# Minimum Internal Cooking Temperatures

## Fact Sheet

Here are some minimal internal cooking temperatures for several common food items:

<table>
<thead>
<tr>
<th>Product</th>
<th>Cooking Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poultry (including whole or ground chicken, turkey, and duck)</td>
<td>165°F (74°C) for 15 seconds</td>
</tr>
<tr>
<td>Stuffing</td>
<td>165°F (74°C) for 15 seconds</td>
</tr>
<tr>
<td>● Stuffed made with potentially hazardous ingredients</td>
<td></td>
</tr>
<tr>
<td>● Stuffed meat, fish, poultry, and pasta</td>
<td></td>
</tr>
<tr>
<td>Dishes containing potentially hazardous ingredients</td>
<td>Previously cooked ingredients: 165°F (74°C) for 15 seconds; cook raw ingredients to their required minimum internal temperatures</td>
</tr>
<tr>
<td>Ground meat (all meat or fish)</td>
<td>155°F (68°C) for 15 seconds</td>
</tr>
<tr>
<td>Injected meats</td>
<td>155°F (68°C) for 15 seconds (brined hams and flavor injected roasts)</td>
</tr>
</tbody>
</table>
| Pork, beef, veal, and lamb                   | Steaks, Chops: 145°F (63°C) for 15 seconds  
|                                              | Roasts: 145°F (63°C) for 4 minutes                                                |
| Fish                                         | 145°F (63°C) for 15 seconds                                                         |
| Eggs for immediate service                   | 145°F (63°C) for 15 seconds; eggs to be hot held: 155°F (68°C) for 15 seconds       |

When cooking in a microwave oven:

- Cover food to prevent drying.
- Cook food to 165°F (74°C).
- Rotate or stir food halfway through cooking.
- Take food’s temperature and let stand for two minutes after cooking.

After safely preparing food, you must cook it to the correct minimum internal temperature to reduce dangerous microorganisms to safe levels. Temperatures vary from item to item. Always use a thermometer to verify final cooking temperatures.

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Now We’re Cooking

Directions: Write in the required minimum internal temperature and cooking time for each food item.

1. Beef steak
2. Duck
3. Hamburger patties
4. Fish
5. Eggs for immediate service
6. Leg of lamb
7. Injected roast
8. Stuffing
9. Turkey chili
Easy as 1-2-3

Directions: Write in the steps you must follow to properly cook food in a microwave oven and indicate the internal temperature food must reach to be safe.

1

2

3

Temperature:
1. **Now We’re Cooking**

1. Beef steak: cook to an internal temperature of 145˚F (63˚C) for fifteen seconds.
2. Duck: cook to an internal temperature of 165˚F (74˚C) for fifteen seconds.
3. Hamburger patties: cook to an internal temperature of 155˚F (68˚C) for fifteen seconds.
4. Fish: cook to an internal temperature of 145˚F (63˚C) for fifteen seconds.
5. Eggs for immediate service: cook to an internal temperature of 145˚F (63˚C) for fifteen seconds.
6. Leg of lamb: cook to an internal temperature of 145˚F (63˚C) for four minutes.
7. Injected roast: cook to an internal temperature of 155˚F (68˚C) for fifteen seconds.
8. Stuffing: cook to an internal temperature of 165˚F (74˚C) for fifteen seconds.
9. Turkey chili: cook to an internal temperature of 165˚F (74˚C) for fifteen seconds.

2. **Easy as 1-2-3**

1. Cover food to prevent drying.
2. Rotate or stir the food halfway through cooking.
3. Take food’s temperature and let stand for two minutes after cooking.

**Temperature:** Internal temperature of 165˚F (74˚C) for fifteen seconds.