

# Food Safety: Cooling Methodologies

## 4

### Methods to Chill



1. When ready to chill a large batch of food, separate into smaller, shallow containers to speed up the chilling process (metal chills the fastest!). The food container should be shallow and allow the food to spread out.
2. Using a blast chiller or other specialized chilling equipment is the easiest way to cool down food. Make sure to check the temperature of the unit regularly

3. Use an ice bath: put a small pan of food into a larger bin, and fill ice in the larger bin until it is equal with the top of the smaller bin. Then, fill in water around the ice. Stir the food as it sits to speed up chilling time and create a more uniform chilling process.



4. Use ice paddles to stir the cooling food to make it cool faster.



## General Guidelines

- Bacteria accumulates the most between **140°F - 41°F**, so it is important to chill food in the quickest way possible when entering the temperature danger zone.
- The refrigerator should be set to **40°F** or below, and the freezer **0°F** or below.
- **Do not** store perishable foods in the door of a fridge, as the door compartment temperatures fluctuate.
- Refrigerate/freeze perishables and prepared food within **two hours** of use. If the environment is **greater than 90°F**, refrigerate/freeze within **one hour**.
- **Do not** overstock the fridge or freezer, as air cannot circulate and keep the temperature in the unit uniform.
- Keep refrigerator/freezer doors closed as much as possible.
- Food should be cooled from **135°F to 41°F** within **six hours**.
  - First, cool it from **135°F to 70°F** within **two hours**
  - Then, decrease the temperature from **70°F to 41°F** within **four hours**