

# FOOD GUIDE

## COOKING TEMPERATURES & HOLDING TIMES

<b>165°F (74°C) for 15 seconds</b>	<b>Poultry.</b> Live caught or field dressed <b>wild game animals</b> according to Law. <b>Stuffed fish, meat, pork, pasta, poultry or ratites, Baluts.</b> <b>Stuffing containing fish, meat, poultry or ratites.</b> 3-401.11 <b>Wild Game Animals</b> (Meat includes cattle, swine, sheep, goats, etc., <i>except fish, poultry, and wild game animals as specified under 3-201.17 (A)(3) and (4)</i> )												
<b>165°F (74°C) with a 2 minute post cooking hold</b>	<b>Microwave Cooking:</b> for raw animal foods: covered, rotated or stirred throughout or midway through the cooking process, and held for 2 minutes covered. 3-401.12												
<b>155°F (68°C) for 15 seconds</b> or 158°F (70°C) for <1 second 150°F (66°C) for 1 minute 145°F (63°C) for 3 minutes	<b>Ratites. Injected meats.</b> <b>Ground: meat, fish, commercially raised &amp; processed by Law game animals, exotic animals or rabbits.</b> 3-401.11 <b>Raw Shell Eggs not prepared for immediate service</b> (combined or hot hold) - not allowed for Highly Susceptible Populations (HSP).												
<b>145°F (63°C) for 15 seconds</b>  <b>Surface temperature ~145°F (63°C) + cooked color change on all external surfaces</b>	<b>Raw shell eggs prepared for immediate service.</b> <b>Commercially raised game animals, exotic animals or rabbits.</b> 3-401.11 <b>Whole-muscle, Beef Steak</b> may be served raw or undercooked if not serving a Highly Susceptible Population. 3-401.11(C)												
<b>145°F (63°C) for 4 minutes*</b> or 144°F (62°C) for 5 minutes* 142°F (61°C) for 8 minutes* 140°F (60°C) for 12 minutes* 138°F (59°C) for 18 minutes* 136°F (58°C) for 28 minutes* 135°F (57°C) for 36 minutes* 133°F (56°C) for 56 minutes* 130°F (54°C) for 112 minutes*	<b>Whole Roasts of Beef, Corned Beef, Pork or Cured Pork: *</b> Note: holding time may include post-cooking heat rise												
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Oven Type</th> <th style="width: 50%;">Roast Weight &lt; 10 lbs (4.5 kg)</th> <th style="width: 25%;">Roast Weight 10 lbs (4.5 kg)</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Still Dry</td> <td style="text-align: center;">350°F (177°C)</td> <td style="text-align: center;">250°F (121°C)</td> </tr> <tr> <td style="text-align: center;">Convection</td> <td style="text-align: center;">325°F (163°C)</td> <td style="text-align: center;">250°F (121°C)</td> </tr> <tr> <td style="text-align: center;">High Humidity<sup>1</sup></td> <td style="text-align: center;">250°F (121°C)</td> <td style="text-align: center;">250°F (121°C)</td> </tr> </tbody> </table>	Oven Type	Roast Weight < 10 lbs (4.5 kg)	Roast Weight 10 lbs (4.5 kg)	Still Dry	350°F (177°C)	250°F (121°C)	Convection	325°F (163°C)	250°F (121°C)	High Humidity <sup>1</sup>	250°F (121°C)	250°F (121°C)
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<b>135°F (60°C)</b>	<b>Plant Food Cooking For Hot Holding:</b> Fruits & vegetables that will be hot held shall be cooked to the hot holding temperature of 135°F (60°C). 3-401.13												
<b>Oven Temperatures Based on Roast Weight</b>	<sup>1</sup> Relative humidity >90% for at least 1 hour as measured in the cooking chamber or exit (vent) of the oven, or in a moisture-impermeable bag that provides 100% humidity. 3-401.11												

**REHEATING FOR IMMEDIATE SERVICE**

Cooked & refrigerated ready-to-eat (RTE) foods for a consumer's order may be served at any temperature, i.e., roast beef sandwich au jus. 3-403.10

**REHEATING FOR HOT HOLDING**

Reheating Time = 2 hours or less.  
 165° F for 15 seconds.  
 Microwave - rotated, covered, heat to 165° F, stand 2 minutes.  
 135°F - Commercially processed ready-to-eat (RTE) foods from intact package. Unsliced portions of roasts of beef - as in above cooking table for roasts. 3-403.11

**COLD & HOT HOLDING**

41°F or less, or  
 135° F or greater (130°F for beef & pork roasts cooked or reheated as stated above) 3-501.16

**COOLING POTENTIALLY HAZARDOUS FOODS**

Hot Foods:    Within 2 hours - 135° F to 70°F  
                       Within 4 hours - 70°F to 41°F  
 Prepared from room temperature ingredients - Cool to 41°F within 4 hours. Milk received at 45°F - Cool to 41°F within 4 hours. Shell eggs must be placed immediately in refrigeration at 45°F or less. 3-501.14

**COOLING METHODS**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>*Use containers that facilitate heat transfer</li> <li>*Stir food in container placed in ice water bath</li> <li>*Arrange in refrigerator for maximum heat transfer</li> <li>*Loosely cover or uncover in refrig. during cooling period</li> </ul> | <ul style="list-style-type: none"> <li>*Separate into smaller portions</li> <li>*Place food in shallow pans</li> <li>*Use rapid cooling equipment</li> <li>*Add ice as an ingredient 3-501.15</li> </ul> |
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## DATE MARKING

Refrigerated, ready-to-eat, potentially hazardous foods shall be marked with "Consume By Date" (CBD):

1. At time of preparation, if prepared on the premises and held over 24 hours; OR
2. At time container is opened, if obtained from a commercial food processing plant.

