

COMPREHENSIVE CHART Food Safety Basics



COOKING TEMPERATURES

Required Minimum Internal Cooking Temperatures

These temperatures are based on guidance from the FDA Food Code:
[fda.gov/food/retail-food-protection/fda-food-code](https://www.fda.gov/food/retail-food-protection/fda-food-code)

INGREDIENT	DETAILS	MIN. INTERNAL COOKING TEMP.	TIMING
Poultry	Including whole or ground chicken, turkey, or duck	165 F (74 C)	<1 second (instantaneous)
Stuffing	Made with fish, meat, or poultry	165°F (74°C)	<1 second (instantaneous)
Stuffed meat	Seafood, poultry, or pasta	165°F (74°C)	<1 second (instantaneous)
Dishes that include previously cooked TCS ingredients	Including casseroles, quiches, and meat pies	165°F (74°C)	<1 second (instantaneous)
Ground meat	Including beef, pork, and other meat	155°F (68°C)	17 seconds
Ground seafood		155°F (68°C)	17 seconds
Seafood	Including fish, shellfish, and crustaceans	145°F (63°C)	15 seconds
Pork, beef, veal, lamb		Steaks or chops: 145°F (63°C) Roasts: 145°F (63°C)	Steaks or chops: 15 seconds Roasts: 4 minutes
Shell eggs	For immediate service	145°F (63°C)	15 seconds
Fruits, vegetables, grains	Including rice, pasta) and legumes (e.g., beans, refried beans) that will be hot held for service	For hot holding: 155°F (68°C) 135°F (57°C)	17 seconds No minimum time
Commercially processed and packaged ready-to-eat food	Including pre-cooked hams	135°F (57°C)	No minimum time

Beef, Lamb, Pork and Veal Roasting Charts



Meat and Poultry Roasting

Charts below list recommended cook times, but you must always use a food thermometer to assure that meat and poultry have reached a safe minimum internal temperature. When roasting meat and poultry, set the oven temperature to 325 °F or higher.

These are the guidelines provided by the Department of Health and Human Services [foodsafety.gov/food-safety-charts/meat-poultry-charts](https://www.foodsafety.gov/food-safety-charts/meat-poultry-charts)



Beef

Type	Weight	Oven °F	Timing
Rib roast, bone-in	4 to 6 lbs.	325	23 to 25 min/lb.
Rib roast, boneless	4 to 6 lbs.	425	28 to 33 min/lb.
Round or rump roast	2 ½ to 4 lbs.	325	30 to 35 min/lb.
Tenderloin roast, whole	4 to 6 lbs.	325	45 to 60 minutes total



Pork

Type	Weight	Oven °F	Timing
Loin roast, bone-in or boneless	2 to 5 lbs.	350	20 min/lb.
Crown roast	10 lbs.	350	12 min/lb.
Tenderloin	½ to 1 ½ lbs.	425-450	20 to 27 minutes total
Boston butt	3 to 6 lbs.	350	45 min./lb.
Ribs	2 to 4 lbs.	350	1 ½ to 2 hours (or until fork tender)



Lamb

Type	Weight	Oven °F	Timing
Leg, bone-in.	5 to 7 lbs	325	20 to 25 min/lb.
Leg, bone-in	7 to 9 lbs.	325	10 to 15 min/lb.
Leg, boneless, rolled	4 to 7 lbs.	325	25 to 30 min/lb.
Shoulder roast	3 to 4 lbs.	325	30 to 35 min/lb.



Veal

Type	Weight	Oven °F	Timing
Rib roast	4 to 5 lbs.	325	25 to 27 min/lb.
Loin	3 to 4 lbs.	325	34 to 36 min/lb.



Ham Cooking Chart (Set oven temperature to 325 °F)

COUNTRY HAM

Type	Oven °F
Whole or half	<ol style="list-style-type: none"> 1. Soak 4 to 12 hours in refrigerator. 2. Cover with water, then boil 20 to 25 minutes per pound. 3. Drain the ham and cook at 400 °F for 15 minutes to brown.

SMOKED HAM, COOK BEFORE EATING

Type	Weight	Timing
Whole, bone-in	10 to 14 lbs.	18 to 20 min/lb.
Half, bone-in	5 to 7 lbs.	22 to 25 min/lb.
Shank or butt portion, bone-in	3 to 4 lbs.	35 to 40 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	30 to 35 min/lb.
Shoulder roll (butt), boneless	2 to 4 lbs.	35 to 40 min/lb.

