

# PROPER WAYS TO COOL FOOD

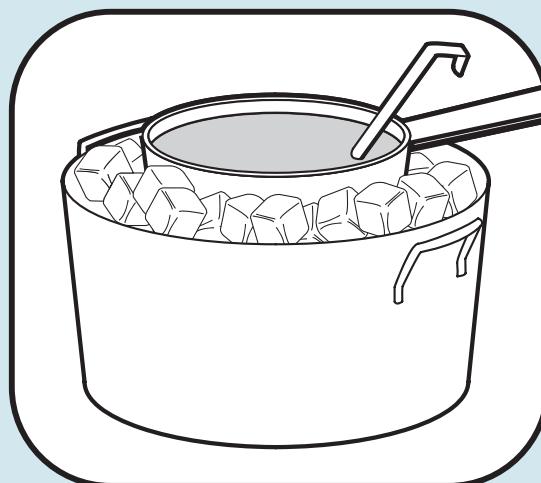
It is very important to lower the temperature of hot food as quickly as possible to get it through the temperature danger zone. Talk to your manager about the time and temperature requirements for cooling food. There are a number of methods that can be used to cool food quickly. Begin by dividing large containers of food into smaller containers, and then use one of the following methods to get food to the proper temperature.

## ICE PADDLES



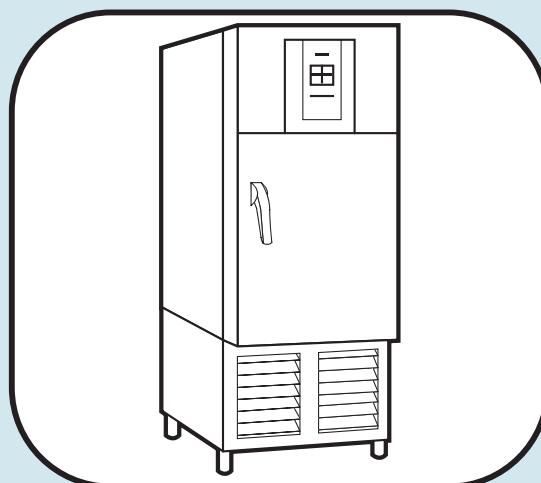
**Stir hot food with frozen, water-filled plastic paddles. Food stirred with these paddles will cool quickly.**

## ICE WATER BATHS



**Place pots or pans of hot food into a clean food-prep sink or larger pot filled with ice water. Stir the food to cool it faster.**

## BLAST OR TUMBLE CHILLERS



**Blast or tumble chillers can be used to reduce the temperature of food quickly.**

## *The Proper Way to Reheat Food*

Food that will be hot-held must be reheated to an internal temperature of 165°F (74°C) for fifteen (15) seconds within two (2) hours. If the food has not reached that temperature within two (2) hours you should discard it.

Never use hot-holding equipment to reheat food. Only use equipment that has been designed for reheating.

