Safe Cooking Temperatures

Standard advice is to cook food until it reaches a core temperature **80°C for 6 seconds**

To safely remove bacteria from food, you must not only cook to a high temperature, but this must be done for a certain period of time. When using a probe to check the temperature of your food items, it must display the temperature for a certain length of time – such as 80 °C for 6 seconds. Other temperature and time combinations are as follows:

🕐 **60°C for 45 minutes**   🕐 **65°C for 10 minutes**   🕐 **70°C for 2 minutes**   🕐 **75°C for 30 seconds**   🕐 **80°C for 6 seconds**

Date	Product	Internal/core temperature	Additional cooking required?	Initials
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

High Speed Training™

Completed sheet verified by: _____   **Date:** _____