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.
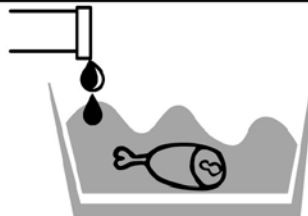• Great for foods that are small (e.g. frozen shrimp).

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; actively monitor food so that it does not rise above 41˚F for more than 4 hours.

• 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