



In ice-bath cooling, hot food in a container is placed in a larger container of ice water. The ice water surrounding the hot food container disperses the heat quickly.

Follow these steps to cool in an ice bath:

- Prepare an ice-water bath in a clean sink.
- Remove food from heat source. Place the container in the ice bath so the food is level with the ice water.
- Stir the food every 10 to 15 minutes.
- Drain water and replenish ice as it melts.
- Use a clean, sanitized thermometer to monitor food temperature.
- After the food has cooled to 41°F, refrigerate or freeze it.