

Understanding Thawing: 3 Easy Ways to Safely Defrost Frozen Food

Refrigerator Thawing



Refrigerator thawing takes time, so plan ahead!



Parts of your fridge may be cooler than others, causing your food to thaw slower.

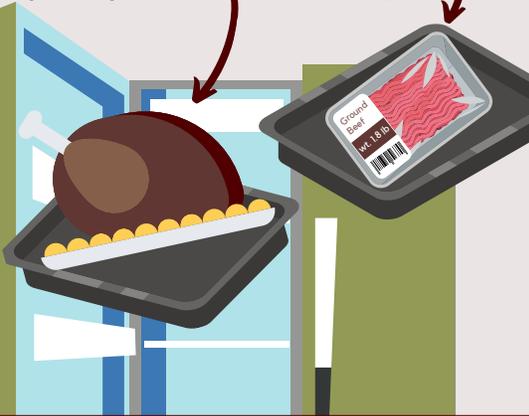
After refrigerator thawing, cook or refreeze food within:

1-2 days if it is | **3-5 days if it is**

- | | |
|--|--|
| <ul style="list-style-type: none"> • ground meat • stew meat • poultry • seafood | <ul style="list-style-type: none"> • a cut of <ul style="list-style-type: none"> ◦ beef ◦ pork ◦ lamb |
|--|--|

Large frozen foods require 24 hours per 5 pounds

Small 1-pound packages require 1 full day



Cold Water Thawing



Takes less time than the fridge, but requires more attention!



You **MUST** cook thawed food immediately after cold water thawing!

How long should it thaw?

1 pound.....1 hour or less
4 - 12 pounds.....2 - 6 hours
12 - 16 pounds.....6 - 8 hours
16 - 22 pounds.....10 - 12 hours

Replace water every **30** minutes!

Seal in a leak proof package or plastic bag and completely submerge in cold water!



Microwave Thawing



Plan to cook immediately if you use microwave thawing!

Why? Parts of the food may begin to cook and enter the temperature danger zone! This makes food more susceptible to bacterial growth!

Packaging can melt! Remove meat from its package and foam tray, and place into a microwavable container before thawing.

Use the weight listed on the package to get an accurate defrost time!



DO NOT THAW:

- On the counter
- In hot water
- In the dishwasher
- In the bathtub
- Outdoors



ENTERS
Temperature
Danger Zone
40-140°F

Cook food without thawing!



- ✓ It is safe!
- ✓ Food takes 50% longer to cook if it is not thawed!

Frozen vegetables and fruits are often cooked without thawing!