



COUNTY OF RIVERSIDE • COMMUNITY HEALTH AGENCY  
**DEPARTMENT OF ENVIRONMENTAL HEALTH**

INFORMATIONAL BULLETIN NO. 97-14A

DISTRICT ENVIRONMENTAL SERVICES DIVISION

## GUIDELINES FOR COOKING AND REHEATING FOODS

Studies show that inadequate cooking and reheating of foods are some of the most frequent factors responsible for causing food borne illness outbreaks.

### Cooking

Minimum safe cooking temperatures and times as indicated:

Types of Food	Minimum Cooking Temperature
Fruits and vegetables that are cooked for hot-holding at 135°F or above	135 °F
Raw shell eggs cooked to order for immediate service	145°F for 15 seconds
Fish	145°F for 15 seconds
Single pieces of meat (beef, veal, lamb, pork)	145°F for 15 seconds
Pooled eggs and foods containing raw eggs	155°F for 15 seconds
Ground meats and sausage	155°F for 15 seconds
Poultry and stuffed meats, stuffed poultry and stuffed fish with stuffing thoroughly cooked prior to insertion	165°F for 15 seconds
Whole beef roasts, corned beef roasts, pork roasts and hams shall be cooked according to oven type and the size of the roast as described in California Health and Safety Code, Section 114004. Contact this department for more information.	

During cooking, the above foods must reach these internal temperatures for at least the times specified to minimize bacterial growth. For hot holding purposes, these foods must be maintained at a temperature above 135°F. When checking the temperature of a food product, always use a metal-stemmed probe type thermometer, cleaned and sanitized between each use. Check the temperature in the thickest portion of the product.

### Reheating

Failing to adequately reheat foods can also cause food borne illness. Reheat all previously cooked foods to an internal temperature of at least 165°F for 15 seconds. Food reheated in a microwave oven must be heated to at least 165°F. If reheated in the microwave, food must be covered, rotated or stirred, and allowed to stand covered for at least 2 minutes after reheating.

If food is going to be held hot, it must be reheated to 165°F rapidly (no longer than 2 hours) BEFORE being placed into a hot holding unit. Once it has been properly reheated and transferred to the hot holding unit, the food must be maintained at a minimum temperature of 135°F.

Ready-to-eat food from a hermetically sealed container or intact packages of food from an approved food processing plant only need to be reheated to 135°F for hot holding since the food has been commercially processed.

\*Document available in an alternate format upon request

April 2008

OFFICES IN: RIVERSIDE, BLYTHE, CORONA, HEMET, INDIO, MURRIETA AND PALM SPRINGS

For more information call (888) 722-4234

Department Web Site – [www.rivcoeh.org](http://www.rivcoeh.org)