

THAWING



Freezing prevents microbial growth in foods, but usually does not destroy all microorganisms. Improper thawing provides an opportunity for surviving bacteria to grow to harmful numbers and/or produce toxins. Here are some methods of proper thawing!

IN THE REFRIGERATOR



✓ Place food in the refrigerator day(s) prior to preparation.

SUBMERGED UNDER RUNNING WATER



✓ Use cold water. Less than 4 hours. Food items can not exceed 41°F.

AS PART OF THE COOKING PROCESS



✓ Food thawed in microwave must be cooked immediately.

FISH IN REDUCED OXYGEN PACKAGING



✓ Only if the package indicates "Keep frozen"

Don't leave it at room temperature



Don't leave it sitting in stagnant water