

# JUST COOL IT!

*Cooked time/temperature control for safety foods shall be cooled from:*

- 135°F (57°C) to 70°F (21°C) within 2 hours
- 70°F (21°C) to 41°F (5°C) within 4 hours
- **Maximum 6 hours**

## **Cooling Methods:**

- Place the food in shallow pans
- Separate the food into smaller or thinner portions
- Use rapid cooling equipment (chill sticks, blast chillers, ice paddles etc..)
- Ice water bath
- Using ice as an ingredient
- Use containers that facilitate heat transfer

## **Helpful tips:**

- Stir foods frequently
- Loosely cover or uncover foods that are cooling
- Avoid cooling foods at room temperature

