

## **Cooling Liquid Foods Safely** *(soups, stocks, beef stew etc.)*

Improper cooling is one of the leading causes of foodborne illness. You want to cool food as rapidly as possible to prevent the growth of bacteria.

### **Cooling foods requires 2 steps:**

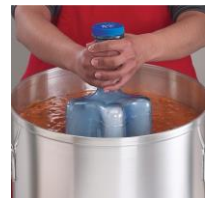
1. Within 2 hours – Cool food down from 135°F to 70°F and start timing now;  
*(Re-heat food to 165°F if it takes longer than 2 hours to get down to 70°F and repeat step 1.)*

**AND**

2. Within 4 more hours – Cool the food down from 70°F to 41°F. Pour liquid in shallow containers and continue cooling in the refrigerator.  
*(Re-heat food to 165°F if it takes longer than the 4 more hours to get down to 41°F and repeat step 1.)*

### **Use One of These Tools to Aid Rapid Cooling**

- Metal/stainless steel pans cool food faster than plastic containers.
- Shallow pans cool faster than deep pans.
- Stirring food often will help to quickly cool food.
- Use ice paddles (hollow tube filled with frozen water) to cool liquids quickly while stirring.



Frozen ice paddle used to cool sauce

### **Procedure - 4 Ways to Cool Liquid Foods Quickly**

- Pour liquids no more than 2 inches deep into a shallow pan  
OR
- Place the pot into an ice and water bath inside a clean, sanitized sink. The ice and water must be level with the food  
AND/OR
- Use a clean, sanitized ice paddle in pots of liquid and stir often  
OR
- Use a blast chiller



### **Remember:**

- The thicker the liquid, the longer it takes to cool.
- Beef stew takes longer to cool than beef broth.

### **Always:**

- Use a calibrated thermometer to check temperatures.
- Reheat cooled foods to 165°F within 2 hours before serving. **Never re-heat more than once.**