

Cooling Methods



- Cooling food is important in helping prevent bacterial growth
- There is more than one way to cool food, and the method that you choose may depend on the food you are trying to cool
- Putting one person in charge of cooling (for as long as desired) may help keep better track of time and temperatures

Shallow containers & Commercial Cooler

- Place food in shallow, uncovered containers
- Stir food and then place in a commercial cooler
 - A home-style refrigerator does not have the capacity to cool food at the necessary rate or temperature

Freezer

- Place food in shallow containers
 - This will let food cool more evenly
- Place food container in the freezer
 - Partially cover the food or leave it uncovered
 - Place food where it will not be contaminated by other sources

Ice Bath

- Place food container in ice/ice water
- Stir to release heat

Ice Wand

- Insert ice wand in liquid and stir
- This is a good method for cooling soups and gravies



*Check temperatures about 1 hour into cooling times to ensure that food is cooling properly & change method if necessary