

Cool Foods Quickly and Safely

Two stage cooling is required for hot foods

Stage 1: 135°F to 70°F within 2 hours

Stage 2: 70°F to 41°F within 4 hours

- Time/temperature control for safety (TCS) foods must be cooled within a total of 6 hours.
- Foods prepared from room temperature may be cooled to 41°F within 4 hours.

Rapid Cooling Methods

Shallow Metal Pans (2" to 4" deep)

- Leave pan partially uncovered until product reaches 41°F.
- Refrigerate immediately.
- **DO NOT** stack hot pans; allow room for air flow.

Ice Bath

- Fill a clean sink or large pan with ice and cold water.
- Transfer hot product into new (room temperature) containers.
- Place hot product into the ice water bath making sure the level of the ice bath is at least as high as the product.
- Stir/agitate every 10 minutes. (Use an ice paddle to stir to greatly reduce cooling time.)
- Once the food reaches 41°F, cover, label, date and place in refrigeration.

Small Portions

- Divide food into smaller pans.
- Separate food into smaller portions (2" for thick foods, 4" for thin liquids.)
- Cut or slice portions of meat no larger than 4" or 4 pounds.



Helpful Hints:

1. Add ice directly to the products as an ingredient.
2. Use a blast chiller.
3. Metal containers cool much faster than plastic.
4. When cooling in a refrigerator, use the top shelf.
5. Product below 135°F should never be cooled at room temperature.
6. Once cool, cover and label/date product.
7. Use a clean thermometer to monitor the temperature of the food.
8. Use cooling logs to document proper cooling.

