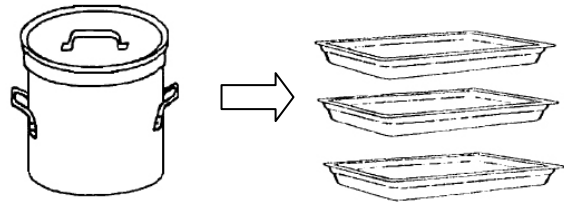


Safe Ways to Cool Food

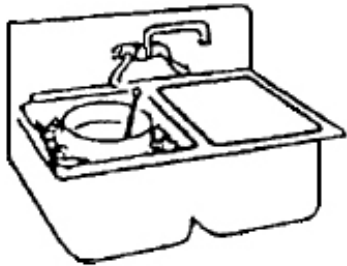
Improper cooling is one of the leading causative factors involved in foodborne illness.

Potentially hazardous foods which have been cooked or heated in your facility must be cooled from 135°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours. The purpose is to minimize the amount of time foods are in the danger zone (the temperature range from 41°F to 135°F). Here are the safe ways to cool hot foods:

- Place the food in shallow, heat conducting pans such as stainless steel. The surface area of the food will be increased and cooling time will be reduced.
- The level of the food inside the pan should be no greater than 2" for thick foods such as rice, beans, pasta, stews and sauces, and 3" for thin liquids such as stocks and broths.



- Insert appropriately designed containers in an ice bath and stir frequently.



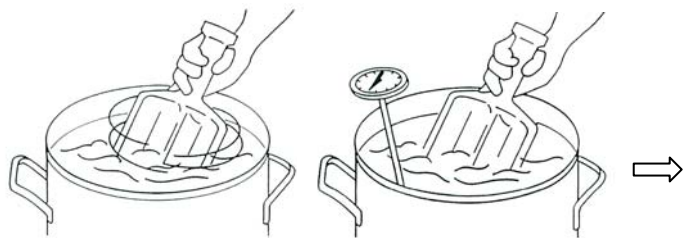
- Separate the food into smaller, thinner portions.
- Cut up large pieces of meat.



- Use rapid cooling equipment such as a blast chiller.



- Use ice paddles and stir frequently.



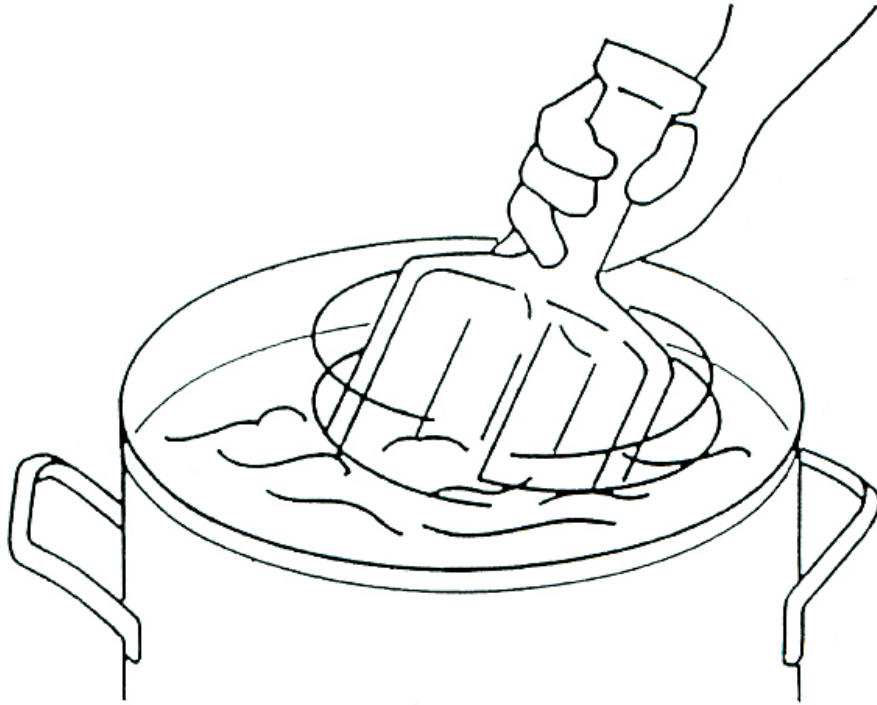
- Use ice as an ingredient.



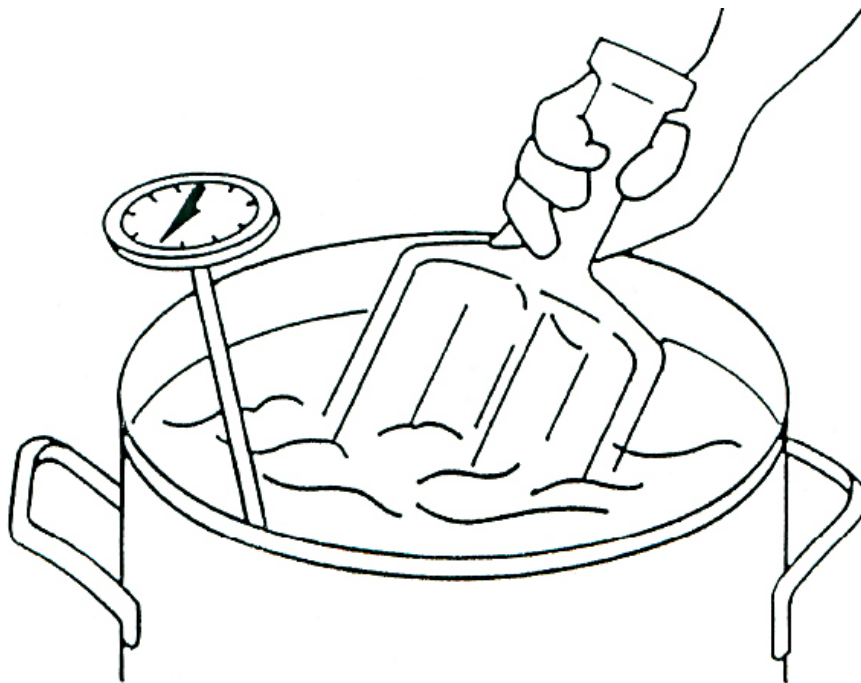
More tips for cooling food fast!

- When the food is placed in cooling or cold holding equipment, leave enough room around containers for cold air to circulate.
- The cooling food should be loosely covered, or uncovered if protected from sources of contamination, so the food will cool faster.
- The food should also be stirred as often as necessary to evenly cool the food.

COOLING FOOD WITH AN ICE PADDLE



Carefully place a cleaned and sanitized ice paddle in food. Stir for 4 minutes.



Stir frequently. Check temperature drop with a probe thermometer approximately every 15 – 20 minutes.

