

# Thawing...Cooking...Holding...Cooling...

## Four Proper Methods of Thawing Foods

1. Placing food in refrigerator at 41 degrees F or lower until thawed.
2. Placing food under potable running water that is 70 degrees F or lower.
3. Placing food in the microwave only if food will be cooked immediately.
4. Placing food into the regular cooking procedure for preparation.

## Proper Minimum Internal Cooking Temperatures

1. Poultry – 165 degrees F for 15 seconds
2. Ground Meats – 155 degrees F for 15 seconds
3. Pork & Beef – 145 degrees F for 15 seconds
4. Roasts – 145 degrees F for 2.5 minutes
5. Fish – 145 degrees F for 15 seconds
6. Cooking in a microwave – 165 degrees for 15 seconds
7. Reheating/Leftovers – 165 degrees F for 15 seconds

## Proper Holding Temperatures

Hot foods must be held at 135 degrees F or higher

(check with your local officials-some states require 140 degrees)

Cold foods must be held at 41 degrees F or lower

## Two-Stage Method to Cool Food Safely

1. Cool hot food from 135 degrees F to 70 degrees F within two hours
2. Cool the same food from 70 degrees F to 41 degrees F or lower within an additional four hours

## Acceptable Safe Methods for Cooling Foods

1. Ice Baths or Ice Paddle
2. Dividing foods into shallow pans and then place in refrigerator
3. Blast Chiller