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.