SMOKED HAM, COOKED

Type	Weight	Timing
Whole, bone-in	10 to 14 lbs.	15 to 18 min/lb.
Half, bone-in	5 to 7 lbs.	18 to 24 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	25 to 30 min/lb.
Canned ham, boneless	3 to 10 lbs.	15 to 20 min/lb.
Vacuum packed, boneless	6 to 12 lbs.	10 to 15 min/lb.
Spiral cut, whole or half	7 to 9 lbs.	10 to 18 min/lb.





Poultry Roasting Chart

(For unstuffed poultry. Add 15 to 30 minutes for stuffed birds.)

Type	Size	Oven °F	Timing
Chicken, whole	3 to 4 lbs, 5 to 7 lbs.	350	2 to 2 ¼ hours 2 to 2 ¼ hours
Chicken, breast halves, bone-in	6 to 8 oz.	350	30 to 40 minutes
Chicken, breast halves, boneless	4 oz.	350	20 to 30 minutes
Capon, whole		350	2 to 3 hours
Cornish hen, whole	18 to 24 oz.	350	50 to 60 minutes
Duck, whole (do not stuff)	4 to 6 lbs.	350	30 to 35 min/lb
Duck, legs or thighs		325	1 ¼ to 1 ½ hours
Young goose, whole	8 to 12 lbs.	325	2 ½ to 3 hours
Young goose, pieces or cut up		325	2 hours



Turkey Roasting Chart

(Set oven temperature to 325 °F.)

Turkey Size	Unstuffed	Stuffed
4 to 6 lbs. (breast)	1 ½ to 2 ¼ hours	Not usually applicable
6 to 8 lbs. (breast)	2 ¼ to 3 ¼ hours	3 to 3 ½ hours
8 to 12 lbs.	2 ¾ to 3 hours	3 to 3 ½ hours
12 to 14 lbs.	3 to 3 ¾ hours	3 ½ to 4 hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours	4 to 4 ¾ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours	4 ¼ to 4 ¾ hours
20 to 24 lbs.	4 ½ to 5 hours	4 ¾ to 5 ¼ hours

CUADRO COMPLETO

Aspectos básicos de la seguridad alimentaria



TEMPERATURAS DE COCCIÓN

Temperaturas internas mínimas de cocción requeridas

Estas temperaturas se basan en la guía del Código alimentario de la FDA:
[fda.gov/food/retail-food-protection/fda-food-code](https://www.fda.gov/food/retail-food-protection/fda-food-code)

INGREDIENTE	DETALLES	TEMP. INTERNAS MÍNIMAS DE COCCIÓN	TIEMPO
Aves de corral	Carne de pollo, pavo o pato entera o molida	165°F (74°C)	<1 segundo (instantáneo)
Relleno	Preparado con pescado, carne o aves de corral	165°F (74°C)	<1 segundo (instantáneo)
Carne rellena	Mariscos, aves de corral o pasta	165°F (74°C)	<1 segundo (instantáneo)
Platos que incluyen ingredientes TCS previamente cocinados	Guisos, quiches y pasteles de carne	165°F (74°C)	<1 segundo (instantáneo)
Carne molida	Carne de res, cerdo y otras	155°F (68°C)	17 segundos
Mariscos molidos		155°F (68°C)	17 segundos
Pescados y mariscos	Pescado, moluscos y crustáceos	145°F (63°C)	15 segundos
Cerdo, res, ternera, cordero		Filetes o chuletas: 145°F (63°C) Asado: 145°F (63°C)	Filetes o chuletas: 15 segundos Asado: 4 minutos
Huevos con cáscara	Para servir de inmediato	145°F (63°C)	15 segundos
Frutas, vegetales, cereales	Arroz, pasta y legumbres (p. ej., frijoles, frijoles refritos) que se mantendrán calientes para el servicio	Para mantenimiento en caliente: 155°F (68°C) 135°F (57°C)	17 segundos No hay tiempo mínimo
Comida lista para consumir comercialmente procesada y envasada	Incluidos los jamones precocidos	135°F (57°C)	No hay tiempo mínimo

Cuadros de asado de res, cordero, cerdo y ternera



Asado de carne y aves

Los cuadros a continuación enumeran los tiempos de cocción recomendados, pero siempre se debe usar un termómetro para alimentos para asegurarse de que la carne y las aves hayan alcanzado una temperatura interna mínima segura. Al asar carnes y aves, ajuste la temperatura del horno a 325°F o más.

