






SAFE METHOD:

# CHILLING DOWN HOT FOOD



Harmful bacteria can grow in food that is not chilled down as quickly as possible.

SAFETY POINT	WHY?
If you have cooked food that you will not serve immediately, chill it down as quickly as possible and then put it in the fridge.	Harmful bacteria can grow in food that is left to chill slowly.
Avoid cooking large quantities of food in advance, unless you need to.	Large quantities of food are more difficult to chill down quickly, especially solid food.

OPTIONS FOR CHILLING DOWN FOOD (YOU CAN USE ONE OR MORE OF THESE)	WHY?	TICK IF YOU DO THIS
Divide food into smaller portions.	Smaller amounts of food chill down more quickly. 	
Cut joints of meat in half.	Smaller pieces of meat will cool more quickly. 	
Cover pans of hot food and move them to a colder area, e.g. a storage room, or stand them in cold water. You can also use ice to speed up chilling.	This will make the food chill more quickly. 	
Stir food regularly while it is chilling down.	Stirring helps food chill more evenly. 	
Spread food out on a tray e.g. rice.	Spreading the food out will help it cool more quickly. 	



OPTIONS FOR CHILLING DOWN FOOD (YOU CAN USE ONE OR MORE OF THESE)	WHY?	TICK IF YOU DO THIS
If you have a 'cool' setting on your oven, use it to chill down food.	Some ovens have a 'cool' setting, which can help to chill down food by increasing the air flow around it. (The oven should be cool first.)	
Use a blast chiller to chill down food.	A blast chiller is specially designed to chill down hot foods quickly and safely.	
If you have another method of chilling down hot food, e.g. putting pasta under cold running water, write the details here:		

### PROVE IT

If you would like to compare different chilling options, try them out with the same food. You will only need to do this once. When you have just cooked the food, use a probe to test its temperature. (See the 'Prove it' method in the Management section for advice on using probes safely.) Then test the temperature again at regular intervals to find out how fast the food is being chilled down. Remember to use a clean probe each time you check the food. Repeat the process with different chilling options to find out which is most effective.

### WHAT TO DO IF THINGS GO WRONG

If food has not been chilled down safely, re-cook it, if appropriate, or throw it away.  
Remember that some foods need extra care e.g. rice. See the safe method 'Foods that need extra care' in the Cooking section.

### HOW TO STOP THIS HAPPENING AGAIN

- Review your chilling methods to make sure they are working properly. If appropriate, try out different methods and choose the one that best meets your needs.
- Make sure you always allow enough time and make portions small enough.
- Train staff again on this safe method.
- Improve staff supervision.
- If you chill down lots of hot food in your business you may wish to consider using a blast chiller.

Write down what went wrong and what you did about it in your diary.

