

Four Ways to Thaw Food Safely

1.

In a cooler or refrigerator at 41° F or less



2.

In cold (70° F) running water for two hours or less



3.

During the cooking process, continuous cooking with no interruption



4.

By microwaving as the first step in a continuous cooking process



Never thaw foods at room temperature!

The thawed portions on the outside will support bacterial growth and can result in an unsafe product.