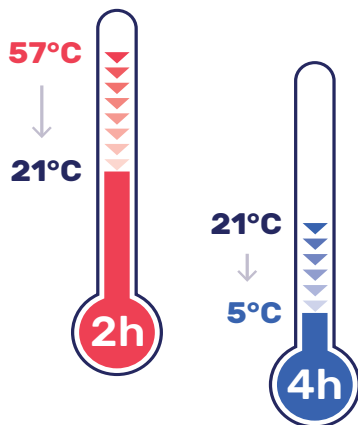


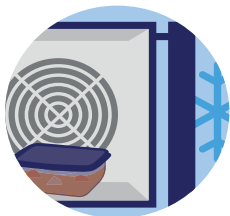
# Cooling food methods

Proper food cooling techniques are vital to prevent the cooked food from staying too long in the temperature danger zone, which is **5°C to 60°C**.



- Freshly cooked foods must be cooled down from **57°C** to **21°C** within **2 hours**.
- From **21°C**, the temperature of the food must be further decreased to **5°C** 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



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