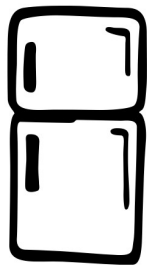




Thawing Using Approved Methods

Under Refrigeration

- Plan ahead – large items may take several days to thaw.
- Maintain refrigeration at 41°F or less.
- Vacuum sealed frozen fish must be removed from its packaging before thawing under refrigeration.



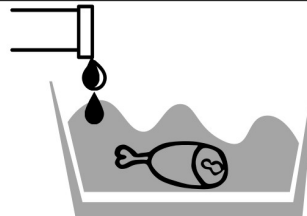
As Part of Cooking

- 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 70°F or less; actively monitor food so that it does not rise above 41°F.
- Vacuum sealed frozen fish must be removed from its packaging before or immediately after it has finished thawing.

• 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.