Methods For Cooling Food Safely

Cool hot foods from: 135°F to 41°F within 6 hours AND 135°F to 70°F within 2 hours

Factors That Impact Cooling Time:

1) Amount of food
   - Smaller quantities cool faster

2) Container of material and depth
   - Food cools faster in stainless steel
   - Food cools faster in a shallow pan (recommended- 2 inches deep)

3) Density of the food
   - Denser food takes longer to cool

A

Stirring with a clean, sanitized, food grade ice paddle

B

Stirring frequently in an ice bath. Add ice to cool if water is an ingredient.

C

In a refrigerator or freezer above ready to eat food. Food can be loosely covered or uncovered.