Minimal Internal Temperatures

Food must cook long enough to meet minimal internal temperatures as required.

Item	Temp/Time
• Raw shell eggs that are broken and scrambled	145°F for 15 sec.
• Whole, fillet or steaks of fish	145°F for 15 sec.
• Beef, lamb, pork, game animal commercially raised for food (steaks and chops)	145°F for 15 sec.
• Whole roast of lamb, beef, pork, game animal raised for food	145°F for 3 min.
• Ground beef, ground game animal commercially raised for food, flaked fish, ground fish, ground ratites (ostrich/emu) mechanically tenderized and injected meats (ham)	155°F for 15 sec.
• Stuffed poultry, game animal commercially raised for food, pasta, fish, beef, lamb, pork, ratites	165°F for 15 sec.
• Poultry, turkey chickens, ducks, etc.	165°F for 15 sec.
• Microwaved foods must be covered, stirred and rotated throughout the heating process and let stand for 2 mins.	165°F for 15 sec.