



# Cool Foods Quickly and Safely

## Two stage cooling is required for hot foods.

**Stage 1:** 135°F to 70°F within 2 hours

**Stage 2:** 70°F to 41°F within 4 hours

- Foods prepared from room temperature may be cooled to 41°F within 4 hours if they will be reheated.
- Ready-to-eat potentially hazardous foods must be made with pre-chilled ingredients.

## Rapid Cooling Methods

### Shallow Metal Pans (2" to 4" deep)

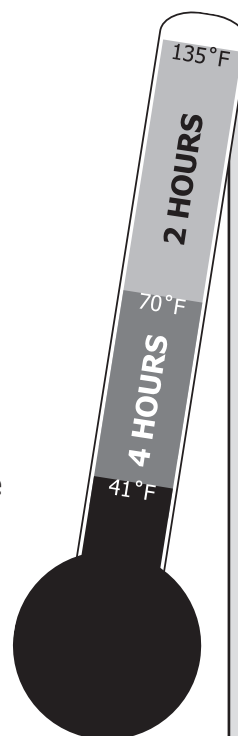
- Leave pan partially uncovered until product reaches 41°F.
- Refrigerate immediately.
- DO NOT stack hot pans; allow room for air flow.

### Ice Bath

- Fill a clean sink or large pan with ice and cold water.
- Transfer hot product into new (room temperature) containers.
- Place hot product into the ice water bath making sure the level of the ice bath is at least as high as the product.
- Stir/agitate every 10 minutes. (Use an ice paddle to stir to greatly reduce cooling time.)
- Once the food reaches 41°F, cover, label/date and place in refrigeration.

### Small Portions

- Divide food into smaller pans.
- Separate food into smaller portions (2" for thick foods, 4" for thin liquids).
- Cut or slice portions of meat no larger than 4" or 4 pounds.



### Helpful Hints:

- Add ice directly to the product as an ingredient.
- Use a blast chiller.
- Metal containers cool much faster than plastic.
- When cooling in a refrigerator, use the top shelf.
- Product below 135°F should never be cooled at room temperature.
- Once cool, cover and label/date product.
- Use a clean thermometer to monitor the temperature of the food.
- Use cooling logs to document proper cooling.

