• Wash and sanitize the ice paddle. Allow to air dry.
• Fill with clean water.
• Place on tray in freezer overnight.
• Place paddle into food that has cooled to 135 °F in refrigerator, freezer, or ice water.
• Ensure even cooling by stirring or turning the food every 15 - 30 minutes.
• Once the ice has melted in the chill stick, remove it from the food and replace with a frozen one.

Always cool food safely.