

# The Blast Chiller and Shock Freezer Assessment Sheet



Is blast chilling or shock freezing right for your operation? Answer these five questions to find out.

Blast chilling and shock freezing have become two of the most popular processes in commercial cooking. Just turn on the Food Network or the Cooking Channel for a few minutes, and you'll likely see their use in competitions. They're being used in more and more hotels and restaurants. Even school cafeterias are finding great uses for blast chillers and shock freezers. But are they right for you?

Let us walk you through five basic questions in our Blast Chilling and Shock Freezing Assessment Sheet. Once you've compiled your answers, we'll add everything up and see how much a new unit could change your operations.



Can your foodservice operation benefit from a blast chiller and/or shock freezer? To find out, review the questions below, and check the box if your answer is 'yes.'

☐ **IS FOOD SAFETY A CONCERN IN YOUR FOODSERVICE OPERATION?**

Moving food through the Danger Zone between 140°F and 40°F is critical for preserving food safety. Cooling food into storage temperatures should be fast and efficient, as this reduces the chances for bacteria reproduction and helps operations stay in compliance with HACCP regulations.

Blast chillers and shock freezers are a great way to ensure a safe and efficient transition through the Danger Zone. Blast chillers reduce the core temperature of cooked foods from 165°F to 37°F within two hours, while shock freezers lower temperatures from 165°F to 0°F within four hours.

☐ **ARE YOU THROWING OUT TOO MUCH WASTED FOOD?**

In foodservice, one of the biggest hurdles to higher profits can be throwing away too much wasted food. Studies show we waste as much as 40 percent of our food supply in the United States, and that translates to \$160 billion every year.

Blast chillers and shock freezers are a great way to help reduce this number. After blast chilling, food can be safely stored between 37° and 39° for up to five days, while shock freezing allows for months of storage. Increasing shelf life leads to decreasing food cost and food waste.

## ☐ **IS YOUR STAFF OVERWHELMED AND UNDERPERFORMING?**

Getting the most out of your staff is also a critical component to profitability. Ideally, every team member in your kitchen should have the time to focus on the most important tasks, which are often the ones that provide the most guest satisfaction.

When adding blast chilling and shock freezing capabilities, operators can make batch cooking more practical, allowing staff to become more productive. This also means some meals can be prepared in advance, giving chefs the ability to focus on the more on-demand menu items.

## ☐ **HAVE YOU EVER COMPROMISED ON QUALITY?**

Everyone wants to produce high-quality menu items because that's what ultimately delights customers. When food is put through a blast chilling or shock freezing process, flavors and aromas are preserved. This happens due to the formation of micro-crystals that preserve — not damage — the tissue and cellular structure of food.

## ☐ **ARE YOU LOSING YIELD ON THE FOODS YOU STORE?**

Similar to quality preservation, blast chilling and shock freezing can also help operators preserve yield. While aromas and flavors are preserved, so too is moisture. This not only helps food maintain desirable textures, it also prevents cooked products from losing as much as eight percent of their weight during the cooling process. For cooked liquids, the blast chilling and shock freezing process can help eliminate losses of up to 15 percent due to simple evaporation.

# How do you stack up? Let's determine if you should consider a blast chiller or shock freezer for your foodservice operation.

## **I ANSWERED YES ON 0-1 OF THE QUESTIONS ABOVE.**

It sounds like your operation is running as smooth as possible. Our guess is you might already be using a blast chiller or shock freezer?!

## **I ANSWERED YES ON 2-3 OF THE QUESTIONS ABOVE.**

You're right in the middle. There are already a lot of great things happening in your operation, but there are always ways to improve. Considering blast chilling or shock freezing might help you realize some of these areas in which you've always lagged behind.

## **I ANSWERED YES ON 4-5 OF THE QUESTIONS ABOVE.**

There's no doubt a blast chiller or shock freezer can help in many areas of your operation. From increasing profitability to saving time, considering one of these units can help elevate your kitchen and maximize the potential of your staff. If you're interested in learning more about the features and benefits, as well as how a unit can help deliver ROI, we invite you to [request a quote](#) today.