

Temperature Guide for the Food Service Professional

Monmouth County Health Dept.
(732) 431-7456

Our Primary Mission is to protect the health and welfare of our residents
www.visitmonmouth.com



General Temps	Cook Temps For Hot Holding or Cook To Cool	Temp <i>Critical Control</i>		Cool Downs Sushi	
Hot Water Sanitize <i>Manifold Temp</i>		180°F			
	REHEATS, Stuffed Poultry, Pasta, Fish & Microwave Cook. <i>• Stir 1/2 way through process, cover & hold 2 Min.</i>	165°F		Certain species and <u>FARM RAISED</u> are exempt from Sushi freezing requirements	
Hot Water Sanitize <i>Plate Temp</i>		160°F		Documentation is <u>always</u> required	
	Comminuted/Injected Meats Raw & Pooled Eggs	155°F			
<i>Bleu 110, Rare 120-130 MR 130-140 Med 140-150 MW150-155 Well 160 +</i>	Whole Muscle Meat <i>Beef, Pork ,Fish, Game Animals</i>	145°F	↑ "Indefinite" Hold		
	HOT HOLDS & Plant Food & <i>commercially prepared precooked RTE from Mfg in intact package</i>	135°F		<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>135—70°F 2 Hours</p> <p><small>To successfully cool from 135 F to 70 F within 2 hours, food must be cooled at a rate of .54 F per minute</small></p> <p>70—41°F 4 Hours</p> <p><small>To cool from 70 F to 41 F within 4 hours, the food must be cooled at a rate of .12 F per minute</small></p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">6 HOUR TOTAL COOLDOWN TIME</p> </div>	
Manual Wash Water <i>Handwashing (90 –110)</i>		110°F	Rapid Pathogen Growth		
Body Temp	→ 98.6°F				
		70°F			
Refrigeration & Receiving Temp		41°F			
Frozen		0°F Solid		168 Hours (7 days)	
		- 4°F		15 Hours Blast Freezer	
Milk Eggs Shellfish <i>May be received at 45 but must be cooled to 41 upon receipt</i>	Food prepared in response to a consumer order for immediate service may be served at any temp. (But not to high risk/susceptible populations)		- 31°F	NOTE: <i>Rice Ph < 4.6 @ 75°F</i>	