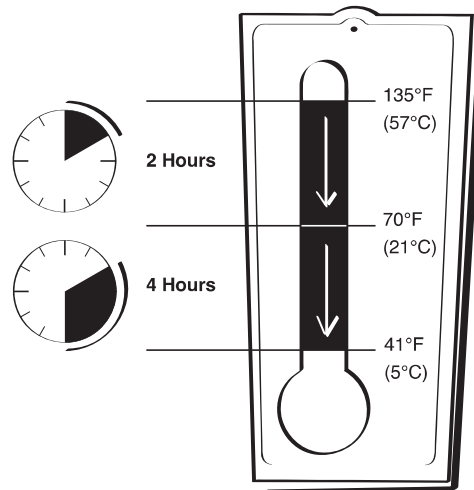


Cooling and Reheating Food Fact Sheet

Cool cooked food in the following way:

Food must be cooled from 135°F to 70°F (57°C to 21°C) within two hours, and from 70°F to 41°F (21°C to 5°C) or lower in the next four hours.



Cooling and reheating are important steps in the preparation of food. During cooling, you must minimize the time food spends in the temperature danger zone. When reheating food, you must make sure it quickly reaches the proper temperature for the right amount of time.

Before cooling food, reduce the quantity or size of the food you are cooling by dividing large food items into smaller portions.

Methods for cooling food:

- Place food in ice-water baths and stir regularly.
- Stir the food with an ice paddle.
- Place food in a blast chiller or a tumble chiller.

When reheating food:

Reheat previously cooked, potentially hazardous food to an internal temperature of 165°F (74°C) for fifteen seconds within two hours. If the food has not reached this temperature within two hours, throw it out.