

# Cooling with ice

Choosing to cool your cooked foods with the help of ice can be an effective cooling method. But to be done correctly, cooling with ice requires more daily oversight and monitoring than the set and forget method.

Cooling with ice requires multiple well-timed human interventions. Your health inspector will expect chefs meet minimum time and temperature requirements by:

- Taking multiple temperatures. Recording time and temperature readings on a cooling log is an effective way to do this.
- Making changes as needed

## Food depth

Food fill depth is the single biggest variable that impacts the rate of cooling. When pans or containers of foods are filled above 2 inches, ice is required to cool foods fast enough.

To successfully cool foods with ice, the chef needs to modify multiple cooling method variables.

## How to cool cooked foods with ice

### Deep food depths - over 6 inches

Most chefs who cool foods with the active method are cooling foods that are filled to 6 inches or more. Cooling foods with deep fill depths is the most dangerous for food safety. Therefore, these methods require the chef to make several interventions to be successful.

There are two methods to cool foods at a deep food depth.

#### Method 1

- Combine an ice bath with an ice wand
- Stir the food regularly
- Replace both the ice wand and ice bath soon after the first hour

#### Method 2

The chef must do all of the following:

- Combine two ice wands
- Place the container of food into a freezer
- Stir the food regularly
- Change both ice wands soon after the first hour



For method 2 to be successful, the chef will need at least four frozen ice wands for each container of food.

## Moderate food depths - 2.5 to 6 inches

For foods depth between 2.5 to 6 inches, there are two methods to use.

### Method 1

The chef must do all of the following:

- Add an ice wand
- Stir the food regularly
- Replace the ice wand soon after the first hour

### Method 2

The chef must do all of the following:

- Place the pan into an ice bath densely packed with ice
- Stir the food regularly
- Change the ice bath soon after the first hour

## Set and forget cooling method

If you don't want to do all the work cooling with ice requires, you have another option. Check out our information on the set and forget cooling method.

When set up correctly, the set and forget method doesn't require time and temperature monitoring. The set and forget method makes cooling food easier to manage than the cooling with ice method.

For reasonable accommodations or alternative formats please contact Environmental Health at [health@minneapolismn.gov](mailto:health@minneapolismn.gov) or 612-673-2301.

People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000.

TTY users call 612-263-6850.

Para ayuda, llame al 311. Rau kev pab 311. Hadii aad Caawimaad u baahantahay wac 311.