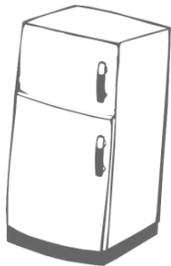


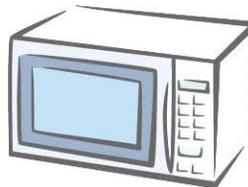
## PROPER THAWING TECHNIQUES



Under Refrigeration



As part of the cooking process (e.g. frozen to fryer)



In the Microwave, if cooked immediately



Submersion in running potable water at 70°F or less

**Problem:** Meat, poultry, seafood, etc. thawed at room temperature. This practice is extremely dangerous. The surface of the food rapidly warms to the danger zone (41° F to 135° F) and after several hours can produce enough germs or toxins to cause illness.

**Solution:** Plan your menu and thaw frozen foods in the refrigerator. Remember large items such as turkeys may take as long as 72 hours to thaw.

If food is thawed in a microwave, it must be immediately transferred to a conventional cooking unit as part of a continuous cooking process since it may become warm and begin to cook during the thawing process (bringing the food to "Danger Zone" temperatures).

In an emergency, frozen potentially hazardous foods may be thawed under running potable water at 70° F or below until thawed. This method is faster than refrigerator thawing but requires more attention. The food must be in a leak-proof package or plastic bag. If the bag leaks, bacteria from the air or surrounding environment could be introduced into the food. Also, the meat tissue may absorb water, resulting in a watery product. The bag should be submerged in cold, running tap water. If thawed completely, the food must be cooked immediately.