

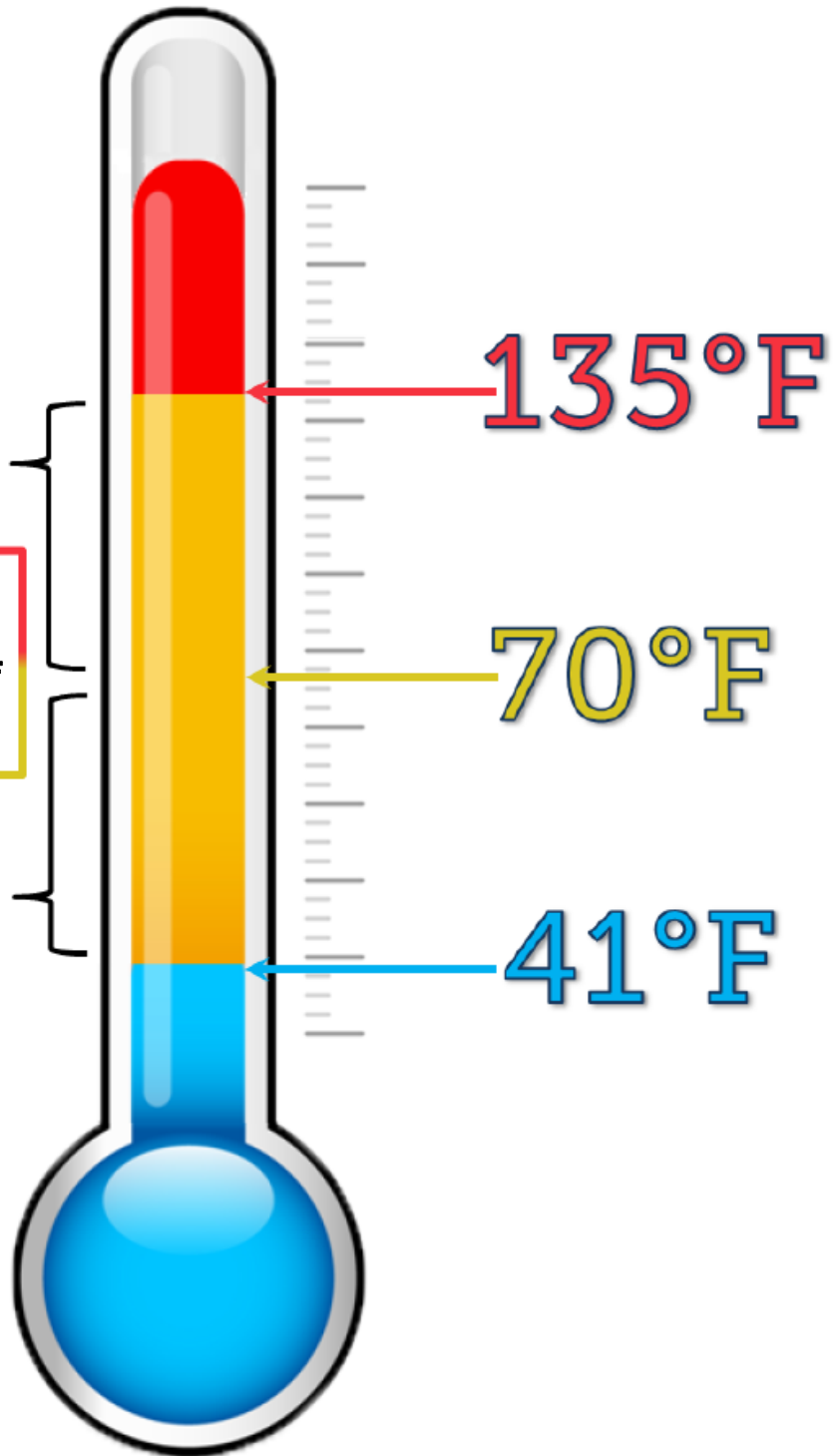
冷却



2 个小时

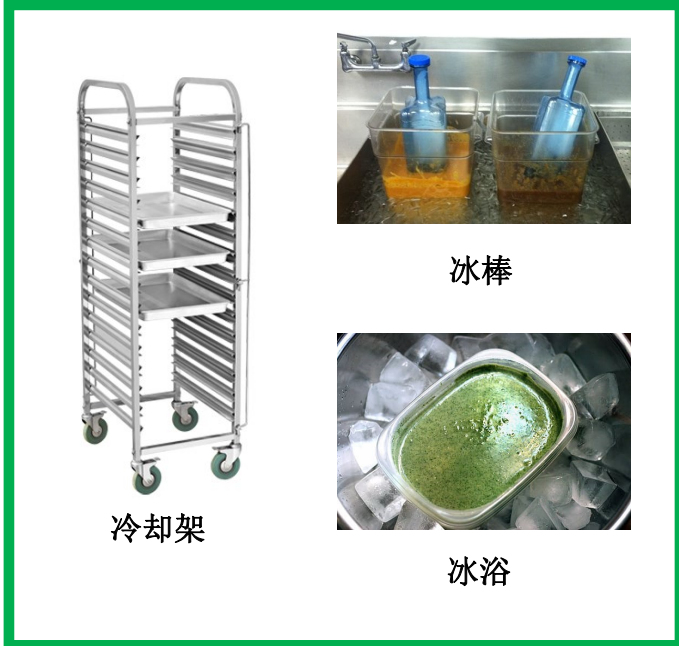
食物必须六个小时内从
135°F 快速冷却，
其中前两个小时要从 **135°F**
降温到 **70°F**。

4 个小时



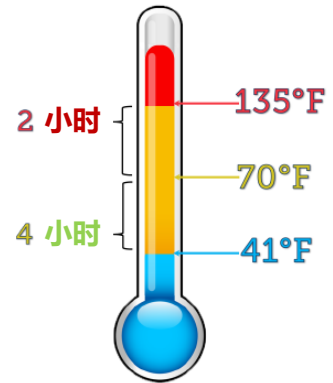
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冷却方式



允许

- ◆ 使用浅容器
- ◆ 频繁搅动!



✘ 不允许



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