

# Cooling Food

**If food has not cooled enough during cooling process, reheat it to 165° for 15 seconds and then re-cool it.**



**Discard if you cannot re-cool within the 2 hour cooling time frame.**

**\*Note:** The Temperature Danger Zone in the current FDA Food Code is 41°F to 135°F. Some jurisdictions are on older versions of the Food Code and use 41°F to 140°F. Use the temperature that is in the version of the Food Code followed by your jurisdiction.

## Definition-

Cooked food that will not be served right away (or is left over and can be saved) must be cooled quickly to prevent microbial growth. Temperatures must be taken during the cooling process to ensure that time and temperature standards are met and to ensure the safety of food.

## Information-

There are two acceptable methods of cooling foods.

1. Use the one-stage method to reduce the food temperature from 135°F to 41°F or lower within four hours.
2. Use the two-step method to reduce the food temperature from 135°F to 70°F within two hours and from 70°F to 41°F or lower within an additional four hours. Employees should utilize the following practices to cool food rapidly.

## Process for Cooling Food Safely-

1. Reduce the quantity of the food being cooled by dividing food into smaller containers.
2. Use ice water baths.
3. Stir foods to cool them faster. Use ice paddles, if available.
4. Use steam-jacketed kettle filled with cold water to cool food rapidly.
5. Add ice or cold water as an ingredient.
6. Use blast or tumble chillers, if available.

## You Should Know

1. The denser the food, the slower it will cool.
2. Shallow pans allow heat from food to disperse faster than deep pans.
3. If food has not cooled enough in allotted time it should be reheated to 165° for 15 seconds and then cooled. If food has been reheated and the second attempt to cool is not successful, the food must be discarded.
4. Document the cooling process on a Cooling HACCP log. Include times and temperatures.