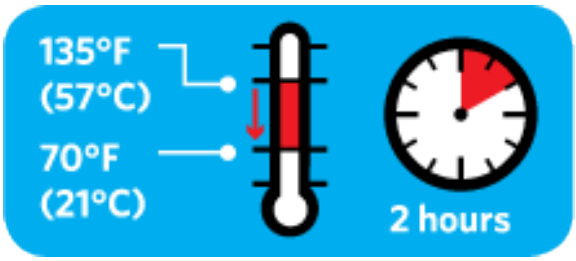
Methods for Cooling Foods

Did you know? According to the CDC, holding food at incorrect temperatures is 1 of the top 5 risk factors that contribute to foodborne illnesses.

Why does food need to be cooled down correctly?

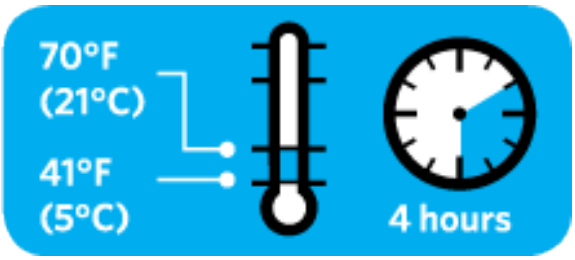
Because pathogens grow well in the temperature danger zone (41°-135°F), it is important to reduce the amount of time foods spend in this temperature range as much as possible.

How can food be properly cooled down?



First, cool food from 135°F to 70°F within two hours.

If food does not reach 70°F within two hours, it must be reheated to 165°F and cooled again. This can only be done once.



Then, cool it from 70°F to 41°F or lower in the next four hours.

If the food can be cooled from 135°F to 70°F in less than two hours, the remaining time can be used to cool it to 41°F.

<u>Total cooling time cannot exceed six hours.</u>

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- *Ice-water bath*: Divide foods into smaller containers and place into a larger container filled with ice water. Stir the food frequently to cool it faster and more evenly.
- *Size of the Food*: Large food items cool more slowly than smaller items—cut large foods into smaller portions and divide large quantities into smaller containers.
- *Storage containers*: Stainless steel transfers heat away from food faster than plastic. Also, shallow pans allow the heat in food to disperse faster than deeper pans.
- Use an ice paddle, blast chiller, or use ice as an ingredient in foods to cool foods.