



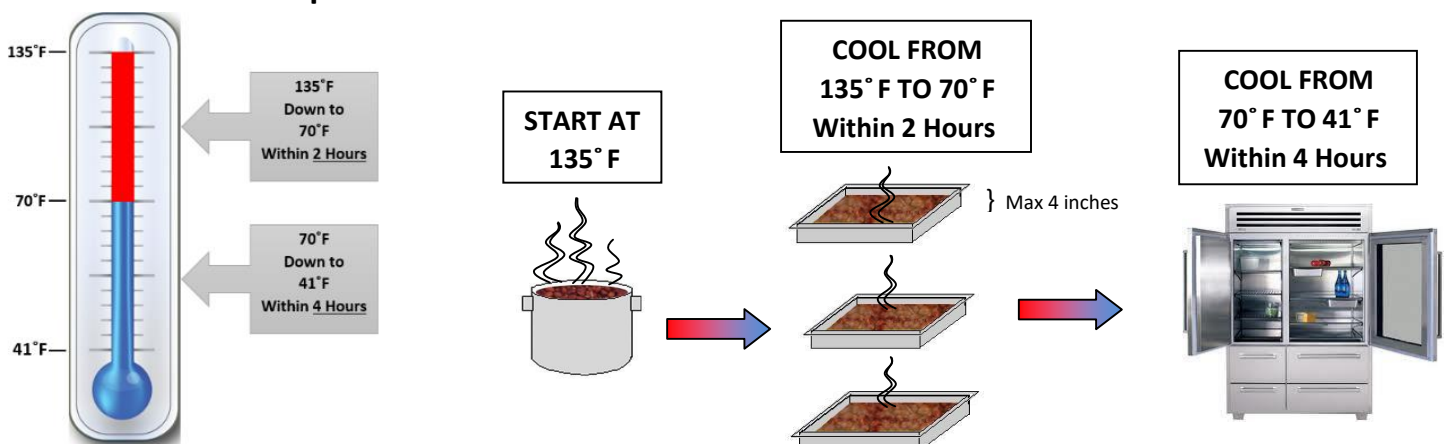
### Rapid Cooling of Potentially Hazardous Foods

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.

<b><u>Begin COOLING when food reaches 135° F</u></b>	Food may be left at room temperature until it drops to 135° F and the cooling process begins.
<b><u>Food must be COOLED from 135° F to 70° F within 2 hours</u></b>	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.
<b><u>Food must be COOLED from 70° F to 41° F within 4 hours</u></b>	Stir frequently to cool food down to 41° F within 4 hours.
<b><u>The entire COOLING process must be completed within 6 hours</u></b>	Following these time and temperature criteria ensures that food is cooled quickly and safely. Use the attached log sheet to document times and temperatures throughout the cooling process.

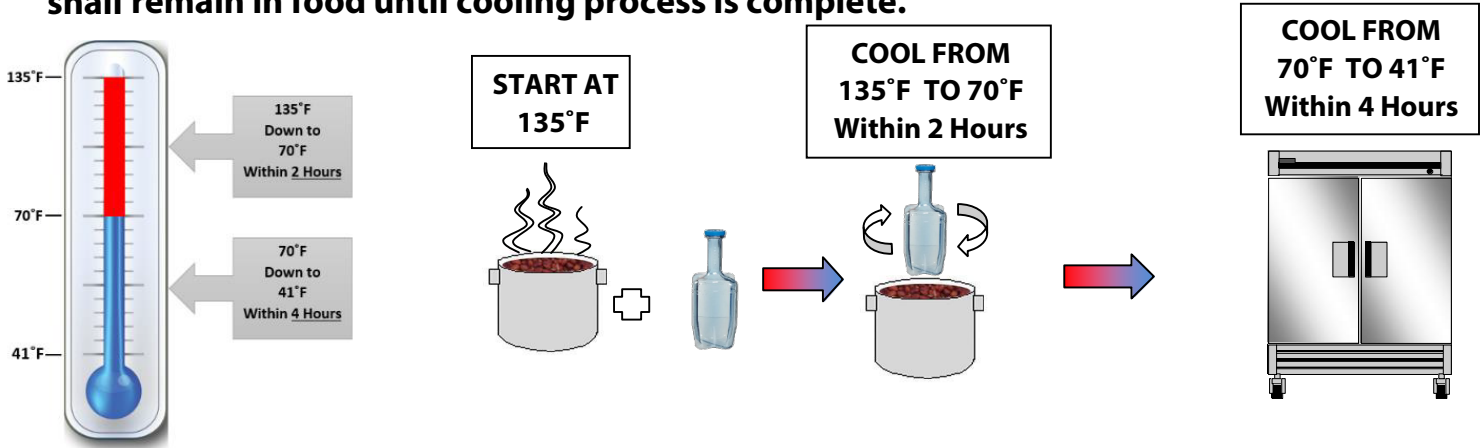
### Approved Cooling Methods:

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

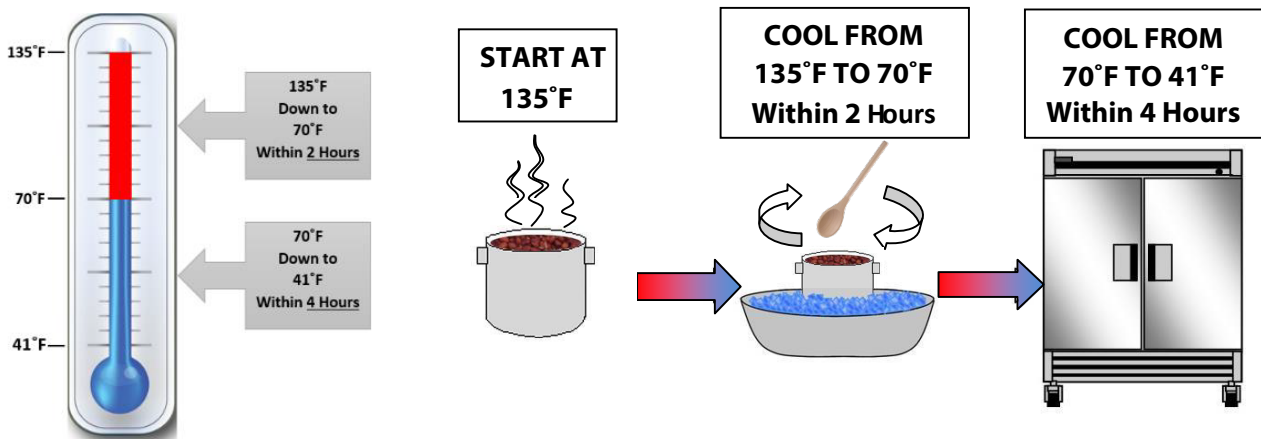




**2. Using Cooling Paddles:** Insert frozen cooling paddle directly into hot food. Paddle shall remain in food until cooling process is complete.



**3. Using An Ice Bath:** Place container of hot food into a larger, empty container. Fill the remaining 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.

