



# Cooling Methods

**GOAL** is to rapidly cool food from **135° F to 70° F in 2 hours or less**  
then from **70° F to 41° F** in the remaining time, **not to exceed a total of 6 hours.**

## Ice Bath

- ⇒ Ice/water mixture
- ⇒ Must be at **same level** as food
- ⇒ Stir frequently
- ⇒ Ice wands are great when cooling large batches!



## Ice Wand



## Keep Uncovered

- ⇒ To allow heat to escape
- ⇒ Store on top shelf of cooler
- ⇒ Never stack



**For best results use multiple methods!**

## Small Portions

- ⇒ Divide into smaller portions
- ⇒ Use shallow pans 2" deep or less



## More Quick Methods

- ⇒ Place uncovered food in **freezer** for a short amount of time
- ⇒ Use ice instead of water as ingredient (i.e. soups/stews)
- ⇒ Use pre-chilled ingredients



## Remember to:

Check food temperatures every hour with a thermometer and use a log to record ° F and time.