



# CITY OF LONG BEACH

Department of Health and Human Services

2525 Grand Ave • Long Beach, Ca 90815 • (562) 570 - 4132

## INFORMATIONAL BULLETIN No. 2007-26-10

### Cooking Time and Temperature

Inadequate cooking is the leading cause of foodborne illness. California state law requires special cooking temperatures for the following foods.

| <b>Product</b>                                   | <b>Fahrenheit</b>    |
|--|----------------------|
| <b>Raw Eggs and foods containing raw eggs *</b>  | See back of page     |
| Raw shell egg for immediate service              | 145°F for 15 seconds |
| Raw eggs for later service                       | 155°F for 15 seconds |
| <b>Meats (single pieces)</b>                     |                      |
| Beef, veal, lamb, pork (bacon)                   | 145°F for 15 seconds |
| Game Animals (approved sources)                  | 145°F for 15 seconds |
| <b>Fish</b>                                      | 145°F for 15 seconds |
| <b>Poultry</b>                                   |                      |
| Chicken or Turkey, whole                         | 165°F for 15 seconds |
| Duck or goose                                    | 165°F for 15 seconds |
| Comminuted (ground/formed) poultry               | 165°F for 15 seconds |
| <b>Stuffed Meat</b>                              |                      |
| Fish, meat, poultry, or ratites,                 | 165°F for 15 seconds |
| Stuffed pasta                                    | 165°F for 15 seconds |
| Stuffing containing fish, meat, poultry, ratites |                      |
| <b>Roasts *</b>                                  |                      |
| Beef, corned beef                                | See back of page     |
| Pork, cured pork, ham                            |                      |
| <b>Other Meat</b>                                |                      |
| Ratites (Emu, Ostrich)                           | 155°F for 15 seconds |
| Injected Meats                                   | 155°F for 15 seconds |
| Comminuted meat (i.e. ground beef, sausages)     | 155°F for 15 seconds |
| <b>Other Food Items</b>                          |                      |
| Fruits and Vegetables for hot holding            | 135°F for 15 seconds |

\* Please see next page for additional information



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## Raw eggs and Foods containing raw eggs

### Minimum

| Temperature (°F) | Time                       |
|------------------|----------------------------|
| 145              | 3 minutes                  |
| 150              | 1 minutes                  |
| 158              | < 1 second (instantaneous) |

## Roasts

Beef, corned beef, pork, cured pork (ham)

| Temperature (°F) | Time * in Minutes | Temperature (°F) | Time * in seconds |
|------------------|-------------------|------------------|-------------------|
| 130              | 112               | 147              | 134               |
| 131              | 89                | 149              | 85                |
| 133              | 56                | 151              | 54                |
| 135              | 36                | 153              | 34                |
| 136              | 28                | 155              | 22                |
| 138              | 18                | 157              | 14                |
| 140              | 12                | 158              | 0                 |
| 142              | 8                 |                  |                   |
| 144              | 5                 |                  |                   |
| 145              | 4                 |                  |                   |

\* Holding time may include postoven heat rise.

During cooking, the above foods must reach internal temperatures for a minimum of the times specified to minimize bacterial contamination. For example, when cooking a roast until it reaches an internal temperature of 133 degrees Fahrenheit, the roast must be cooked/held at that temperature for minimum of 56 minutes before serving. For hot holding purposes these foods must be maintained at a temperature at or above 135°F. When checking the temperature of a food product; always use a clean and sanitized metal-stemmed probe type thermometer. The thermometer must be cleaned and sanitized between each use. When checking a temperature, thermometers should be probed in the thickest portion of the food.