

Two-Stage Cooling

Cooked, potentially hazardous foods need to move quickly through the temperature danger zone to limit growth of microorganisms, resulting in foodborne illness. A two-stage cooling process is required:

FOODS MUST BE COOLED FROM 135°F TO 70°F WITHIN 2 HOURS

AND

COOLED TO 41°F WITHIN A TOTAL OF 6 HOURS.

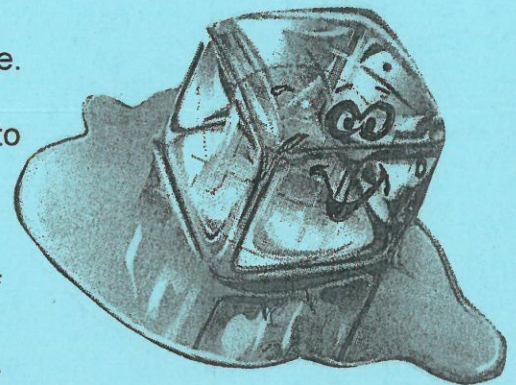
Many foods require manipulation to cool quickly.

Possible methods include:

- Placing food in shallow pans (2" depth or less for thick foods and 3" depth or less for thin liquids).
- Cutting large pieces of meat into pieces no larger than 4 inches or 4 pounds.
- Stirring the food as it cools.
- Using an ice paddle or other equipment to stir the food.
- Adding ice directly to the product as an ingredient.
- Placing food in containers that encourage quick cooling.
- Placing food in an ice bath.

To cool food in an ice bath, follow these steps:

- Prepare an ice bath in a clean sink. Fill the sink with ice. Add cold water to fill in the spaces.
- Remove food from heat source. Insert the container into the ice bath so the food is level with the ice.
- Stir the food every 10-15 minutes.
- Drain water and replenish ice as it melts.
- Use a clean thermometer to monitor the temperature of the food.
- After the food has cooled to 41° F, refrigerate or freeze.



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