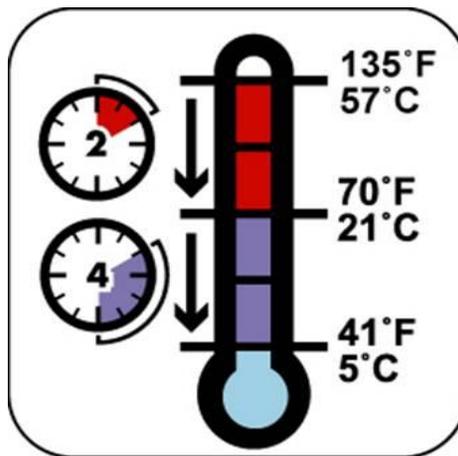


COOLING TIPS

Rapidly cool foods to 41°F or below

- In shallow layers 2 to 3 inches deep
- In metal pans, loosely covered at first
- Liquids – cool using an ice bath and /or cooling paddle
- Solids – cool in small pieces or slices and /or use an ice bath
- Use ice as an ingredient
- Cool quickly using a freezer or a blast chiller

Two-Stage Cooling Method



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With the two-stage cooling method, cooked foods must be cooled from **135°F** to **70°F** within two hours and from **70°F** to below **41°F** in an additional four hours for a total cooling time of **6 hours**.

If food is not cooled from 135°F to 70°F in two hours, it must be reheated to 165°F for 15 seconds.

To allow adequate air circulation, avoid stacking food and food containers.

Use a thermometer and log sheets to record proper cooling methods.

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