

Cooling Liquid Foods Safely *(soups, stocks, beef stew etc.)*

Improper cooling is one of the leading causes of foodborne illness. You want to cool food as rapidly as possible to prevent the growth of bacteria.

Cooling foods requires 2 steps:

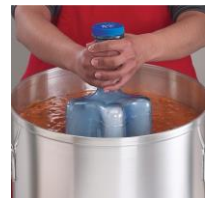
1. Within 2 hours – Cool food down from 135°F to 70°F and start timing now;
(Re-heat food to 165°F if it takes longer than 2 hours to get down to 70°F and repeat step 1.)

AND

2. Within 4 more hours – Cool the food down from 70°F to 41°F. Pour liquid in shallow containers and continue cooling in the refrigerator.
(Re-heat food to 165°F if it takes longer than the 4 more hours to get down to 41°F and repeat step 1.)

Use One of These Tools to Aid Rapid Cooling

- Metal/stainless steel pans cool food faster than plastic containers.
- Shallow pans cool faster than deep pans.
- Stirring food often will help to quickly cool food.
- Use ice paddles (hollow tube filled with frozen water) to cool liquids quickly while stirring.



Frozen ice paddle used to cool sauce

Procedure - 4 Ways to Cool Liquid Foods Quickly

- Pour liquids no more than 2 inches deep into a shallow pan
OR
- Place the pot into an ice and water bath inside a clean, sanitized sink. The ice and water must be level with the food
AND/OR
- Use a clean, sanitized ice paddle in pots of liquid and stir often
OR
- Use a blast chiller



Remember:

- The thicker the liquid, the longer it takes to cool.
- Beef stew takes longer to cool than beef broth.

Always:

- Use a calibrated thermometer to check temperatures.
- Reheat cooled foods to 165°F within 2 hours before serving. **Never re-heat more than once.**

Cooling Solid Foods Safely (roasts, whole chicken, etc.)

Improper cooling is one of the leading causes of foodborne illness. You want to cool food as rapidly as possible to prevent the growth of bacteria.

Cooling foods requires 2 steps:

1. Within 2 hours – Cool food down from 135°F to 70°F and start timing now;
(Re-heat food to 165°F if it takes longer than 2 hours to get down to 70°F.)

AND

2. Within 4 more hours – Cool the food down from 70°F to 41°F. Cut or slice meat and store in shallow containers and continue cooling in the refrigerator.
(Re-heat food to 165°F if it takes longer than the 4 more hours to get down to 41°F.)

Use One of These Tools to Aid Rapid Cooling

- Metal/stainless steel pans cool food faster than plastic containers.
- Shallow pans cool faster than deep pans.

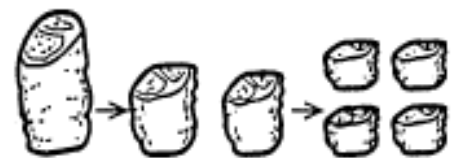


Procedure – 2 Ways Cool Solid Foods

- Cut or slice meats into smaller portions and store in shallow containers. Immediately refrigerate the smaller portions

OR

- Use a blast chiller



Cut roast into smaller portions

Always:

- Use a calibrated thermometer to check temperatures.
- Reheat cooled foods to 165°F within 2 hours before serving. **Never re-heat more than once.**

Safely Cool Foods Chart

Date	Food	Time at 135°F (start recording time now)	Temp at 1 hour	Temp after 2 hours (must be 70°F or below)*	Temp at 3 hours	Temp at 4 hours	Temp at 5 hours	Temp at 6 hours (must be 41°F or below)**	Corrective Actions?	Employee
<i>Example: 1/1/17</i>	<i>Beef Stew</i>	<i>8 AM 135°F</i>	<i>9 AM 100°F</i>	<i>10 AM 69°F</i>	<i>11 AM 60°F</i>	<i>12 PM 50°F</i>	<i>1 PM 45°F</i>	<i>2 PM 40°F</i>	<i>No</i>	<i>AB</i>

* Re-heat food to 165°F if it takes longer than 2 hours to get to 70°F.

** Re-heat food to 165°F if it takes longer than 4 hours to get down to 41°F

Never re-heat more than once during the total 6 hour cooling process.