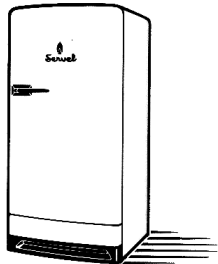


Thawing Using Approved Methods

Under Refrigeration

- * Plan ahead—large items may take several days to thaw
- * Maintain refrigeration at 41°F or less
- * Also known as “slacking”



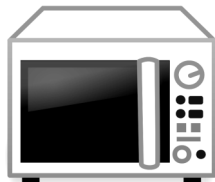
As Part of Cooking

- * 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; food should not rise above 41°F for more than 4 hours

- Freezing merely slows down bacterial growth
- 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