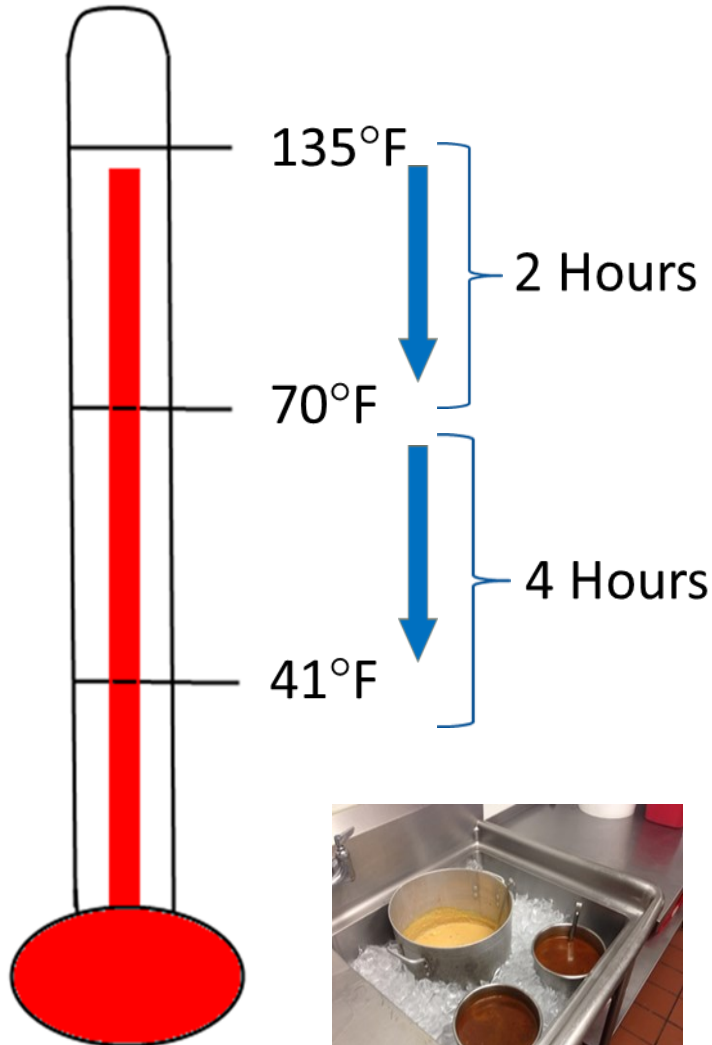


COOLING FOODS



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Methods for fast cooling

- Break food into smaller portions.
- Use shallow metal storage containers.
- Place into refrigeration uncovered.
- Use an ice water bath.
- Stir the food frequently.

