

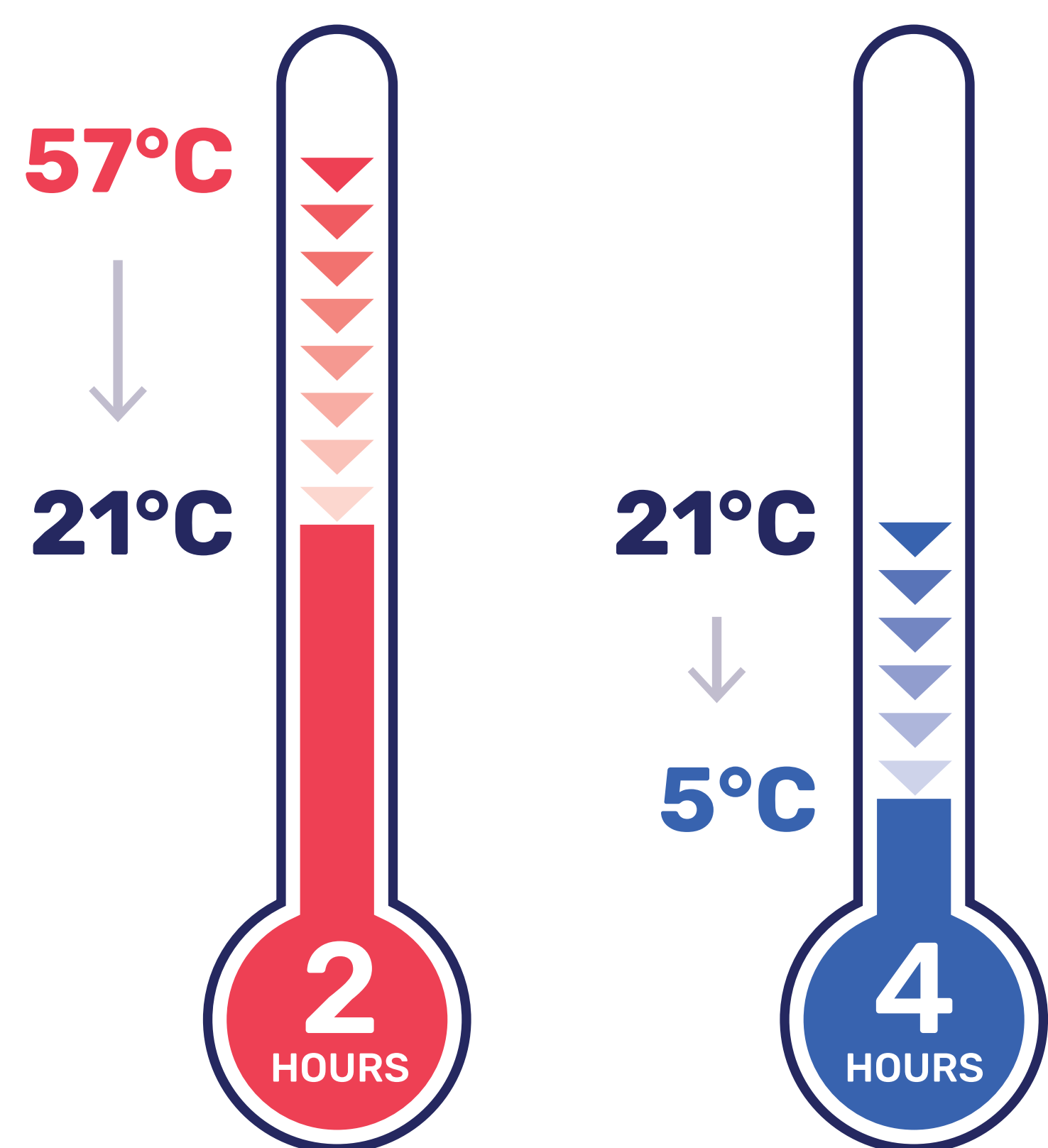
Two-stage cooling method

Rationale: Cooked foods must be rapidly cooled to prevent them from staying too long in the temperature danger zone and allowing the growth of pathogens to occur.

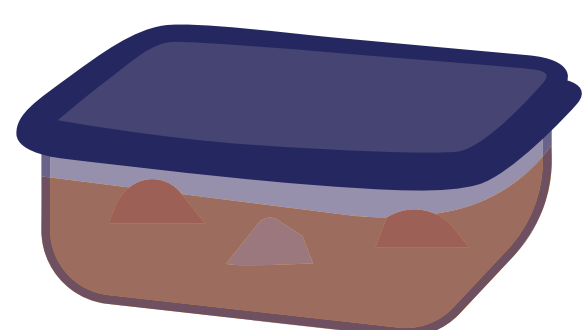
How to perform the two-stage cooling method?

Freshly cooked foods must be cooled down from 57°C to 21°C within 2 hours.

From 21°C, the temperature of the food must be further decreased to 5°C or less within the next 4 hours.

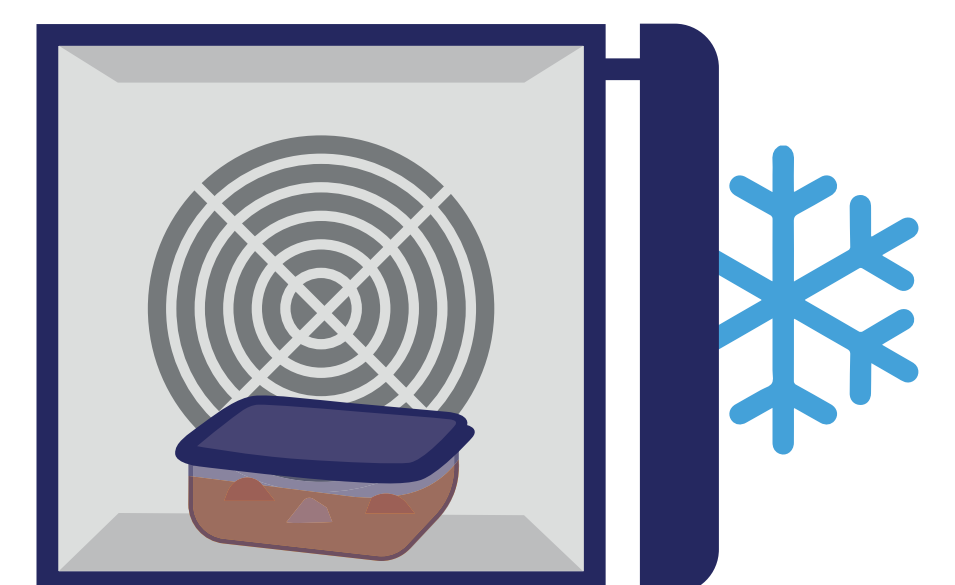


Effective methods for cooling food:



- 1 Divide the food into smaller portions and place them in shallow containers.

- 2 Use chilling equipment such as a blast chiller or a tumbler chiller.



- 3 Place the pan or container with food in an ice-water bath while occasionally stirring the food with a clean spoon.