

Thawing Food

When not done properly, thawing can let foods sit in the temperature danger zone for too long. When foods sit in the temperature danger zone, harmful bacteria can start to grow and make you sick

Never thaw your food by setting it out on the counter. There are only four ways to thaw your food safely.

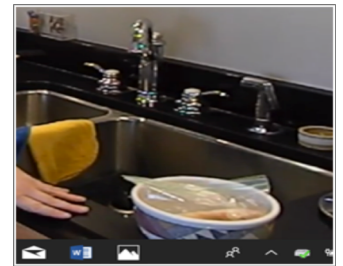


Thawing in the Refrigerator

- * This method takes the longest amount of time, usually about 24 hrs
- * Fully cover food before putting it in the refrigerator
- * Place meat on the bottom shelf and on a plate to ensure that no juices drip onto your other foods.

Thawing in Cold Water

- * This method is faster than in the refrigerator, taking a few hours.
- * Put your food in a watertight plastic bag and submerge it in cold water.
- * Change the water every 30 minutes to prevent food getting into the temperature danger zone. Do not use hot water because that can also put foods in the temperature danger zone.



Thawing while Cooking

This is the fastest of all the methods. There are two options when thawing your food with cooking.

- * Microwave: You can place your food in the microwave to thaw. It must be used immediately after being thawed with this method. It is important to ensure that your food is in a microwave safe container.
- * Oven: Food can go in the oven to be thawed and immediately cooked.



The temperature danger zone is between 41 – 140^o F. So keep hot foods hot (over 140^o) and cold foods cold (below 40^o)