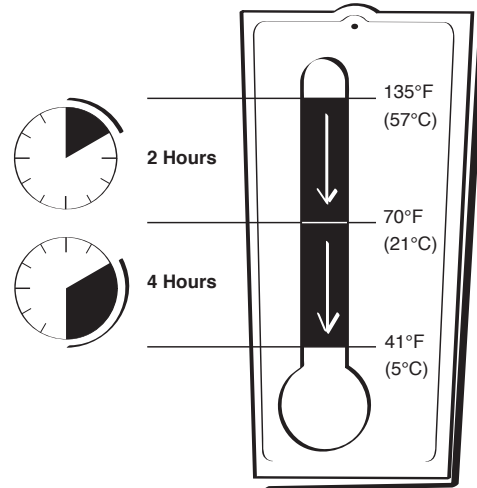


Cooling and Reheating Food Fact Sheet

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.

Choose the Right Practice

Directions: Circle the letter of the picture that shows the correct way to cool a pot of chili.

A



B



Is It Cool Enough?

Directions: Read this story and decide whether the beef stew is safe to serve. Explain why or why not.

At 8:00 a.m., Fred placed a stockpot of beef stew that had been held at 135°F (57°C) into an ice-water bath to cool. At 10:00 a.m., he checked the temperature and found that it was 90°F (32°C). Fred continued to cool the stew in the ice-water bath. At 11:00 a.m., when the stew had reached 70°F (21°C), he poured it into shallow pans and placed it on the top shelf in the walk-in cooler.

Fill in the Phrase

Directions: Unscramble the answer to each clue and write it in the boxes provided. Fill in the secret message using the number under each box to find the right letter.

1. When you do this, you are reducing the quantity of the food.

IVDEID ODOF

1	2	3	4	5	6	7	8	9	10

2. You do not need any special equipment to cool food in this.

CIE-RATWE AHBT

			-										
11	12	13		14	15	16	17	18	19	20	21	22	

3. This is a piece of equipment designed to cool food.

SLABT LCILERH

23	24	25	26	27	28	29	30	31	32	33	34	

4. When cooling food, you should do this regularly.

ITSR ODFO

35	36	37	38	39	40	41	42

5. You pour water into this and freeze it, and then use it to help cool food.

CEI DALPED

43	44	45	46	47	48	49	50	51

6. You must cool food from 135°F to 70°F (57°C to 21°C) in this amount of time.

WOT ROSHU

52	53	54	55	56	57	58	59

Secret Message:

12	40	54	24	7	56	9	42	39	47	26	16

Cooling and Reheating Food Fact Sheet Optional Activity Answers

1. Choose the Right Practice

Picture B shows the correct way to cool a pot of chili. You must make sure you can cool the chili 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, for a total cooling time of six hours. Cooling it in an ice-water bath with frequent stirring will work. You can also divide the chili into smaller containers and cool them in an ice-water bath separately.



2. Is It Cool Enough?

The beef stew was not at the correct temperature by 10:00 a.m. The stew should have been cooled to 70°F (21°C) within two hours. When Fred discovered that the stew had only cooled to 90°F (32°C), he should have either reheated it to 165°F (74°C) for fifteen seconds or thrown it out. If Fred was able to reheat the stew to the proper temperature, he then could have recooled it by dividing the stew into smaller containers and placing them in an ice-water bath.

3. Fill in the Phrase

1. **D I V I D E** **F O O D**
1 2 3 4 5 6 7 8 9 10

2. **I C E - W A T E R** **B A T H**
11 12 13 14 15 16 17 18 19 20 21 22

3. **B L A S T** **C H I L L E R**
23 24 25 26 27 28 29 30 31 32 33 34

4. **S T I R** **F O O D**
35 36 37 38 39 40 41 42

5. **I C E** **P A D D L E**
43 44 45 46 47 48 49 50 51

6. **T W O** **H O U R S**
52 53 54 55 56 57 58 59

Secret Message:

C O O L **F O O D** **F A S T**
12 40 54 24 7 56 9 42 39 47 26 16