



# For Safety's Sake

## COOL HOT FOODS

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### COOL HOT FOODS

from 140°F to 40°F or colder within four hours. Quick Cooling slows the growth of harmful bacteria. Harmful bacteria can cause foodborne illness.

### COOL FOODS USING ONE OF THESE STEPS:

- \* Reduce the size of large pieces of hot food by cutting large items into smaller pieces (no more than 2 in. thick). Divide large batches into smaller portions.
- \* Pour thick foods into pre-chilled shallow pans to a depth of no more than two inches. Pour thinner liquids to no more than 3 inches deep. Thick foods include foods such as gravy, chili, stew, mashed potatoes, and most vegetables. Thin foods would include most soups, excluding chowder.
- \* Put a mixture of half ice and cold water in a large pan or sink. Immerse the pan of hot food into the ice water bath.

- \* When the food reaches a temperature of 70°F, cover it, and transfer it to a refrigerator to complete the cooling process.
- \* Place the pans of food in a quick chill unit or a blast chiller for quick cooling.

## REMEMBER TO:

- \* Stir food regularly
- \* Check the temperature of food in several places to make sure it will cool within 4 hours.
- \* Never use the refrigerator or freezer to cool large quantities of hot food.
- \* Label cooled and stored foods with date, food type and time prepared.
- \* Take corrective action if food is not cooled to 40 °F within 4 hours. Reheat to 165 °F for 15 seconds in two hours. Discard food if it is not served immediately.

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