



## Cool Foods Rapidly

*Improper cooling is the major cause of foodborne illness.*

*Hot food must be cooled in two stages:*

**(1) 135 °F to 70 °F within 2 hours**

**(2) 135 °F to 41 °F: Total cooling time should not exceed 6 hours**

### Recommended Methods:

- Place food in shallow aluminum or stainless steel pans (2-4" deep)
  - Do not cover until food has cooled.
  - Place in refrigeration unit so that air can circulate all around pan
- Cut large pieces of meat into smaller pieces
  - Place in shallow pans and place immediately in the refrigerator
  - Do not cover until food has cooled.
- Place pans of food in larger pans of ice or in an ice bath within a food preparation sink. This method is recommended for thick foods such as gravy, stew and refried beans, as they take longer to cool than thin foods. Stir every 10-15 min. Replace ice as it melts. Place in refrigerator.
- Add ice, as an ingredient, in place of some of the water in items such as soups.
- Place the food in a quick chill unit such as a blast chiller or tumbler chiller.
- Use cooling paddles (chill sticks) to stir food. Stir frequently while cooling.



Note: Food temperatures should be taken at frequent intervals to make sure the food items are cooling within the required time frames. Cooling charts are recommended to make sure cooling procedures are effective.