

Chef CTS – Safe Cooking Temperatures & Food Stages

Food Type	Safe Internal Temperature (°F / °C)	Rest Time
Poultry (whole or ground)	165°F / 74°C	3 min
Ground Beef, Pork, Lamb	160°F / 71°C	None
Steaks, Chops, Roasts	145°F / 63°C	3 min
Fish	145°F / 63°C	None
Egg Dishes	Cook until firm	—

Cooling & Storage: Refrigerate leftovers within 2 hours (1 hour if > 90°F / 32°C). Reheat foods to 165°F / 74°C.

Sugar Stages: Thread – 230°F / 110°C | Soft Ball – 240°F / 115°C | Hard Crack – 300°F / 150°C.

Bread Doneness: Internal temperature 190–200°F / 88–93°C.

Carry-over Cooking: Meat continues to rise 5°F / 3°C after removal from heat.