

FOOD COOLING LOG

AMC 16.60.140(3-501.14)

Cooling Food

Cooling time starts when food reaches 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 or less.

Corrective Action: If the food is more than 70°F at 2 hours, reheat to 165°F and start over OR discard. Reheating can only be done one time.

If it has been more than 2 hours, the food must be discarded.

If 70°F or less in 2 hours, continue to cool to 41°F in a total of 6 hours.

Corrective Action: If total cooling time exceeds 6 hours the food must be discarded. Once at 41°F, it's ready to be covered, labeled, dated, and stored in the refrigerator.

Tips for Speeding up the Cooling Process

- Stir frequently and only loosely cover or keep food uncovered while cooling.
- Use the ice bath method by placing a pan of food inside a larger container or sink filled with a mixture of ice and water, stirring both frequently.
- Use an ice paddle with frequent stirring.
- Add ice as an ingredient.
- Place food on the top shelf or cooling rack in the refrigerator. Separate pans to allow air to flow around the food.
- Divide large food quantities into smaller portions.
- Spread thick foods into thin layers or on a sheet pan.
- Metal pans allow food to cool more quickly and are better than plastic.

DATE	FOOD	START TIME & TEMP	1ST HOUR	2ND HOUR	70°F OR LESS IN 2 HOURS?	3RD HOUR	4TH HOUR	5TH HOUR	6TH HOUR	41°F OR LESS IN 6 HOURS?	RECORDED BY:
03/12/22	CHICKEN GRAVY	9:25 A.M. 135°F	105°F	70°F	YES: CONTINUE COOLING NO: REHEAT TO 165°F	63°F	56°F	47°F	40°F	YES: LABEL AND DATE NO: DISCARD	DW

