

Cooking Temperatures

“Serving safe food by cooking to the correct temperature”

Food Code References:

18 AAC 31.230
18 AAC 31.232

Definitions

Game Meat

Includes mammals such as reindeer, elk, deer, antelope, bison, rabbit, squirrel, opossum, raccoon, or muskrat and game birds. Game meat that is inspected by USDA can be cooked to lower temperatures.

Traditional Game Meat

GAME MEAT that is from wild animals commonly found in and consumed by people of in Alaska. It includes caribou, seal, moose, whale, beaver, goat, muskrat, hare, sheep, squirrel, duck and geese.

Injected Meat

Meat that has been tenderized or injected by needling, pinning, or stitch pumping.

Reheat

The heating of foods that have been previously cooked. Such food include: leftovers, soups, sauces, gravies, refried beans, egg rolls, stir fried rice or pre-cooked commercially processed foods.

Danger Zone

This is the temperatures where bacteria grow rapidly in food.

Potentially Hazardous Foods

Foods that need to be kept hot or cold for safety. It includes meat, poultry, cooked starches, sliced melons, sprouts, fresh herb and garlic mixtures, dairy, cooked fruits and vegetables.

Raw Animal Foods

Includes beef, pork, goat, sheep, fish, poultry and wild game.

MINIMUM INTERNAL COOKING TEMPERATURES AND TIME

ITEM	TEMPERATURE	TIME
Poultry stuffed meat, seafood, pasta, GAME MEAT, or poultry; stuffing containing meat, seafood, ratites, or poultry; TRADITIONAL WILD GAME MEAT	165° F	15 seconds
Ground or restructured meat, GAME MEAT, seafood; ratites (ostrich, rhea, emu); and INJECTED MEAT	158° F	1second
	155° F	15 seconds
	150° F	1 minute
	145° F	3 minutes
Meat, seafood, GAME MEAT, other POTENTIALLY HAZARDOUS FOOD requiring cooking, including seafood and eggs; eggs may be cooked to a temperature below 145°F if ordered by an adult consumer and prepared for immediate service.	145° F	15 seconds

Cooking temperatures for whole beef and pork roasts range from 130°F-158°F depending on cooking time.

RAW ANIMAL FOODS cooked in a microwave needs to be covered and cooked to 165°F, and allowed to stand 2 minutes.

Rapidly REHEAT leftovers or prepared foods to 165°F *within two hours* if they will be hot held; for example on a steam table or soup warmer.

The DANGER ZONE for POTENTIALLY HAZARDOUS FOODS

is 41°F-135°F

Keep hot foods above 135°F

Keep cold foods below 41°F

If your equipment is unable to maintain these temperatures it needs to be replaced.



Food Safety and Sanitation Program
Division of Environmental Health
Alaska Department of Environmental Conservation

<http://www.dec.state.ak.us/eh/fss/index.htm>

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