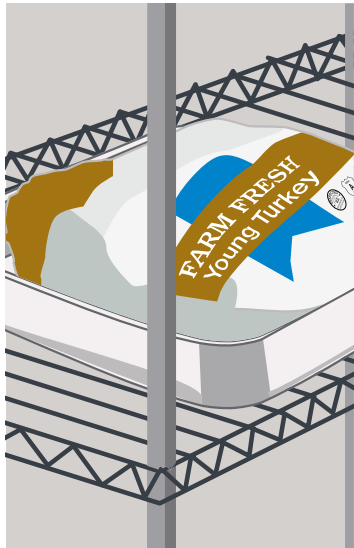


# Proper Ways to Thaw Foods

## UNDER REFRIGERATION

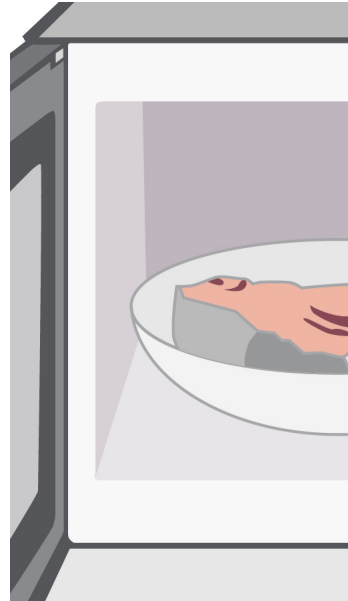
(PREFERRED METHOD)



Place food in a refrigerator at 41°F or below. Place on a tray to collect drippings and prevent cross-contamination. Thaw raw animal foods on a lower shelf than ready-to-eat foods.

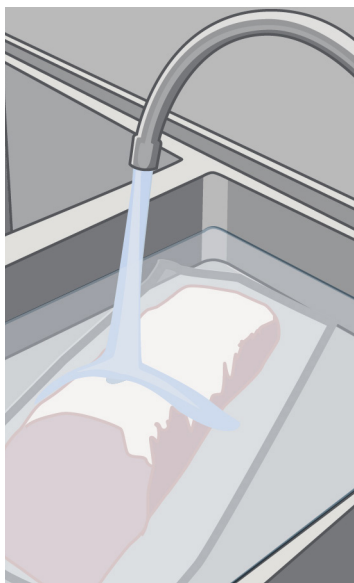
**PLAN AHEAD!** *Large portions may take several days to thaw.*

## MICROWAVE



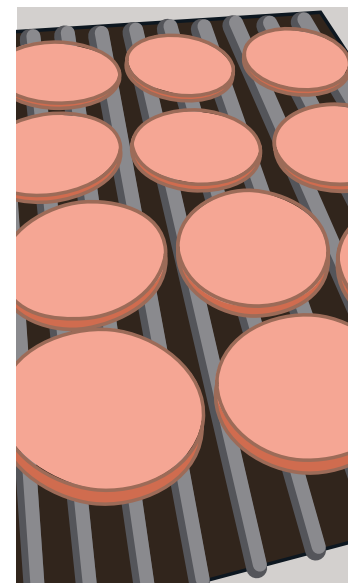
Microwave thawing begins the cooking process and should immediately be followed by completely cooking the food item. This method is not recommended for large food items.

## COLD RUNNING WATER



Food must be completely submerged under running water. The water must be 70°F or below, and it must have enough speed to force, move or float loose particles off in the overflow. Use a clean, sanitized food sink. Do not conduct this method in a hand wash or dishwashing sink.

## COOKING



Cook frozen food to the proper temperature based on the food product. Do not stop the cooking process until the food is thoroughly cooked. Allow more time than normal and stir often. This method works well for frozen vegetables and ground meats.

## Reminder: Freezing does not kill microorganisms

However, it does slow their growth. When you thaw frozen food, parts of the outer surface warm enough to allow dangerous microorganisms to grow. Since it can take more than four hours to thaw most foods, it is important to thaw foods properly so microorganisms cannot grow.

For more information and resources on food safety, visit:

[DATCP Home Wisconsin Food Code](#) [WI Legislature: Chapter ATCP 75 Appendix](#)



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