

# Ice Bath Cooling

## Instructions

**41°F**



An example of the time and temperature method is an ice bath. An ice bath works well for thin soups and sauces. Thick foods, such as stews or chilis, should be cooled using the shallow pan method.

Here are the steps for a proper ice bath:

1. Remove food from heat source. Place the container in a clean sink, with stopper in place.
2. Add enough ice to be at the same level of the food, then add just enough water to fill the spaces between the ice cubes.
3. Stir the food every 10-15 minutes.
4. As the ice melts, drain the water, and repeat step 2.
5. Use a dial stem or digital thermometer to monitor the temperature of the food **and make sure the two cooling steps are met**. Temperatures should be taken after stirring and in the center of the product. A temperature log may be required.



**Step 1: Cool food, uncovered within 2 hours, from 135°F to 70°F**



**Step 2: Then cool, within a total of 6 hours, to 41°F**

6. After food is cooled to 41°F or below, refrigerate or freeze food immediately. Cover the cooled food with a tight-fitting lid, plastic wrap or aluminum foil.

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