

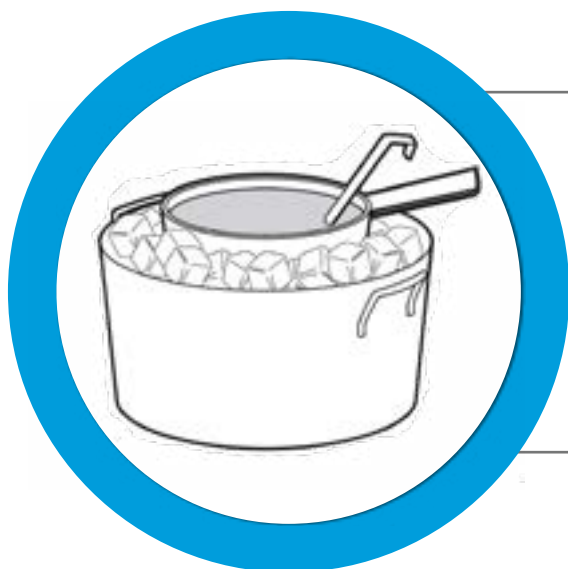
Proper Ways to Cool Food

It's very important to lower the temperature of hot food as quickly as possible to get it through the temperature danger zone. Talk to your manager about the time and temperature requirements for cooling food. There are a number of methods that can be used to cool food quickly. Begin by dividing large containers of food into smaller containers, and then use one of the following methods to get food to the proper temperature:



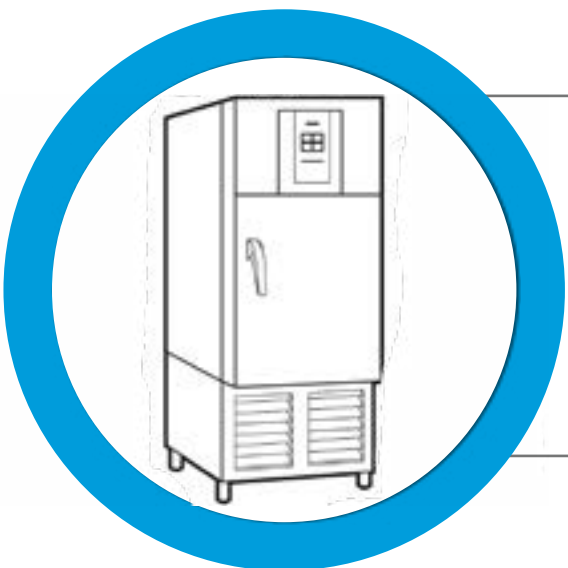
ICE PADDLES

STIR HOT FOOD WITH PLASTIC PADDLES THAT HAVE BEEN FILLED WITH WATER AND FROZEN. FOOD STIRRED WITH THESE PADDLES WILL COOL QUICKLY.



ICE WATER BATHS

PLACE CONTAINERS OF HOT FOOD IN A CLEAN PREP SINK OR LARGE POT FILLED WITH ICE WATER. STIR FOOD FREQUENTLY TO COOL IT FASTER AND MORE EVENLY.



BLAST OR TUMBLE CHILLERS

BLAST OR TUMBLE CHILLERS CAN BE USED TO QUICKLY REDUCE THE TEMPERATURE OF LARGE AMOUNTS OF FOOD OR THICK FOOD SUCH AS MASHED POTATOES.

The proper way to reheat food?

Food that will be hot-held must be reheated to an internal temperature of 165°F (74°C) for 15 seconds within two hours. If the food has not reach that temperature withint two hours you should discard it. Never use hot-holding equipment to reheat food. Only use equipment that has been designed for reheating.

For more information and resources on food safety, visit:

foodsafetyfocus.com