

# Proper Cooking and Reheating Temperatures

will ensure that Time/Temperature Control for Safety (TCS) Foods are thoroughly cooked to reduce the risk of foodborne illnesses.



[www.scdhec.gov/food](http://www.scdhec.gov/food)

## Cooking



Fruits or vegetables for hot holding

**135°F**



Cuts of raw beef, pork, and lamb, eggs for immediate service, fish, and other aquatic life

**145°F**



Ground tenderized meats, and eggs not prepared to order

**155°F**



Raw poultry and stuffed foods

**165°F**

## Reheating



TCS food that is cooked, cooled and reheated for hot holding

**165°F within 2 hours**



TCS food that is cooked, cooled and reheated for immediate service

**Any temperature**



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## Sample Cooking Log

Cooking (Internal cooking temperature for at least 15 seconds)						Reheat
Date	Food Item	135°F	145°F	155°F	165°F	165°F
06/09/2014	chicken				169.1	
06/09/2014	pork		147.3			
06/09/2014	ground beef			159.8		
06/09/2014	eggs		148.6			
06/09/2014	beef stew					172.3
<b>Comments:</b>						
All food items were cooked as required. Beef stew was reheated from 38°F to 172°F within 35 minutes.						

See Regulation 61-25 for complete requirements.

**COOKING/REHEATING TEMPERATURE LOG TEMPLATE**

Associate:			Manager:			
Cooking (Internal cooking temperature for at least 15 seconds)						Reheat
Date	Food Item	135°F	145°F	155°F	165°F	165°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F
		°F	°F	°F	°F	°F

**Comments:**