



Temperature Guide


Fahrenheit

Cooking

Maintain temperatures for at least 15 seconds

- 165°** • poultry (chicken, duck, turkey, fowl)
 • stuffing made with TCS foods (like broth)
• dishes made with previously cooked food

- 155°** • ground meat, seafood, and ostrich meat
 • tenderized or marinated meat
• eggs for hot-holding

- 145°** • whole meat, including seafood
 (for roasts, maintain 145° for 4 minutes)
• eggs for immediate service

- 135°** • commercially processed and
 ready-to-eat food that will be hot held

Reheating

- 165°** for food that will be hot held
• any temperature for food served immediately

Hot Holding

135° or hotter

Cold Holding

41° or colder

Cooling

Step 1 **135° to 70°**
in **2 hours**

Step 2 **70° to 41°**
in **4 hours**


} **6 hours total**


Temperature Guide

Celsius

Cooking

Maintain temperatures for at least 15 seconds

- 75°** • poultry (chicken, duck, turkey, fowl)
 • stuffing made with TCS foods (like broth)
• dishes made with previously cooked food

- 70°** • ground meat, seafood, and ostrich meat
 • tenderized or marinated meat
• eggs for hot-holding

- 65°** • whole meat, including seafood
 (for roasts, maintain 65° for 4 minutes)
• eggs for immediate service

- 60°** • commercially processed and
 ready-to-eat food that will be hot held

Reheating

- 75°** for food that will be hot held
• any temperature for food served immediately

Hot Holding

60° or hotter

Cold Holding

5° or colder

Cooling

Step 1 **60° to 20°**
in **2 hours**

Step 2 **20° to 5°**
in **4 hours**

} **6 hours total**

These temperatures are based on recommendations from the 2013 FDA Food Code. Your local requirements may differ from these recommendations, particularly if you are working with food outside the United States. Please refer to your local regulatory agency for more information.