Cooling Down Foods Temperature Log

Cooling Food
• Cooling time starts when food reaches 135° F. Food may be left at room temperature until it drops to 135° F.
• Cool from 135° F to 70° F in 2 hours or less.
  ➢ Corrective Action: If the food is more than 70° F at 2 hours, reheat to 165° F and start over OR discard it. Reheating can only be done one time. If it has been more than 2 hours, the food must be discarded.
  o If 70° F or less in 2 hours, continue to cool to 41° F in a total of 6 hours.
  ➢ Corrective Action: If the total cooling time exceeds 6 hours, the food must be discarded.
• Once at 41° F, it's ready to be covered, labeled, dated, and stored in the refrigerator.

Tips for Speeding up the Cooling Process
• Stir frequently and only loosely cover or keep food uncovered while cooling.
• Use the ice bath method by placing a pan of food inside a larger container or sink filled with a mixture of ice and water, stirring both frequently.
• Use an ice paddle with frequent stirring.
• Add ice as an ingredient.
• Place food on the top shelf or cooling rack in the refrigerator. Separate pans to allow air to flow around the food.
• Divide large food quantities into smaller portions.
• Spread thick foods into thin layers or on a sheet pan.
• Metal pans allow food to cool more quickly and are better than plastic.

Date | Food | Start Time & Temp | 1st Hour | 2nd Hour | 70° F or less in 2 hours? | 3rd Hour | 4th Hour | 5th Hour | 6th Hour | 41° or less in 6 hours? | Corrective Actions | Recorded by | PIC Review |
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Example: 1/1/19 | Beef Stew | 8 am 135° F | 9 am 109° F | 10 am 67° F | Yes: Continue | 11 am 56° F | 12 pm 50° F | 1 pm 44° F | 2 pm 38° F | Yes: label | Reheat or discard | AB | CD |