Cooked-food cooling log

Cool cooked food as quickly as possible, then refrigerate it. Probe the centre with a clean probe. Do not guess a reading. If a batch is too slow, recook or throw it away and write the action in the last column.

Business / site _____ Page _____ Week beginning (optional) _____

Date	Food and batch size	Time off heat / °C	Method	Check 1 time / °C	Check 2 time / °C	Time into fridge or freezer / °C	Initials	If too slow: action taken

Manager review

Name _____ Date _____ Notes _____

Reminders: chill as quickly as possible, then put food in the fridge or freezer. A 90-minute target used by some councils is not a legal time limit and is not set in the FSA “Chilling down hot food” safe method — if your own system sets a time, use that. Northern Ireland’s Safe Catering pack advises into the fridge, freezer or blast chiller within two hours (longer may be needed for large joints and whole birds). Rice needs extra care: keep it hot until serving, or chill it quickly and then refrigerate; reheating will not remove toxins. Do not put a deep, genuinely hot pan into a crowded fridge.

A practical cooling record for UK kitchens, to sit alongside Safer Food, Better Business, CookSafe or Safe Catering. It is not official FSA, Food Standards Scotland or council stationery, and it does not replace your own food safety management system. UK hygiene law requires food that will be held or served chilled to be cooled as quickly as possible after cooking; it does not set a time in minutes. If your pack or your council sets a time, record against that. If food has not been chilled down safely, re-cook it if appropriate, or throw it away, and write down what you did. hosmere.com/guides/cooling-cooked-food/

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