

# Methods For Cooling Food Safely

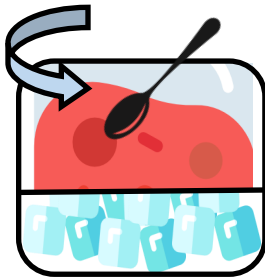
Cool hot foods from:135°F to 41°F within 6 hours AND 135°F to 70°F within 2 hours

**A**



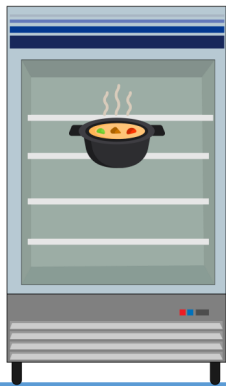
**Stirring with a clean, sanitized, food grade ice paddle**

**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 .

## 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

