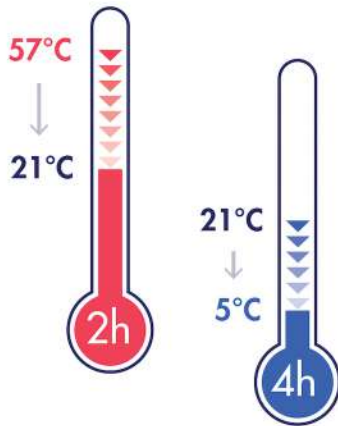


Cooling food methods

Proper food cooling techniques are vital to prevent the cooked food from staying too long in the temperature danger zone, which is 5°C to 60°C.



- Freshly cooked foods must be cooled down from 57°C to 21°C within 2 hours.

- From 21°C, the temperature of the food must be

further

decreased to 5°C or less within the next 4 hours.

- The entire cooling process must be done within a maximum time of 6 hours.

- Always monitor the whole cooling process to

ensure

food safety.

- Keep all cooled foods always in the refrigerator

or freezer.

Acceptable cooling methods



1 Using blast chillers

2 Ice-water bath



3 Ice paddles or ice cubes

Cooling methods to avoid



1 Leaving cooked food on the countertop at room temp

2 Cooling hot foods inside the refrigerator or freezer

