

Cooling Methods for Hot Food

**CHECK
TEMPERATURES
OFTEN!**

To safely cool hot food: The temperature must drop from **135° F to 70°F within 2 hours** and then to **41°F within 4 hours**.
(Temperatures must be monitored so the food reaches 70°F within 2 hours.)

Place the food in pre-chilled shallow pans (2-3 inches deep) and refrigerate immediately. When possible store uncovered on the top shelf or cover loosely (allowing heat to escape) and place on other shelves. (works well for foods of thicker consistency)



Submerge hot containers of food into an ice & water mixture (ice bath). Use a food sink or larger container. Stir frequently.



Use a sanitized ice/cooling wand alone or in combination with an ice bath. Sanitize the wand after use and store in a covered container or food grade bag in the freezer.

NOTE: Start cooling with wand at approximately 135°F. Wand may crack if used in food above 180°F.



Use a blast chiller.



Add ice or frozen ingredients to reduce the temperature.

