



## 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						
	60°C						
	60°C						
	60°C						
	60°C						
	60°C						

\*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 a 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 or all of the following: dividing large portions into shallow pans; dividing large quantities of food into smaller containers; setting the food container into an ice bath; stirring liquid items with a cooling wand; stirring frequently; placing the food on wire racks to allow air circulation.