

## COOLING POTENTIALLY HAZARDOUS FOOD

Disease causing bacteria grow best within the temperature danger zone of 41°F to 140°F in potentially hazardous foods. When potentially hazardous foods are improperly cooled, foods may remain in this danger zone environment for an extended period of time. The faster foods pass through the danger zone when they are cooled, the safer your food will be.

### **All potentially hazardous food shall be cooled:**

from 140°F to 70°F within 2 hours, and  
from 70°F to 41°F or below within 4 hours

If the proper temperature range (140°F to 70°F) is not reached within the first 2 hours, the food must be reheated to 165°F and the cooling process restarted or discard food; and

If the proper temperature range (70°F to 41°F) is not reached within the next 4 hours it must be discarded.

### **Do's and Don't's of Cooling:**

- Never allow food to set at room temperature to cool
- Refrigerate or chill the food in an ice bath immediately upon removal from the heat source
- Use the right type of storage container to chill foods:
  - Divide food into smaller portions and put into shallow pans
  - Metal containers chill food fastest
  - Glass and plastic take longer to cool foods
- Allow for air circulation because uncovered foods chill faster. Rapidly chill the food then cover tightly
- Where possible substitute ice for water in a recipe. Add ice at the end of the cooking process to cool the product rapidly.
- Set containers of food in ice baths and stir frequently.
- Use blast chillers when possible.