

# Food Safety

## Proper Thawing Methods



**Refrigerator** Place the frozen meat package in the refrigerator and let sit until thawed to your liking or until you're ready to cook with the thawed product.



### **EASIEST**

This hands off method allows for the consumer to continue on with their daily activities.

### **TIME CONSUMING**

You must plan ahead for thawing in the refrigerator. Sometimes it can take an entire day to thaw meat with this method.

### **VERY FLEXIBLE**

The meat is kept at a safe temperature while in the refrigerator. It can remain in the refrigerator for a up to 2 days or be refrozen without cooking.

**Cold Water** Place the frozen meat in a leak proof package and run COLD water over the package. Make sure to replace the water every 30 minutes if left in a bowl.



### **MODERATELY EASY**

This method requires more attention for switching out water.

### **MODERATELY TIME CONSUMING**

This method can still take up to 2 or 3 hours to achieve optimal thawing on the frozen product.

### **NEEDS ACTION**

Once the meat has been thawed with this method it should be cooked immediately and cooked fully before being refrozen.

**Microwave** Place the frozen meat in a microwave safe package and turn on defrosting mode. Make sure to flip the product constantly to ensure even thawing.



### **MODERATELY EASY**

This method requires more attention to make sure the product isn't being cooked.

### **FASTEST**

This is the fastest thawing method that only takes several minutes to complete.

### **NEEDS ACTION**

Foods thawed in the microwave must be cooked immediately and have to be fully cooked before they can be refrozen.

**Remember you can cook without thawing it will just take about 50% longer than if the product was already thawed. You may be tempted to leave frozen meat on the counter but just remember this is a food safety hazard and the above methods will keep you and your family safe.**



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