

Thawing Using Approved Methods



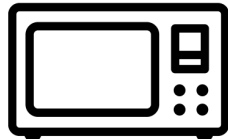
Under Refrigeration

- Plan ahead – large items may take several days to thaw
- Maintain refrigeration at 41° F or less
- Also known as “slacking”



As Part of Cooking

- Taken directly from frozen to cooking
- Great for foods that are small (e.g. frozen shrimp)

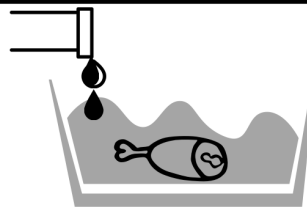


In Microwave (To Be Immediately Cooked)

- To be transferred immediately to a conventional cooking process
- Entire cooking process can occur in microwave

Fully Submerged Under Cold Running Water

- Ensure running water flows fast enough to remove and float off loose particles
- Ensure all portions of food are fully submerged under water
- Running water should be cold; food should not rise above 41° F for more than 4 hours



- Freezing merely slows down bacterial growth
- When thawing frozen foods, outer portions will rise in temperature faster than the middle portion
- Keep foods safe! As thawing normally takes more than four hours, it is very important to thaw foods properly to limit bacterial growth

