The Messenger of Allah (may Allah's peace and blessings be upon him) forbade breathing into the pot or blowing into it

Ibn ‘Abbās (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) forbade breathing into the pot or blowing into it.

[Authentic hadith] [Narrated by Ibn Majah - Narrated by At-Termedhy - Narrated by Abu Daoud - Narrated by Ahmad - Ad-Daarimi]

This Hadīth relates one of the manners of eating and drinking, which is the prohibition to breathe or blow into the pot when eating or drinking. Breathing is forbidden because of its demerits, such as blemishing the cleanness of the pot and contaminating the drink, besides the fact that doing this entails that the person breathes and drinks at the same time, which may cause suffocating. As the Sunnah indicates, one should drink three times, breathing outside the pot, which makes drinking more enjoyable and pleasing. The Hadīth in hand forbids blowing into the food and drink for any reason, such as hotness or for removing something. This way, one keeps the food clean from saliva or bad smell.

http://www.sunnah.global/hadeeth/en/show/58123