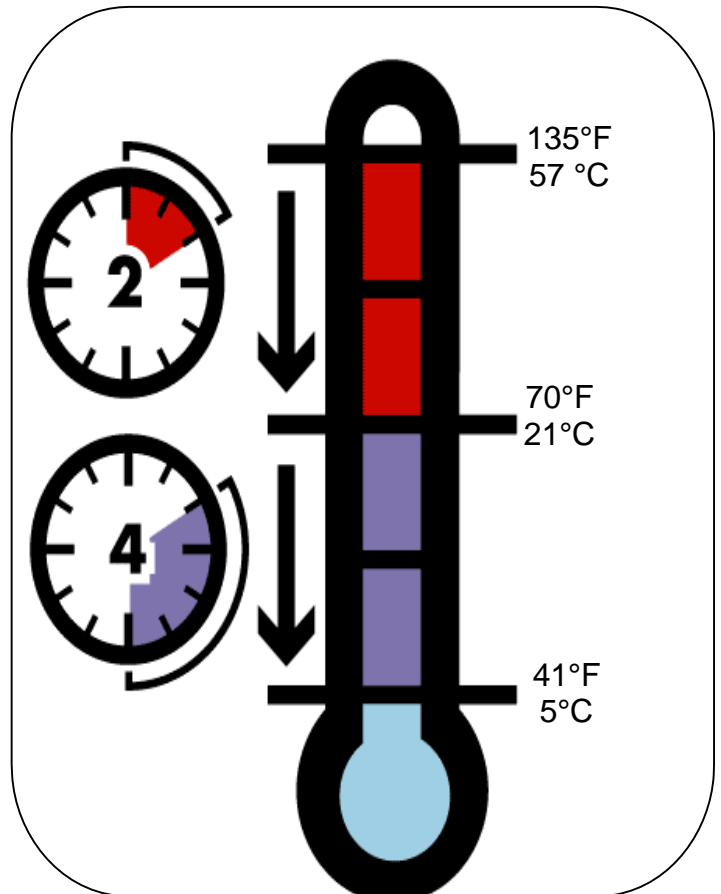


# Proper Cooling

## Enfriamiento adecuado

### Guidance for proper cooling:

- Separate food product into shallow pans/containers so that the food is no more than 2-3" thick.
- Place containers into an ice bath (ice/water mixture) or use an ice wand/paddle to cool food quickly.
- Leave food uncovered during the cooling process so the heat can escape faster.
- Stir food and take internal temperatures with a food probe thermometer at regular intervals.
- Keep a cooling log to ensure foods reach **70°F** or less within the first **2 hours** and **41°F** or less within the next **4 hours**.



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