

Cooling Procedures

Cooling Hot Food

- Do not start cooling until product reaches 135° F.
- Hot food must be cooled from 135° F to 70° F within 2 hours and from 70° F to 41° F or lower within 2 hours for a total cooling time of 6 continuous hours.
- Never cool food at room temperature once food reaches 135° F.
- Uncovered containers cool faster than covered containers.
- Stirring hot food rapidly increases the cooling rate.

How to Cool Foods Rapidly

- Separate foods into small quantities and place them in shallow pans made of aluminum or stainless steel. The food should be no deeper than 4 inches (2 inches for thick foods) **OR**
- Place the pan into an ice bath (in a sink or large container) filled with ice at least three times the amount of food to be chilled. The ice should completely surround the food in the container.
- Stir the food every 15 minutes until 41° F or lower. Hot food must be cooled from 135° F to 70° F within 2 hours and from 70° F to 41° F or lower within 2 hours for a total cooling time of 6 continuous hours.
- Check the temperature of the food frequently while cooling to ensure you are meeting the required time/temperatures listed above.

Use a “Rapid Cool Ice Paddle” for thicker soups, chili and chowders

- Pour hot liquids into a large pot and stir the liquid with the frozen ice paddle every 15 minutes.
- Additional ice paddles may be necessary to meet the required time/temperatures listed above.
- Continue to stir and maintain the ice bath and ice paddles until the food reaches an internal temperature of 41° F or lower.