

## Pasteurization Charts for Chicken

It's important to note that the times below represent the minimum safe cooking time for meat after it has reached those temperatures internally, which can take up to 45 minutes or so. To be safe, we recommend tacking on an extra hour to the time recommended in the government charts when starting with food from the fridge, or two hours when starting with frozen meat.

Temperature	Time
136°F (58°C)	68.4 minutes
140°F (60°C)	27.5 minutes
145°F (63°C)	9.2 minutes
150°F (66°C)	2.8 minutes
155°F (68°C)	47.7 seconds
160°F (71°C)	14.8 seconds
165°F (74°C)	Instant