

Proper Cooling and Reheating of Potentially Hazardous Foods

Thawing Foods Correctly

- ✓ Under cold running water.
- ✓ In a microwave if the food will be cooked right after thawing.
- ✓ In a refrigerator at or below 45°F.
- ✓ While cooking, if food weighs less than 3 lbs.

Cooling Foods Correctly

- ✓ The food must be cooled from 120°F to 70°F within two hours.
- ✓ Transfer hot foods to a shallow pan and refrigerate uncovered until the food is 45°F.
- ✓ Stir soups, sauces, or gravy while the container is in an ice bath.

Reheating

- ✓ All of the product must be reheated to 165°F and kept at a minimum of 140°F until served.

Be sure to check all temperatures with a metal probe thermometer for at least 15 seconds.

For more information visit:

http://www.health.ny.gov/environmental/indoors/food_safety/coolheat.htm

FOOD TEMPERATURE REQUIREMENTS	
FOOD	MINIMUM INTERNAL COOKING TEMPERATURE
Rare roast beef and beef steak	130 degrees Fahrenheit
Precooked commercially prepared potentially hazardous foods and potentially hazardous foods not on this list	140 degrees Fahrenheit
Shell eggs and egg containing foods	145 degrees Fahrenheit
Pork	150 degrees Fahrenheit
Ground Meat	158 degrees Fahrenheit
Poultry, poultry stuffing, stuffed meats and stuffing containing meat	165 degrees Fahrenheit
COOLING REQUIREMENTS	
For all of the above foods	120 to 70 degrees Fahrenheit within 2 hours and 70 to 45 degrees Fahrenheit in 4 additional hours
REHEATING REQUIREMENTS	
For all of the above foods	165 degrees Fahrenheit

Source: <http://www.health.ny.gov>