Why Is Proper Cooling Important?

• Improper cooling of potentially hazardous foods is a major cause of foodborne illness.
• Proper cooling helps prevent the rapid growth of disease causing microorganisms that are naturally present in foods as well as those introduced through contamination.

Cooling Procedure:

• Cool cooked potentially hazardous foods from 135°F to 70°F within 2 hours. and from 70°F to 41°F within 4 more hours.
• Cool potentially hazardous foods that have been prepared from ingredients at room temperature to 41°F within 4 hours.
• Be sure to label all prepared and cooling potentially hazardous food with the date and time of preparation.
• Place containers of cooling foods in the cooling unit in a way which maximizes air circulation around the container.
• Store the container of cooling food loosely covered or uncovered if protected from overhead contamination.
• Use one of the cooling methods listed below to rapidly cool potentially hazardous foods.

Cooling Methods:

• Reduce the mass of the food: divide large portions of food into smaller containers, transfer soups and other liquid foods to shallow pans no more than 4 inches deep.
• Use an ice water bath: place container of food in a large container that contains ice and water, stir the food to reduce cooling time.
• Add ice as an ingredient instead of water when preparing soups.
• Use rapid cooling equipment such as a blast chiller, freezer, or ice “chill” stick.
• Chill ingredients such as mayonnaise and boiled eggs before adding to salads.