

PREVENTING TEMPERATURE ABUSE

4.7 COOKING



Cooking foods to a sufficient temperature reduces the number of pathogens that may be present to safe levels for consumption. Raw animal proteins such as eggs, fish, meat, poultry, and foods containing these items, must be cooked to heat all parts of the product to the minimum required temperature of the food that is being cooked.

STANDARD

- A minimum internal temperature of **135°F** must be reached for plant foods that are cooked for hot holding.
- A minimum internal temperature of **145°F*** (for 15 seconds) must be reached for: fish, whole meat, pork, and unpasteurized shell eggs for immediate service. *Refer to [Section 4.8](#) for exceptions regarding raw and undercooked proteins.
- A minimum internal temperature of **155°F** (for 17 seconds) must be reached for: ground, tenderized and injected meats, fish, and unpasteurized shell eggs that are cooked for hot holding (scrambled eggs, quiche, bread pudding, etc.).
- A minimum internal temperature of **165°F** must be reached for: poultry, stuffed products (meats, poultry, pasta, etc.), soups, and any TCS foods cooked/reheated in a microwave.
- Whole meat roasts (beef, pork, and reheated, unsliced roasts) must be cooked in an oven with minimum internal temperature and time combinations of: 130°F for 112 minutes; 140°F for 12 minutes; 145°F for 4 minutes.

IMPORTANT NOTE:

Cooking temperatures for foods that will be served to highly susceptible populations do vary. Please refer to [Section 4.14](#) for further information about serving these populations.

MUST DO

- **Train** associates on the minimum required cooking temperatures for each product they will be cooking.
- **Provide** food (probe) thermometers or thermocouples for each associate who is responsible for cooking food, and the appropriate QAF log.
- **Ensure** associates are following proper food thermometer use and verification of calibration of the thermometer.
- **Check** internal food temperatures before the cooking process is ended.
- **Post** the appropriate FSQA signage near each cooking station.



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Note: In all cases, compliance with stricter jurisdictional requirements is necessary.

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CORRECTIVE ACTION

- Continue cooking items that have yet to reach required minimum temperatures.

AVAILABLE FSQA SIGNAGE

- [QAS-11](#) Cooking

AVAILABLE FSQA FORM

- [QAF-05](#) TCS Food Cooking and Cooling Log

AVAILABLE TRAINING

- Video training: [Temperature & Bacteria](#)
- Video training: [HACCP & Temperature Monitoring](#)
- Video training: [Proper Cooking of Raw Chicken](#)
- [5 Minutes on Food Safety - Topic 20](#): Cooking and Reheating

COMBINED ASSESSMENT

- Q404 - Following the cooking/frying/grilling or re-heating process, take an internal temperature of TCS food(s).
- Q451 - Review the applicable* required temperature logs for the last 7 days AND provide a photo of one log of each type.
 - Applicable picklist item:** Cooking & Cooling Log QAF-05 (or equivalent) is not being used at all or not being used consistently in units where foods are cooked, reheated and/or cooled.

HELPFUL LINKS

- Refer to [Section 4.1](#) Thermometers & Measuring Temperature
- Refer to [Section 4.8](#) Raw & Undercooked Animal Proteins
- Refer to [Section 4.9](#) Reheating
- Refer to [Section 4.14](#) Special Requirements for Highly Susceptible Populations

NOTE

- Raw shell eggs that are cooked for an individual customer for immediate service may be cooked-to-order only if: the population served is not highly susceptible; the local jurisdiction allows it; the customer is informed by display/service area or menu advisory. See [Section 4.8](#) for consumer advisory statements.
- When cooking in a microwave, raw animal foods must be rotated/stirred throughout or midway through cooking, heated to a minimum internal temperature of 165°F, and allowed to stand covered for 2 minutes after cooking.

FOOD CODE REFERENCES

- 3-401.11 Cooking: Raw Animal Foods
- 3-401.12 Microwave Cooking
- 3-401.13 Plant Food Cooking for Hot Holding
- 3-401.14 Non-Continuous Cooking of Raw Animal Foods