



PROPER COOLING OF HOT FOODS

Always use a calibrated food thermometer to check foods during cooling processes. Cooling procedure (2 step Process):

- Cool foods from 135° F to 70° F within 2 hours; then...
- From 70° F to 41° F within the next 4 hours, for a total of not more than six hours
- Pre-chill salad ingredients, cool from room temperature to 41° F within 4 hours.

Corrective Action: If the product has not reached 70°F prior to cooling for the first 2 hours the product can be heated back to 165°F and the process can be started again. However, if it does not cool from 135°F to 70°F within two hours or from 70°F to 41°F within the additional 4 hours it must be discarded.

NEVER COOL FOODS AT ROOM TEMPERATURE

Proper cooling methods for hot foods include:

- **Reducing size**
Reduce the size of hot poultry, fish, and meat roasts. Cut roasts and debone poultry items such as turkey.
- **Use shallow metal pans for soups, sauces, gravies**
 1. Put a no more than 2-inch layer of food in a shallow metal pan. (pre-chill pans)
 2. Do not tightly cover food, vent covering to allow for heat to escape from food.
 3. Put the pan in the cooler with good cold air flow around the food.
 4. Frequently stir to help release heat.
 5. Cover the food after it has cooled and date mark with name and date prepared.
- **Ice bath:**
 1. Put the food in a metal container and place into an ice water bath. The ice bath should be maintained level with the food being cooled.
 2. Stir the food at least every 30 minutes - more often if possible.

- **Chilling wands or paddles (for large containers):**
 1. Place a (clean, sanitized) frozen ice wand in the food and stir.
 2. May be used in combination with other rapid cooling methods such as ice bath, or pouring into shallow metal pans to finish the process.
- **Adding ice instead of water (soups, stews, etc.):**
 1. Add only half of the water before cooking. After cooking, add clean ice from a potable water source to rapidly cool foods.