

## Appendix A Cooking & Temperature Shortcut Understanding

<b>Cooking Method</b>	<b>Details/Process</b>	<b>Requirements</b>
<b>Cook in bag</b>	Sealed, moisture impermeable bag, removing excess air, and cooked	Time/temp Table
<b>Boiling</b>	Completely immersing the meat, unbagged in water throughout the entire cooking process	Time/temp Table
<b>90% RH</b>	Use sealed oven or steam injection to raise RH above 90% throughout cooking process	Time/temp Table
<b>250°F oven temp</b>	Heat in oven maintaining 250°F (121°C) throughout entire cooking process	Time/temp Table
<b>Steam 50% time</b>	Continuously introducing steam for 50% of cooking time	145°F (62.9°C) internal temp
<b>Sealed oven 50% time</b>	Sealed oven for over 50% of the cooking time	145°F (62.9°C) internal temp
<b>90%RH for 25% time</b>	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