











Minimum Internal Cooking Temperatures

				
Rare Roast Beef	Fish	Whole Cuts of Beef, Pork, Lamb, Veal	Ground Meat, Chopped, Flaked or Minced, beef, Pork Lamb, Fish	Whole Poultry
63°C (145°F) for 3 minutes	70°C (158°F) Shellfish 74°C (165°F)	71°C (160°F)	71°C (160°F) for 15 seconds	82°C (180°F)
				
If beef has been “tenderized” using needles or other means of piercing or “injecting” than cook to 71°C (160°F) for 15 seconds. There is possibility that surface pathogens have been introduced to the inside of the muscle.	Parasite Reduction Sushi & Sashimi -20°C (- 4°F) for 7 days or -35°C (-31°F) for 15 hours. You cannot cook to colour or feel. Use a calibrated thermometer!	If item has been “tenderized” using needles or other means of piercing or “injecting” cook to 71°C (160°F) for 15 seconds.	If you have mixed with other meats such as poultry and eggs cook to 74°C (165°F) for 15 seconds.	74°C (165°F) for 15 seconds Reheat foods rapidly to 74°C (165°F) for 15 seconds. When cooling foods cool rapidly to 4°C (40°F) within 2 hours.

Source: 2016 Food Retail & Food Services Code. *These are recommended cooking, re-heating, heating, cooling & holding temperatures. They may be different in some provinces and jurisdictions. Check with your local regulatory agency for the required temperatures in your area.