

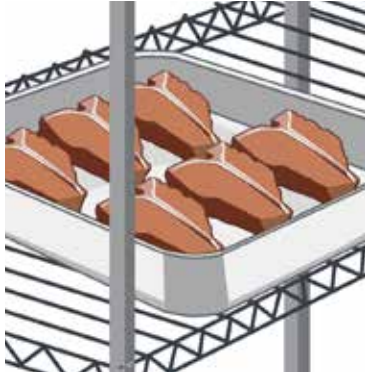
# Proper Ways to Cool Cooked Foods

**-IMPORTANT-**

**Quickly lower the temperature of hot food to reduce bacterial growth.**

Here are some effective methods.

## SHALLOW PANS



Place food in shallow pans less than 3 inches in depth and position the pans in the walk-in cooler to allow for maximum air flow. Pans may remain uncovered during the cooling process.

## ICE WATER BATHS



Place containers of hot food in a clean prep sink or large pot filled with ice water. Stir food frequently to cool it faster and evenly.

## ICE PADDLES



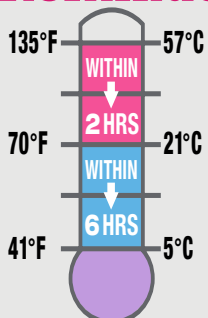
Stir hot food with plastic paddles that have been filled with water and frozen. Food stirred with paddles will cool quickly.

## BLAST CHILLERS



Blast chillers can be used to quickly reduce the temperature of large amounts of food or thick foods such as mashed potatoes.

## Reminder: cooling food occurs in two stages



**Step 1:** Reduce temperature from 135°F to 70°F within two hours.

**Step 2:** Reduce temperature from 70°F to 41°F within 6 hours total.

\* The total cooling time should never exceed 6 hours

\* Leave cooling foods uncovered during the cooling process. Cover, label and date the food once it has completely cooled

\* Foods made from room temperature or cold ingredients should be cooled to 41°F within 4 hours

For more information and resources on food safety, visit:

[DATCP Home Wisconsin Food Code](#) [WI Legislature: Chapter ATPC 75 Appendix](#)



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