

Cooling Solid Foods Safely (roasts, whole chicken, 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

2. Within 4 more hours – Cool the food down from 70°F to 41°F. Cut or slice meat and store 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.)

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.

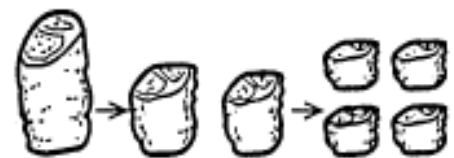


Procedure – 2 Ways Cool Solid Foods

- Cut or slice meats into smaller portions and store in shallow containers. Immediately refrigerate the smaller portions

OR

- Use a blast chiller



Cut roast into smaller portions

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.**