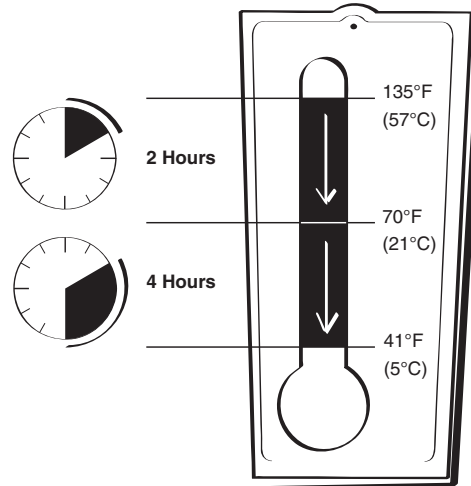


Cooling and Reheating Food

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 an additional four hours, for a total cooling time of six 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.

Methods for cooling food:

- Reduce the quantity or size of the food you are cooling by dividing large food items into smaller portions.
- Place food in ice-water baths and stir regularly.
- Use a blast chiller to cool food quickly before storing it in a refrigerator.
- Stir food to cool it faster and more evenly. Stirring food with an ice paddle can help cool it quickly.

When reheating food:

Reheat food to an internal temperature of 165°F (74°C) for 15 seconds. 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
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2. You don't need any special equipment to cool food in this.

CIE-RATWE AHBT

11	12	13	-	14	15	16	17	18	19	20	21	22
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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
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4. When cooling food, you should do this regularly.

ITSR ODFO

35	36	37	38	39	40	41	42
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5. You pour water into this and freeze, and then use it to help cool food.

CEI DALPED

43	44	45	46	47	48	49	50	51
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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
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Secret Message:

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