



PROPER COOLING

All cooked foods must be cooled rapidly to slow bacterial multiplication. ISDH requires that hot foods be cooled from 135°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours continuous 6 hours (sec. 189). “Quick Chill” methods to help foods cool rapidly include (sec.190):

1. Food to be cooled must not be deeper or thicker than 3-4 inches.
2. Cool container of food in an ice water bath.
3. Add ice to food to be cooled. You can decrease the amount of liquid called for in the recipe to make up for ice.
4. Stir cooling food - in ice bath or refrigerator.
5. Dip food directly into ice water. Food can be put in tight plastic bags for protection.
6. Slice or cut large pieces of meat into smaller pieces.
7. Refrigerate or use another “quick chill” method immediately.
8. **Do not cool food at room temperature.**
9. Put hot food in freezer for a period of time to help rapid cooling.
10. Cook smaller volumes of food if possible. Smaller roasts will cool more rapidly. Daily, rather than weekly, preparation of soups, etc. will provide a higher quality product with fewer cooling problems.
11. Canned goods (mayonnaise, tuna, salmon, etc.) and chopped fresh vegetables can be refrigerated before being used to help meat or fish salads to cool more quickly
12. Use blast chiller refrigeration or ice wands to help cool rapidly.