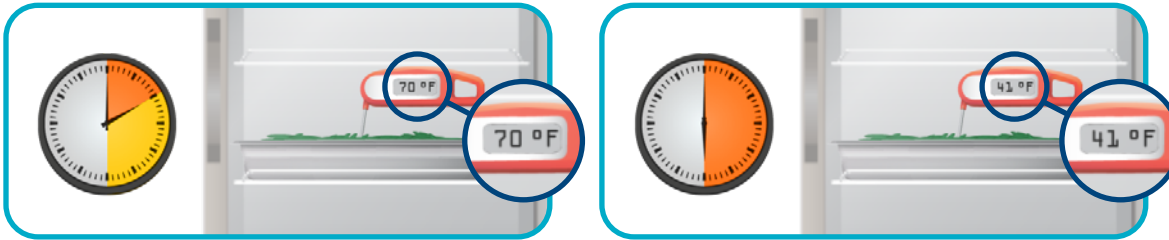


Cooling

You can cook food and cool it to serve later. It is important to cool food quickly. As food cools, it goes through the Danger Zone. If it doesn't cool fast enough, bacteria can grow and cause foodborne illness. Some bacteria produce a toxin or poison that cannot be cooked out.

**Cool food from 135°F to 41°F within a total of 6 hours.
Food must cool to 70°F within the first 2 hours.**



Scan QR code
with phone to
watch video
online.



Reminder!

Always wear gloves
or use a utensil
when handling
cooked food.

Check the temperature of food and make sure it cools quickly.

There are several ways to cool food quickly.

Shallow pan

Shallow pan cooling works well for foods like refried beans, rice, potatoes, ground meat, casserole, soup, and broth.

Tips for shallow pan cooling:

- Put hot food into shallow pans.
- Food cannot be more than 2 inches deep.
- Leave the food uncovered so the heat can escape quickly.
- Refrigerate the food right away.
- Cool on the top shelf so nothing can fall into the uncovered food.
- Do not stack or cover cooling food.
- Cool in a walk-in cooler or your largest refrigerator.



Check the food with a food thermometer.
You can cover or combine pans once food reaches 41°F or below.

Cooling

Reduce the size of whole cuts of meat.

Cut whole meats, like roasts or ham, into 4-inch thick pieces. Do not use this method for ground meats like meatloaf or gyro meat.

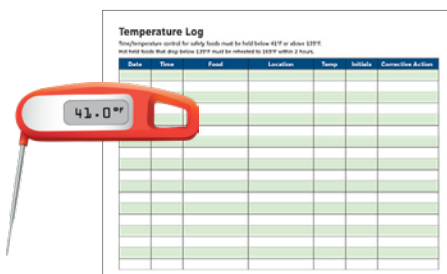


Tips to cool large portions of meat:

- Place cut meat in a single layer on a tray.
- Allow plenty of air flow.
- Leave food uncovered so heat can escape quickly.
- Refrigerate food right away.
- Cool on the top shelf so nothing can drip into the food.

Make sure food cools quickly.

Use a temperature log. Throw food away when it does not cool fast enough.



Cool from:

- ✓ 135°F to 70°F within 2 hours.
- ✓ 135°F to 41°F within 6 hours.

Tips to cool food quickly:

- Place food in an ice bath. Completely surround food with ice. Stir often.
- Use ice paddles or ice wands to stir food.
- Use thin containers that allow heat to escape.
- Cool food in metal pans. Plastic or glass do not cool food as quickly.
- Add clean ice to food.
- Use special equipment like a blast chiller.

Cool after preparation.

Foods like lettuce, tomatoes, or canned food may start at room temperature. Cool food to 41°F within 4 hours.



Use pre-chilled ingredients when possible.

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