

# STANDARD OPERATING PROCEDURE (SOP) FOR COOKING & REHEATING POTENTIALLY HAZARDOUS FOODS

(Sample SOP)

**PURPOSE:** To prevent foodborne illness by ensuring that all foods are cooked to the appropriate internal temperature.

**SCOPE:** This procedure applies to foodservice employees who prepare or serve food.

**KEY WORDS:** Cross-Contamination, Temperatures, Cook

1. **CROSS-CONTAMINATION** means the passing of bacteria, microorganisms, or other harmful substances indirectly from one surface to another through improper or unsanitary EQUIPMENT, procedures, or products.
2. **COOK** means to transform food and make it suitable for consumption by heating.
3. **TEMPERATURE** means the amount of heat or cold measured on a thermometer. This SOP measures temperature in degrees Fahrenheit (°F).

## INSTRUCTIONS:

1. Train foodservice employees on using the procedures in this SOP. Refer to the Using and Calibrating Thermometers SOP.
2. Follow Northern Nevada Public Health (NNPH) Regulations.
3. If a recipe contains a combination of animal products, cook the product to the highest required temperature.
4. Cook or reheat products to the following temperatures:
  - a. 145 °F for 15 seconds
    - Fish, seafood, whole muscle beef, whole muscle pork and commercially raised game animals
    - Eggs cooked to order that are placed onto a plate and immediately served
  - b. 155 °F for 17 seconds
    - Ground products containing beef, pork, or fish
    - Beef or pork that has been mechanically tenderized or injected
    - Cubed or Salisbury steaks
    - Fish nuggets or sticks
    - Eggs cooked and hot held for service (such as a steam table or hot box)
  - c. 165 °F for <1 second
    - Poultry
    - Stuffed fish, pork, or beef
    - Pasta stuffed with eggs, fish, pork, or beef (such as lasagna or manicotti)
    - Food cooked in a microwave
    - Food previously cooked and cooled at this facility that is reheated for hot holding
  - d. 135 °F for 15 seconds
    - Food commercially processed that will be stored in hot holding unless the manufacture specifies a higher cooking temperature

- Fresh, frozen, or canned fruits and vegetables that will be stored in hot holding.
- e. 130 °F for 112 minutes
- Whole beef roasts, corned beef roasts, pork roasts and cured pork roasts (including ham)

**MONITORING:**

1. Use a clean, sanitized, and calibrated probe thermometer, preferably a thermocouple.
2. Avoid inserting the thermometer into pockets of fat or near bones when taking internal cooking temperatures.
3. If using a dial thermometer, make sure the thermometer is inserted into the product past the mark on the probe. If unable to do so due to product size, use a digital thermometer or thermocouple.
4. Take at least two internal temperatures from each batch of food by inserting the thermometer into the thickest part of the product, which usually is in the center.
5. Take at least two internal temperatures of each large food item, such as a turkey, to ensure that all parts of the product reach the required cooking temperature.

**CORRECTIVE ACTION:**

1. Retrain any foodservice employee found not following the procedures in this SOP.
2. Continue cooking food until the internal temperature reaches the required temperature.

**VERIFICATION AND RECORD KEEPING:**

Foodservice employees will record product name, time, the two temperatures, and any corrective action taken on the Cooking and Reheating Temperature Log. Foodservice manager will verify that foodservice employees have taken the required cooking temperatures by visually monitoring foodservice employees and preparation procedures during the shift and reviewing, initialing, and dating the temperature log at the close of each day. The Cooking and Reheating Temperature Log is to be kept on file for a minimum of 6 months.

**DATE IMPLEMENTED:** \_\_\_\_\_ **BY:** \_\_\_\_\_

**DATE REVIEWED:** \_\_\_\_\_ **BY:** \_\_\_\_\_

**DATE REVISED:** \_\_\_\_\_ **BY:** \_\_\_\_\_