

Appendix A Cooking & Temperature Shortcut Understanding

Cooking Method	Details/Process	Requirements
Cook in bag	Sealed, moisture impermeable bag, removing excess air, and cooked	Time/temp Table
Boiling	Completely immersing the meat, unbagged in water throughout the entire cooking process	Time/temp Table
90% RH	Use sealed oven or steam injection to raise RH above 90% throughout cooking process	Time/temp Table
250°F oven temp	Heat in oven maintaining 250°F (121°C) throughout entire cooking process	Time/temp Table
Steam 50% time	Continuously introducing steam for 50% of cooking time	145°F (62.9°C) internal temp
Sealed oven 50% time	Sealed oven for over 50% of the cooking time	145°F (62.9°C) internal temp
90%RH for 25% time	RH of oven is maintained at 90%, or above, for at least 25% of the total cooking time, but no less than 1hr	145°F (62.9°C) internal temp OR Time/temp Table