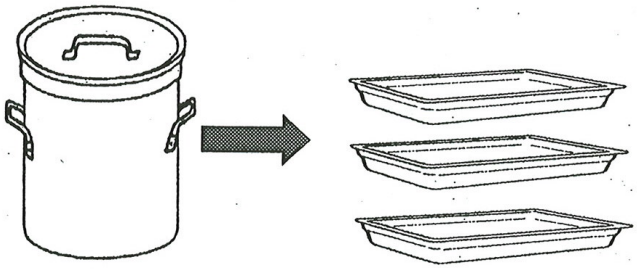
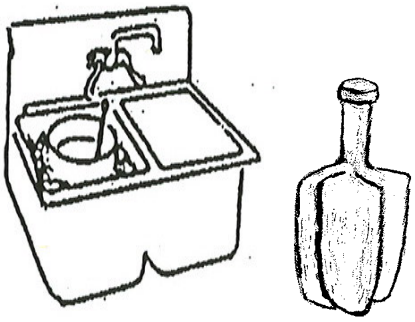
Approved Cooling Methods

Improper cooling is one of the leading causes involved in food borne illness. Potentially hazardous foods which have been cooked or heated in your facility must be cooled from 135 °F to 70 °F within 2 hours and from 70 °F to 41 °F within 4 hours.

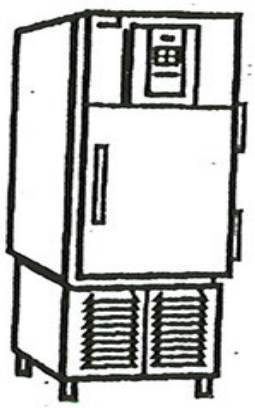
1.- Place the food in shallow, heat conducting pans such as stainless steel; the surface area of the food will be increased and cooling time will be reduced. The level of the food inside the pan should be no greater than 2" for thick foods such as rice, beans, pasta, stews, and sauces and 3" for thin liquids such as stocks and broths.



2.- Use rapid cooling equipment such as blast chiller.



3.-Insert appropriately designed containers in an ice bath and stir frequently or use an ice paddle.



Blast Chiller

4.- Separate the food into smaller thinner portions, especially large cuts of meats.

5.- Use ice as an ingredient.

Note: When the food is placed in cooling or cold holding equipment, leave enough room around containers for cold air to circulate.
The food should be loosely covered, or uncovered if protected from contamination, so the food will cool faster.
The food should also be stirred as often as necessary to evenly cool the food.

Environmental Health Services
3501 Civic Center Drive, Room 236
San Rafael, CA 94947
(415) 473-6907
www.marincounty.org/ehs

TEMPERATURE LOGS FOR COOLING

DATE				

Food:								
	Time	Temp	Time	Temp	Time	Temp	Time	Temp
start								
1hour								
2 hours								
3 hours								
4 hours								
5 hours								
6 hours								

Food:								
	Time	Temp	Time	Temp	Time	Temp	Time	Temp
start								
1hour								
2 hours								
3 hours								
4 hours								
5 hours								
6 hours								

Food:								
	Time	Temp	Time	Temp	Time	Temp	Time	Temp
start								
1hour								
2 hours								
3 hours								
4 hours								
5 hours								
6 hours								

Food:								
	Time	Temp	Time	Temp	Time	Temp	Time	Temp
start								
1hour								
2 hours								
3 hours								
4 hours								
5 hours								
6 hours								

Rapid cooling of hot foods
From 135 °F down to 70 °F within 2 hours
From 70 °F down to 41 °F within 4 hours