

## Cooling Food

Cooked foods are to be cooled from 135°F to 41°F within six hours as long as the temperature is reduced from 135°F to 70°F within the first two hours. In order to meet these requirements, establishments must be equipped with a calibrated thermometer, accurate to  $\pm 2^\circ\text{F}$  to check the food temperature as it cools. Food must be properly cooled using one of the following methods:

### Cool Rapidly

- Rapidly cooling foods of large volume or prepared in large quantities by cutting large items into smaller pieces or dividing large batches into several smaller ones.
- Use rapid-cooling equipment, such as blast chillers or freezers.



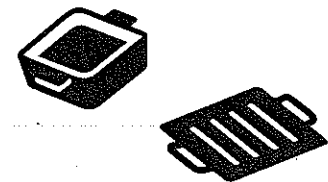
### Ice-Water Bath

- By placing the pan in larger pans surrounded by ice and frequently stirring foods as they cool. This is known as an Ice-Water Bath.



### Other Methods

- Place the food in shallow pans (preferably stainless steel.) Thick foods, such as chili and stew, should be in pans with a product depth no more than two inches. Thinner liquids, such as broth may have a depth of three inches.
- Leave food loosely covered or uncovered while cooling in order to assist heat transfer from the surface of the food.



#### **NOTE:**

Label foods with the date they were prepared or a use by date counting the day of preparation as day one (1). If the food is not used within seven (7) days, discard it.

#### **REMEMBER:**

Food must be cooled from 135°F to 70°F in 2 hours or less, and from 135°F to 41°F in a total of 6 hours or less.