

Food Safety Handout

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Beef, Lamb, Pork and Veal Roasting - Minimum internal temperature = 145°F (63°C). Allow to rest for at least 3 minutes.

BEEF ROASTING TIMES

Rib roast, bone-in 4 to 6 lbs: 325°F (163°C) - 23 to 25 min/lb Rib roast, boneless 4 to 6 lbs: 325°F (163°C) - 28 to 33 min/lb Round or rump roast 2½ to 4 lbs: 325°F (163°C) - 30 to 35 min/lb Tenderloin roast, whole 4 to 6 lbs: 425°F (218°C) - 45 to 60 minutes total

LAMB ROASTING TIMES

Leg, bone-in 5 to 7 lbs: 325°F (163°C) - 20 to 25 min/lb Leg, bone-in 7 to 9 lbs: 325°F (163°C) - 10 to 15 min/lb Leg, boneless, rolled 4 to 7 lbs: 325°F (163°C) - 25 to 30 min/lb Shoulder roast 3 to 4 lbs: 325°F (163°C) - 30 to 35 min/lb

FRESH PORK ROASTING TIMES

Loin roast, bone-in or boneless 2 to 5 lbs: 350°F (177°C) - 20 min/lb Crown roast 10 lbs: 350°F (177°C) - 12 min/lb Tenderloin ½ to 1½ lbs: 425°F (218°C) - 450°F (232°C) - 20 to 27 minutes total Boston butt 3 to 6 lbs: 350°F (177°C) - 45 min/lb Ribs 2 to 4 lbs: 350°F (177°C) - 1½ to 2 hours (or until fork tender)

VEAL ROASTING TIMES

Rib roast 4 to 5 lbs: 325°F (163°C) - 25 to 27 min/lb Loin 3 to 4 lbs: 325°F (163°C) - 34 to 36 min/lb

SAFE MINIMUM INTERNAL TEMPERATURE CHART FOR COOKING

- Beef, bison, veal, goat, and lamb steaks, roasts, chops: 145°F (63°C) Rest time: 3 minutes - Ground meat and sausage: 160°F (71°C) - Chicken, turkey, and other poultry (all cuts): 165°F (74°C) - Pork steaks, roasts, chops: 145°F (63°C) Rest time: 3 minutes - Ground pork: 160°F (71°C) - Fish: 145°F (63°C) or until flesh is no longer translucent - Seafood: Cook until flesh is pearly or white, and opaque - Eggs: Cook until yolk and white are firm - Egg dishes: 160°F (71°C) - Leftovers: 165°F (74°C)

COLD FOOD STORAGE GUIDELINES

- Refrigerator temperature: 40°F (4°C) or below - Freezer temperature: 0°F (-18°C) or below - Fresh meat storage times vary by type - Ground meats: 1-2 days refrigerated, 3-4 months frozen - Steaks/chops: 3-5 days refrigerated, 4-12 months frozen - Poultry: 1-2 days refrigerated, 9-12 months frozen - Fish: 1-3 days refrigerated, 2-8 months frozen - Eggs: 3-5 weeks refrigerated

REFRIGERATED FOOD AND POWER OUTAGES

Foods held above 40°F (4°C) for more than 2 hours:

DISCARD: Raw or leftover cooked meat, poultry, fish, seafood; thawing meat; salads with meat/eggs; soft cheeses; milk products; fresh shell eggs; fresh cut fruits; cooked vegetables; casseroles

KEEP: Hard cheeses; processed cheeses; butter; fresh uncut fruits; bread products; fruit pies