oven must be cooked to **165°F**.

Risk Factor #2 Continued

Rapid Reheating of Foods

Rapid reheating of foods is just as important as rapid cooling of foods. Rapidly reheating foods ensures that the food spends as little time in the danger zone as possible. This limits bacterial growth during reheating. PHF must be rapidly reheated to 165°F within 2 hours before it can be hot held at 135°F.

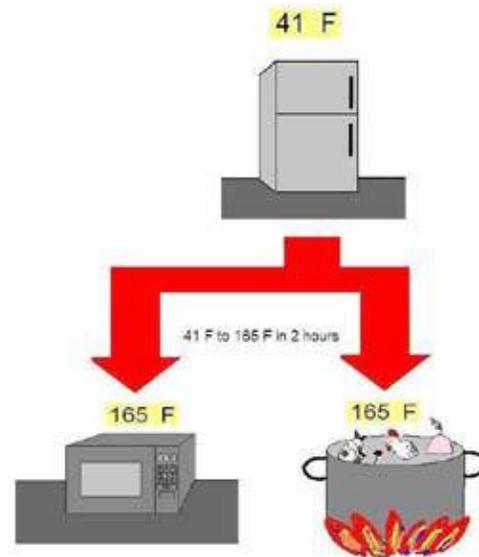
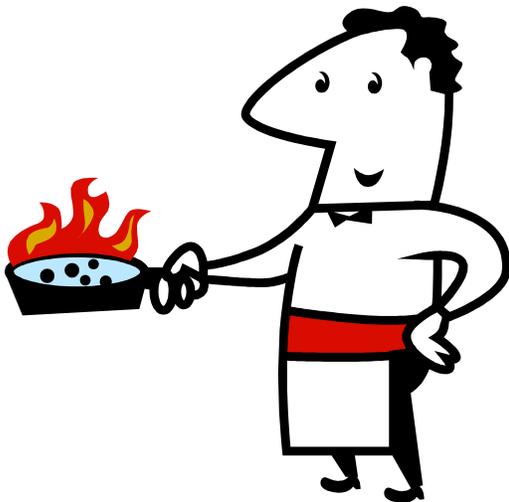


Illustration by Elaine Yan

Foods can be reheated rapidly in the following ways:

- On a stove
- In a microwave oven
- In a conventional oven

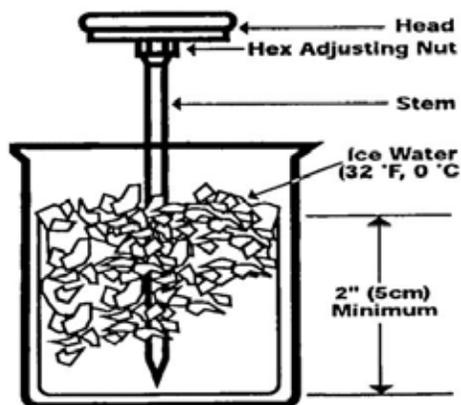
*Steam tables, Bain-Maries, and other kinds of warmers are intended for hot holding and may **not** be used for rapid reheating.

Calibrating a Food Thermometer

When using a food thermometer, make sure the temperature it reads is accurate. An easy way to do this is to use ice and water.

An accurate thermometer is critical to food safety.

- Pack a cup almost to the top with crushed ice, then fill the cup with water.
- Put the thermometer at least 2 inches into the ice slurry. After 60 seconds, read the dial. It should read 32°F.
- If it does not read 32°F do the following:
 1. While the thermometer is still in the ice water, use pliers or a wrench to turn the nut on the back of the thermometer until the needle reads 32°F.
 2. Wait 30 seconds and check the temperature again. Keep repeating these steps until the thermometer reads 32°F.



Calibrate the food thermometer every day and whenever it is bumped or dropped.

This will ensure that it is displaying the correct temperature.