

# Comments from the Inspector on Cooking Times and Temperatures

Food Safety Team, USAF School of Aerospace Medicine

Raw animal foods, such as meat, fish, and eggs, need to be properly cooked to destroy any hazardous microorganisms that may be present. Since different species of microorganisms have different levels of heat tolerance, foodhandlers must cook animal foods to a temperature and for a time that complies with one of the following methods:

1. Fish, meats (except those mentioned below), and eggs that are broken and prepared in response to a consumer's order for immediate service must be cooked at 145 degrees for 15 seconds.
2. Pork, comminuted fish and meats (including ground beef), injected meats, game animals, and raw eggs that are not prepared in response to a consumer's order for immediate service must be cooked at 155 degrees for 15 seconds (or 145 degrees for 3 minutes, or 150 degrees for 1 minute).
3. Poultry and stuffed food items must be cooked at 165 degrees for 15 seconds.
4. The procedures for cooking whole beef roasts and corned beef roasts are as follow:
  - a. Determine the type of oven that will be used (still dry, conventional, or high humidity).
  - b. Determine the weight of the roast.
  - c. Use the chart in section 3-401.11(B)(1) of the Code to determine at what temperature the oven has to be preheated
  - d. Cook the roast at a temperature and for a time that complies with the cooking chart in section 3-401.11(B)(2).

For more information, contact your base Public health office at 6-1225. Or contact the Food Safety Team at the USAF School of Aerospace Medicine (Brooks AFB, TX), at (210) 536-2058 –DSN 240-2058- or E-mail a message to [jose.diaz@mirage.brooks.af.mil](mailto:jose.diaz@mirage.brooks.af.mil)