

## **Rapid Cooling of Potentially Hazardous Foods**

The rapid cooling of potentially hazardous food after heating or hot holding is extremely important for the prevention of bacterial growth, toxin production, and food-borne illness.

| Begin COOLING when<br>food reaches 135° F  | Food may be left at room temperature until it drops to 135°F and the cooling process begins.   |
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| Food must be COOLED from<br><u>135° F to 70</u> °F<br>within 2 hours                   | If the food measures more than 70° F at 2 hours into the cooling process, reheat the food to 165° F and restart the cooling process OR discard the food. Food may only be reheated ONE TIME. Place food into mechanical refrigeration once it reaches 70° F. |
| Food must be COOLED from<br>70° F to 41° F<br>within 4 hours                           | Stir frequently to cool food down to 41° F within 4 hours.   |
| <u>The entire COOLING process</u><br><u>must be completed</u><br><u>within 6 hours</u> | Following these time and temperature criteria ensures<br>that food is cooled quickly and safely. Use the attached log<br>sheet to document times and temperatures throughout the<br>cooling process.   |

#### **Approved Cooling Methods:**

1. Separating Food Into Shallow Pans: Separate hot food into shallow metal pans no more than 4 inches deep.



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2. Using Cooling Paddles: Insert frozen cooling paddle directly into hot food. Paddle shall remain in food until cooling process is complete.



3. Using An Ice Bath: Place container of hot food into a larger, empty container. Fill theremaining space in the larger container with ice water. Ensure that the ice level in the ice bath is at or above the level of hot food.



# 4. Adding Ice As An Ingredient: Substitute ice for water in a recipe and add it at the end of the cooking process.





# **Cooling Log**

### **Approved Cooling Methods:**

- Separating Food Into Shallow Pans
- Using Cooling Paddles
- Using An Ice Bath
- Adding Ice As An Ingredient

#### **Remember:**

- **Cooling begins when food reaches 135°F** Food may be left at room temperature until it drops to 135°F and the cooling process begins.
- Cool from 135° F to 70° F in 2 hours or less .
- **Corrective Action :** If the food is <u>more than 70° F at 2 hours</u>, reheat to <u>165° F</u> and restarthe cooling process <u>OR</u> discard. Food may only be reheated <u>ONE TIME</u>.
- Cool from 70° F to 41° F in 4 hours or less.

| Date    | Food  | Start Time &<br>Temp. | 1 <sup>st</sup> Hour | 2 <sup>nd</sup> Hour | 70° F. or less in<br>2 hours? | 3 <sup>rd</sup> Hour | 4 <sup>th</sup> Hour | 5 <sup>th</sup> Hour | 6 <sup>th</sup> Hour | 41° F. or less in<br>6 hours? | Initials |
|---------|-------|-----------------------|----------------------|----------------------|-------------------------------|----------------------|----------------------|----------------------|----------------------|-------------------------------|----------|
| 12/6/19 | Beans | 10:00 A.M.<br>142° F  | 11:00 A.M.<br>85° F  | 12:00 P.M.<br>69° F  | Yes                           | 1:00 P.M.<br>61° F   | 2:00 P.M.<br>53° F   | 3:00 P.M.<br>47° F   | 4:00 P.M.<br>38° F   | Yes                           | NW       |
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