

# Proper Cooling Technique

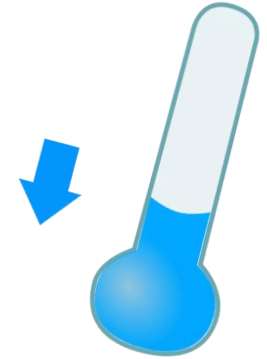
## 6 HOURS TOTAL TIME

START THE CLOCK WHEN FOOD REACHES 135 °F

**FIRST 2 HOURS:** THE TEMPERATURE OF FOOD MUST GET FROM **135 °F** TO **70 °F**.

**THE LAST 4 HOURS:** THE TEMPERATURE OF FOOD MUST GET FROM **70 °F** TO **41 °F**.

**IF TEMPERATURE IS NOT REACHED WITHIN GIVEN TIME FRAME, FOOD MUST BE REHEATED TO 135°F AND PROCESS STARTED OVER.**



## COOLING METHODS & TIPS

TRANSFER FOOD FROM DEEP POTS AND PANS TO SHALLOW PANS.

SEPARATE INTO SMALLER THINNER PORTIONS.

STIR FOOD OFTEN TO ENSURE EVEN COOLING.

STIR WITH AN ICE PADDLE.

PLACE CONTAINER IN AN ICE BATH

## REMEMBER...

PROPER COOLING MAY BE ONE OF THE MOST IMPORTANT PROCESSES YOU COMPLETE TODAY, IF PROPER TEMPERATURE IS NOT MET OR FOOD IS LEFT IN THE TEMPERATURE DANGER ZONE FOR TOO LONG, RAPID BACTERIAL GROWTH WILL BEGIN AND YOU WILL MAKE YOUR CUSTOMERS SICK.



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