



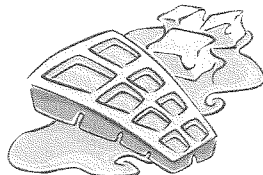
# PROPER COOLING

All cooked foods must be cooled rapidly to slow bacterial multiplication. Indiana State Department of Health requires that hot foods be cooled from 135°F to 70°F within two (2) hours and from 70°F to 41°F within four (4) hours; total of six (6) hours (sec. 189). “Quick Chill” methods to help foods cool rapidly include (sec.190):

- **Do not cool food at room temperature.**
- Food to be cooled must not be deeper or thicker than 3-4 inches.
- Cool container of food in an ice water bath.
- Add ice to food to be cooled. You can decrease the amount of liquid called for in the recipe to make up for ice.
- Stir cooling food - in ice bath or refrigerator.
- Dip food directly into ice water. (Food can be put in tight plastic bags for protection.)
- Slice or cut large pieces of meat into smaller pieces.
- Refrigerate or use another “quick chill” method immediately.
- Put hot food in freezer for a period of time to help rapid cooling.
- 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.
- 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
- Use blast chiller refrigeration or ice wands to help cool rapidly.



HOT



COLD



TIME



**Safe  
Food**