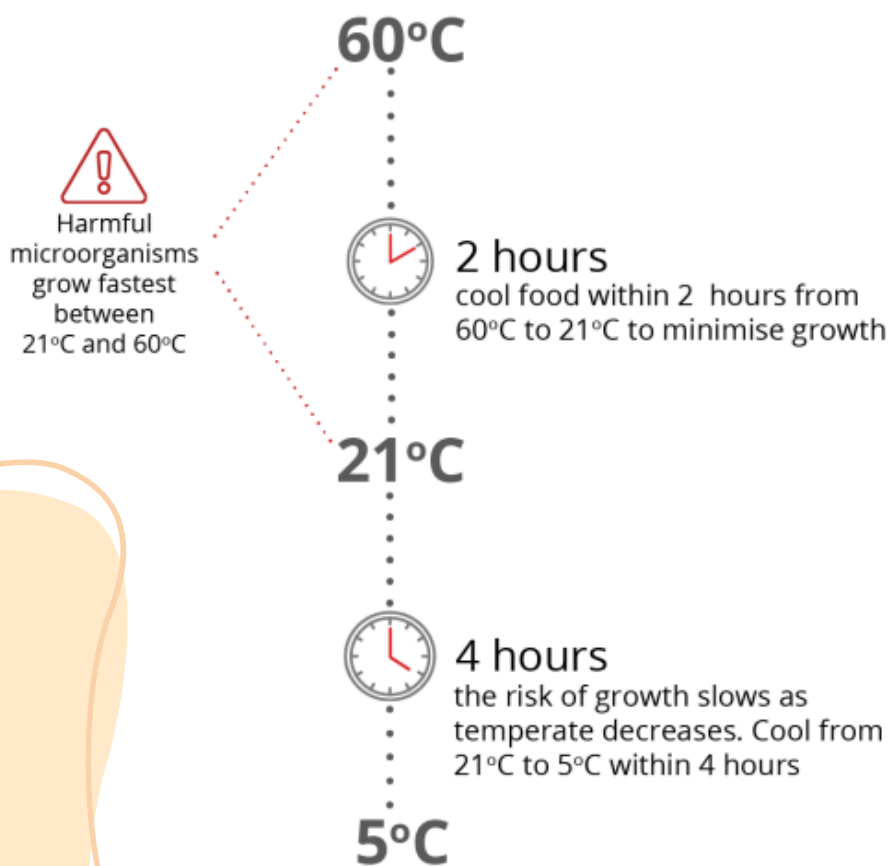


Cooling Foods



Cooked potentially hazardous food (i.e coked rice, pasta, gravies, stews, sauces) must cool from 60°C → 21°C within 2 hours, then 21°C → 5°C within 4 hours, because this prevents dangerous microbial growth.

You may use a different cooling method, but only if you can prove scientifically that your alternative process keeps the food safe.



Tips for cooling food quickly

- Divide food into smaller portions in shallow containers to cool.
- Stir liquid foods using a clean and sanitised utensil.
- Use water or ice.
- Allow air to flow freely around the cooling container.
- Check temperature with a clean and sanitised probe thermometer.

Scan the QR code for more information

