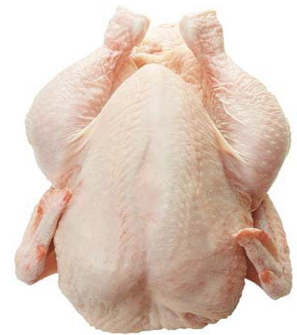
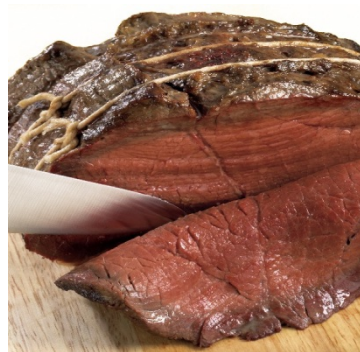


Minimum Internal Cooking Temperatures



SafeCheck™ Advanced Food Safety
Canadian Food Safety Group

				
Rare Roast Beef	Fish	Whole Cuts of Beef, Pork, Lamb, Veal	Ground Meat, Chopped, Flaked or Minced, beef, Pork Lamb, Fish	Whole Poultry
63°C (145°F) for 3 minutes	70°C (158°F) Shellfish 74°C (165°F)	71°C (160°F)	71°C (160°F) for 15 seconds	82°C (180°F)
				
If beef has been “tenderized” using needles or other means of piercing or “injecting” than cook to 71°C (160°F) for 15 seconds. There is possibility that surface pathogens have been introduced to the inside of the muscle.	Parasite Reduction Sushi & Sashimi -20°C (- 4°F) for 7 days or -35°C (-31°F) for 15 hours.	If item has been “tenderized” using needles or other means of piercing or “injecting” cook to 71°C (160°F) for 15 seconds.	If you have mixed with other meats such as poultry and eggs cook to 74°C (165°F) for 15 seconds.	Poultry Pieces & Food Mixtures: Meatloaf, Stuffed Meat, Stuffing in Poultry
	You cannot cook to colour or feel. Use a calibrated thermometer!			74°C (165°F) for 15 seconds
				Reheat foods rapidly to 74°C (165°F) for 15 seconds. When cooling foods cool rapidly to 4°C (40°F) within 2 hours.

Source: 2016 Food Retail & Food Services Code. *These are recommended cooking, re-heating, heating, cooling & holding temperatures. They may be different in some provinces and jurisdictions. Check with your local regulatory agency for the required temperatures in your area.

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