

COOLING HOT FOODS

Use a thermometer to check that foods are cooled:

- ✓ From 135° F to 70° F within 2 hours; then -
- ✓ From 70° F to 45° F within 4 more hours
- ✓ Pre-chill salad ingredients (such as tuna, mayonnaise, etc.) OR cool from room temperature to 45° F within 4 hours.

COOL
Foods Quickly

QUICK COOLING METHODS

Shallow pans (soups, sauces, gravies, etc.):

1. Put a 2-inch layer of food in a shallow, metal pan.
2. Do not cover.
3. Put the pan in the cooler where cold air can blow across it.
4. Stir occasionally to help release heat.
5. Cover the food after it has cooled.
6. This method can also be used for small to medium sized pieces of meat.

Ice bath:

1. Put the food container into an ice bath.
2. Stir the food every 30 minutes - more often if possible.



Adding ice instead of water (soups, stews, etc.):

1. Add only half of the water before cooking.
2. After cooking, add the other half as ice.

Chilling wands or paddles (for large containers):

1. Place the clean, frozen wand in the food and stir.
2. Use another rapid cooling method to finish, such as the shallow pan method described above.