Estas son las pautas proporcionadas por el Departamento de Salud y Servicios Humanos foodsafety.gov/food-safety-charts/meat-poultry-charts



Res

Tipo	Peso	Horno (°F)	Tiempo
Costilla asada, con hueso	4 a 6 lb	325	23 a 25 min/lb
Costilla asada, sin hueso	4 a 6 lb	425	28 a 33 min/lb
Asado redondo o de cuadril	2 ½ a 4 lb	325	30 a 35 min/lb
Filete de lomo asado, entero	4 a 6 lb	325	45 a 60 minutos en total



Cerdo

Tipo	Peso	Horno (°F)	Tiempo
Lomo asado, con o sin hueso	2 a 5 lb	350	20 min/lb
Asado de corona	10 lb	350	12 min/lb
Filete de lomo	½ a 1 ½ lb	425-450	20 a 27 minutos en total
Colilla de Boston	3 a 6 lb	350	45 min/lb
Costillas	2 a 4 lb	350	1 ½ a 2 horas (o hasta que al pinchar esté tierno)



Cordero

Tipo	Peso	Horno (°F)	Tiempo
Pata, con hueso	5 a 7 lb	325	20 a 25 min/lb
Pata, sin hueso	7 a 9 lb	325	10 a 15 min/lb
Pata, sin hueso, enrollada	4 a 7 lb	325	25 a 30 min/lb
Paleta asada	3 a 4 lb	325	30 a 35 min/lb



Ternera

Tipo	Peso	Horno (°F)	Tiempo
Costillas asadas	4 a 5 lb	325	25 a 27 min/lb
Lomo	3 a 4 lb	325	34 a 36 min/lb



Cuadro de cocción de jamón

(ajuste la temperatura del horno a 325°F)

JAMÓN CAMPESTRE

Tipo	Horno (°F)
Entero o medio	<ol style="list-style-type: none"> 1. Remojar de 4 a 12 horas en el refrigerador. 2. Cubrir con agua, luego hervir de 20 a 25 minutos por libra. 3. Escurrir el jamón y cocinar a 400°F durante 15 minutos para que se dore.

JAMÓN AHUMADO, COCINAR ANTES DE COMER

Tipo	Peso	Tiempo
Entero, con hueso	10 a 14 lb	18 a 20 min/lb
Mitad, con hueso	5 a 7 lb	22 a 25 min/lb
Porción de pierna o trasero, con hueso	3 a 4 lb	35 a 40 min/lb
Paleta, sin hueso	5 a 8 lb	30 a 35 min/lb
Rollo de paleta (trasero), sin hueso	2 a 4 lb	35 a 40 min/lb

JAMÓN AHUMADO, COCINADO

Tipo	Peso	Tiempo
Entero, con hueso	10 a 14 lb	15 a 18 min/lb
Mitad, con hueso	5 a 7 lb	18 a 24 min/lb
Paleta, sin hueso	5 a 8 lb	25 a 30 min/lb
Jamón enlatado, sin hueso	3 a 10 lb	15 a 20 min/lb
Envasado al vacío, sin hueso	6 a 12 lb	10 a 15 min/lb
Corte en espiral, entero o mitad	7 a 9 lb	10 a 18 min/lb





Cuadro de asado de aves

(Para aves sin rellenar. Agregar de 15 a 30 minutos para las rellenas).

Tipo	Tamaño	Horno (°F)	Tiempo
Pollo, entero	3 a 4 lb, 5 a 7 lb	350	2 a 2 ¼ h 2 a 2 ¼ h
Pollo, mitades de pechuga, con hueso	6 a 8 oz	350	30 a 40 minutos
Pollo, mitades de pechuga, sin hueso	4 oz	350	20 a 30 minutos
Capón, entero		350	2 a 3 h
Gallina de Cornualles, entera	18 a 24 oz	350	50 a 60 minutos
Pato, entero (no rellenar)	4 a 6 lb	350	30 a 35 min/lb
Pato, muslos o patas		325	1 ¼ a 1 ½ h
Ganso joven, entero	8 a 12 lb	325	2 ½ a 3 h
Ganso joven, en trozos o cortado		325	2 horas



Cuadro de asado de pavo

(Fijar la temperatura del horno a 325°F)

Tamaño del pavo	Sin rellenar	Relleno
4 a 6 lb (pechuga)	1 ½ a 2 ¼ h	No suele aplicar
6 a 8 lb (pechuga)	2 ¼ a 3 ¼ h	3 a 3 ½ h
8 a 12 lb	2 ¾ a 3 h	3 a 3 ½ h
12 a 14 lb	3 a 3 ¾ h	3 ½ a 4 h
14 a 18 lb	3 ¾ a 4 ¼ h	4 a 4 ¼ h
18 a 20 lb	4 ¼ a 4 ½ h	4 ¼ a 4 ¾ h
20 a 24 lb	4 ½ a 5 h	4 ¾ a 5 ¼ h