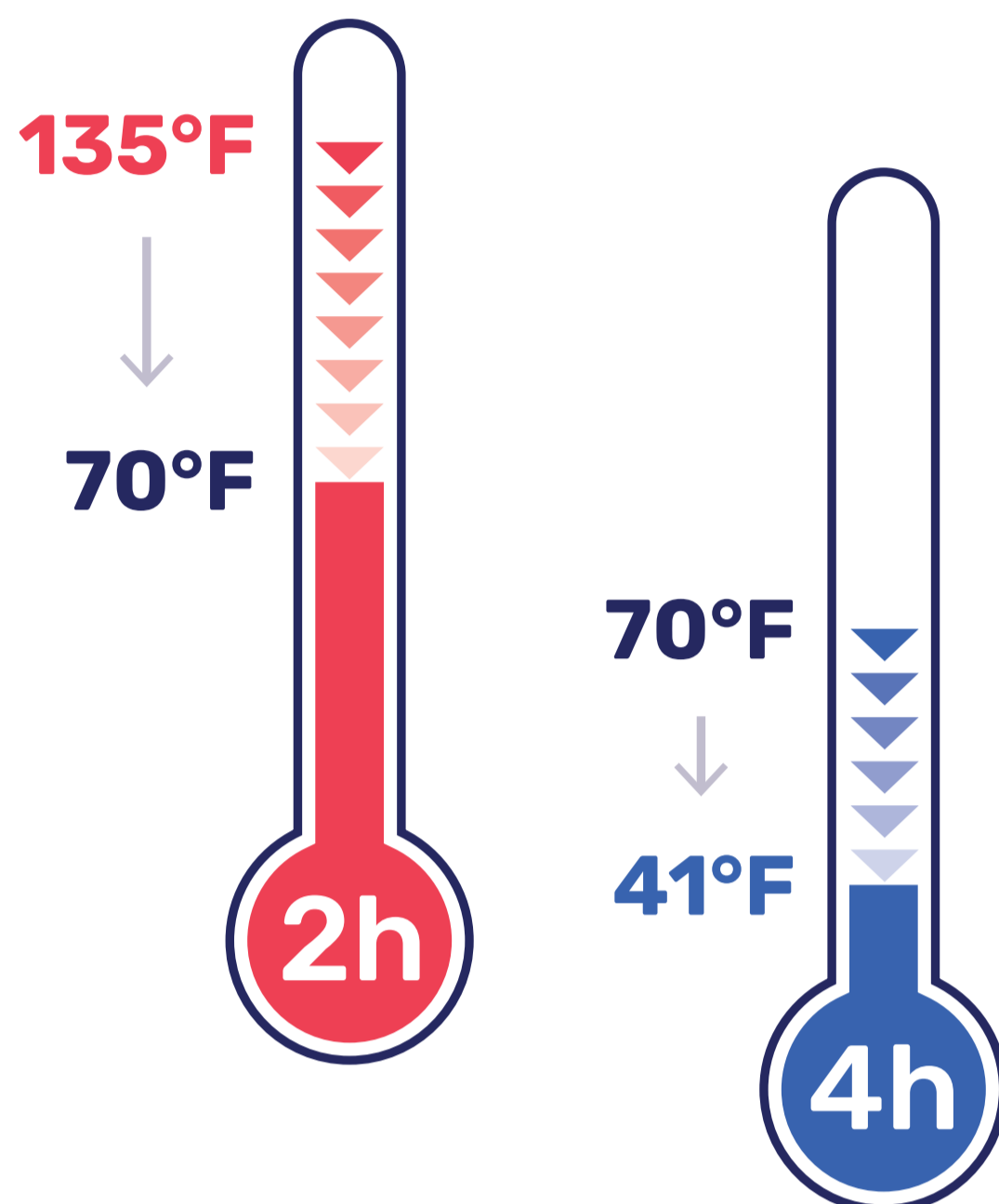


Cooling food methods

Proper food cooling techniques are vital to prevent the cooked food from staying too long in the temperature danger zone, which is **40°F to 140°F**.



- Freshly cooked foods must be cooled down from **135°F** to **70°F** within **2 hours**.
- From **70°F**, the temperature of the food must be further decreased to **41°F** or less within the next **4 hours**.
- The entire cooling process must be done within a maximum time of **6 hours**.
- Always monitor the whole cooling process to ensure food safety.
- Keep all cooled foods always in the refrigerator or freezer.

Acceptable cooling methods



- 1 Using blast chillers

- 2 Ice-water bath



- 3 Ice paddles or ice cubes



Cooling methods to avoid



- 1 Leaving cooked food on the countertop at room temp

- 2 Cooling hot foods inside the refrigerator or freezer

