

# Cooling Methods

The Food Code requires all cooked foods not for immediate service or hot hold to be cooled as quickly as possible to eliminate possible bacteria development.

**All cooked foods should be reduced to 41° F or colder as quickly as possible.**

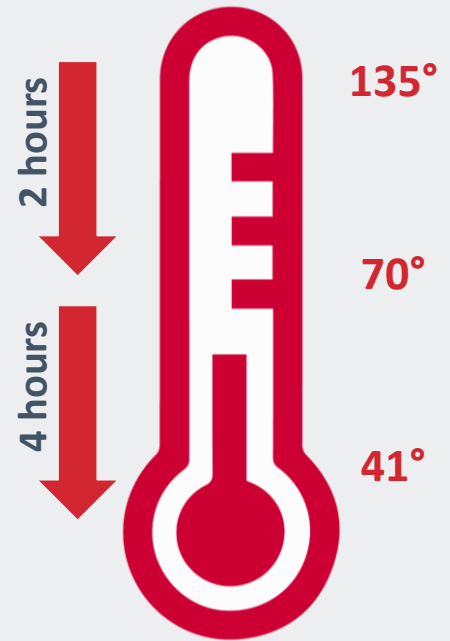
## Two-Stage Method

**Stage One:** Reduce temperature from 135° to 70° **within two hours** of preparation.

**Stage Two:** Reduce temperature from 70° to 41° or colder **within an additional four-hour period.**

**Total cooling time should never exceed six hours.**

Cool foods that are made from ingredients at room temperature to 41° within four hours.



## Rapid Cooling Methods

- Place food in shallow pans
- Separate food into smaller portions
- Use rapid cooling equipment (e.g., blast chillers)
- Stir food in a container placed in an ice bath
- Leave food uncovered and do not stack until cooled
- Add ice as an ingredient to the cooked food

Point your camera here for more food safety information.



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