



Utilice una pala de enfriar alimentos para acelerar el enfriamiento

- **Lave y desinfecte la pala de enfriar alimentos. Déjela que se seque al aire libre.**
- **Llene la pala con agua limpia.**
- **Coloque la pala en el congelador hasta el día siguiente.**
- **Coloque la pala dentro de la comida que ha sido previamente enfriada a 135 °F (57 °C) en el refrigerador, congelador o en agua helada.**
- **Asegúrese de obtener un enfriamiento uniforme al agitar o revolver la comida con la pala cada 15 – 30 minutos.**
- **Una vez que el hielo en la pala de enfriar se derrita, retírela y coloque una pala nueva (congelada).**



Siempre enfrié la comida de una manera segura.



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