



Food Cooling Chart *(for foods that require cooling for several hours)*

| Food Item | Starting Temperature* | Temperature at 2 hours | Temperature at 3 hours | Temperature at 4 hours | Temperature at 5 hours | Temperature at 6 hours | Elapsed time to cool from 60°C to 4°C Must be 6 hours or less |
|-----------|-----------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------------------------------------------------|
| | 60°C | | | | | | |
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* Begin recording food temperatures when the external temperature of the food reaches 60°C.

Hourly temperature readings must be taken at the centre of the food item—the centre of roast, the thickest part of a turkey breast, the middle of a pan of lasagne, the middle of a pot of soup, etc.

Use a clean, sanitized probe thermometer.

Food must be cooled from 60°C to 20°C in 2 hours and from 20°C to 4°C in an additional 4 hours. **60°C to 4°C in 6 hours!**

Cooling rates can be increased by any of all of the following: dividing large portions into shallow pans; dividing large quantities of food into smaller containers; setting the container into an ice bath; stirring liquid items with a cooling wand; stirring frequently; placing the food on wire racks to allow air circulation.