Retain date of earliest or first prepared food when combining additional ingredients or portions of food with an existing portion, e.g., topping off at salad bar.

If subsequently frozen:

1. When the food is thawed, mark that it shall be consumed within 24 hours; OR
2. Marked at the time of freezing as to the days already held at refrigeration and upon removing from the freezer, the new CBD is the appropriate 7 or 4 days minus the time held before freezing. Discard

foods with expired "Consume By Dates" OR not consumed within 24 hours of thawing OR not marked OR inappropriately marked.

**EXCEPTIONS** to date marking:

1. Individual portions repackaged from bulk containers to fill a consumer's request.
2. Hard cheeses, such as Cheddar, Monterey Jack, or Colby; Semi-soft cheeses such as blue, gouda
3. Cultured dairy products such as sour cream, yogurt
4. Deli Salads processed in an approved food processing plant. (Chicken Salad, Ham Salad, etc.)
5. Preserved fish products
6. Shelf stable, dry fermented sausages (not labeled "Keep Refrigerated")
7. Shelf stable salt cured products such as prosciutto and Ham (not labeled "Keep Refrigerated") 3-501.17

## SPECIAL REQUIREMENTS FOR HIGHLY SUSCEPTIBLE POPULATIONS (HSP)

The following may not be served or offered for sale:

Unpasteurized prepackaged juice or beverage containing juice.

Raw or partially cooked animal foods (includes meringue made from unpasteurized eggs).

Raw seed sprouts.

Time may not be used as a public health control.

Pasteurized eggs & egg products shall be substituted for raw shell eggs in the preparation of:

- a. Ready-to-eat (RTE) or partially cooked foods such as Caesar salad, hollandaise sauce, & egg nog, and
- b. Recipes in which more than one egg is broken and combined; EXCEPT when combined immediately before cooking for one consumer's serving, such as scrambled eggs (no holding time permitted); or when combined as an ingredient before baking and the eggs are thoroughly cooked, such as a cake or muffin; or when preparation is conducted under a HACCP plan per 3-801.11(E)(3)

Food that is protected during dispensing and foods in unopened, original containers may be Re-served.

Food may **NOT** be Re-served if it was originally served in a medical isolation, quarantine or protective environment isolation.

Food may **NOT** be Re-served to persons in protective environment isolation. 3-801.11

## THAWING METHODS

Under refrigeration.

As part of a cooking process.

In microwave, with immediate transfer to conventional cooking.

Any procedure for ready-to-eat (RTE) food for immediate service.

Submerged under running water <71°F. Max. 41°F for RTE food. Max. 4 hours at > 41°F for raw animal food (includes time exposed to running water, preparation, and cooling).

**REDUCED OXYGEN PACKAGED FISH** that bears a label indicating that it is to be kept frozen until time of use shall be removed from the reduced oxygen environment: prior to its thawing under refrigeration or immediately upon completion of, its thawing. 3-501.13

## TIME AS A PUBLIC HEALTH CONTROL

Maintain written procedures.

Mark food container with maximum 4 hour time period when removed from temperature controls.

Discard unmarked, mismarked, or unconsumed (leftover) food at end of 4 hours (Food shall have an internal temperature of <41° or >135°) May **not** be used for raw eggs served to a Highly Susceptible Population (HSP).

6 hour consideration: Food must be <41° when removed from refrigeration and not exceed 70° within 6 hours. 3-501.19



**Time/Temperature Control for Safety Food** "Time/temperature control for safety food" means a FOOD that requires time/temperature control for safety (TCS) to limit pathogenic microorganism growth or toxin formation.

"Time/temperature control for safety food" includes: (a) An animal FOOD that is raw or heattreated; a plant FOOD that is heat-treated or consists of raw seed sprouts, cut melons, cut leafy greens, cut tomatoes or mixtures of cut tomatoes that are not modified in a way so that they are unable to support pathogenic microorganism growth or toxin formation, or garlic-in-oil mixtures that are not modified in a way so that they are unable to support pathogenic microorganism growth or toxin formation. FDA 2013 Code Book page 22

**PROTECT FOOD FROM CROSS CONTAMINATION**

Separate raw animal foods from raw ready-to-eat (RTE) food and from cooked RTE food.

Separate types of raw animal foods from each other, such as beef, fish, lamb, pork, and poultry:

- \*Use separate equipment for each type; or Arrange each type of food in equipment to prevent cross contamination; or
- \* Prepare each type of food at different times or in separate areas.

Separate unwashed fruits and vegetables from RTE food.

Clean and sanitize equipment and utensils as required (see Equipment Spec Sheet).

Clean the exterior of sealed food containers of visible soil before opening.

Protect containers in a case or overwrap from cuts.

Store damaged, spoiled, or recalled food in segregated area.

Store food in packages, covered containers, or wrappings. *EXCEPTIONS:*

- \*Whole, uncut, raw fruits and vegetables and nuts in the shell that require peeling or hulling before consumption;
- \*Primal cuts, quarters, or sides of raw meat or slab bacon hung on clean, sanitized hooks or racks;
- \*Whole, uncut processed meats such as country hams, and smoked or cured sausages placed on clean, sanitized racks
- \*Foods being cooled under refrigeration; or Shellstock. 3-302.11

