



ASSOCIATION

Cooling Down Food Tracking Chart

Handbook for Excellent Restaurant Operations

Cooling Down Foods – Tracking Chart

Cooling Food					Tips for Speeding up the Cooling Process								
<ul style="list-style-type: none"> Cooling time starts at 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, then from 70°F to 41°F in 4 hours. If the temperature is more than 70°F in 2 hours, reheat to 165°F and start over. Reheating can only be done one time. Once at 70°F, cool down to 41°F in 4 hours. Once at 41°F, it's ready to be covered, labeled, dated, and stored in the refrigerator. Total cooling time cannot exceed 6 hours or food must be discarded. 					<ul style="list-style-type: none"> Use the ice bath method by placing a smaller pan of food inside a larger pan filled with half ice and half water, stirring frequently. Use ice paddle with frequent stirring. Add ice as part of the ingredient. Place pan in coolest part of the refrigerator loosely covered or uncovered. Divide large food quantities into smaller portions Spread thick foods into thin layers and place in refrigerator. Use of metal pans is preferred, as they cool food faster than plastic. 								
Date	Food	Start Time & Temp	After 1 Hour	After 2 Hours	135°F to 70°F in 2 hours?	After 3 Hours	After 4 Hours	After 5 Hours	After 6 Hours	70°F to 41°F in 4 hours?	Corrective Actions?	Employee	Verified By Manager
Example: 1/1/10	Beef Stew	8 am 135°F	9am 100°F	10am 70°F	If Yes, continue If No, Reheat	11am 60°F	12pm 50°F	1pm 45°F	2pm 38°F	Yes Cover, Label, Date	No	AB	CD