

Cooling Method: Time & Temp Monitored

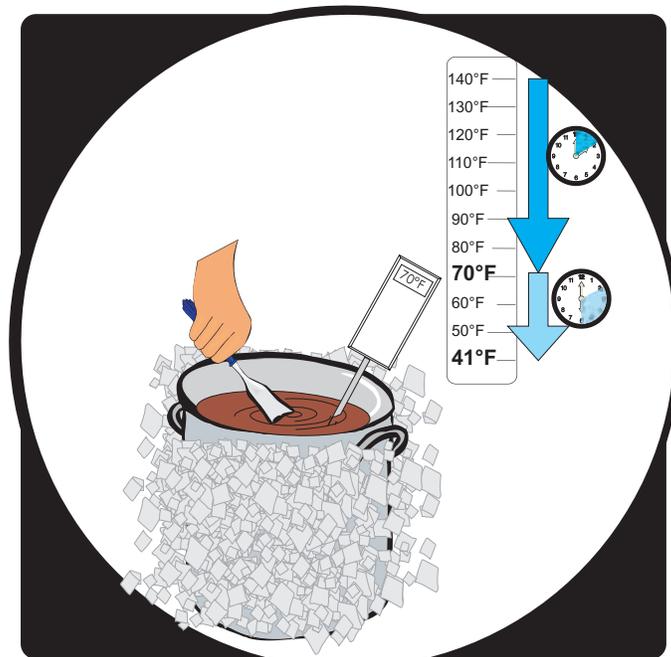
Benton-Franklin Health District Food Service Fact Sheets

It is important to cool food through the Danger Zone as fast as possible to keep bacteria from growing.

Food may be cooled using a 2-step process as long as you monitor the temperature of the food and make sure it cools down in a certain amount of time.

Step 1: Food must cool from 140°F to 70°F in 2 hours

Step 2: Food must finish cooling to 41°F within a total of 6 hours.



Benton-Franklin Health District, Environmental Health Division

An example of the 2-step method is called an ice bath. An ice bath works well for soups, sauces, and gravy. Here are the steps for the ice bath method:

1. Close the drain in the sink. Put the pot of hot food in the sink.
2. Fill the sink with ice up to the level of the food in the pot. Add cold water to the ice.
3. Stir the food often. **Make sure it cools down to 70°F within 2 hours.**
4. Add more ice as the ice melts.
5. Finish cooling the food to 41°F within 6 hours.
6. Once the food is 41°F, cover it and put in the refrigerator.