

# How to properly defrost foods in your kitchen?

Defrosting refers to **gradually melting the ice** formed during freezing. During defrosting, avoid the **temperature danger zone** for more than 2 hours.

Use this chart as a guide for safely thawing frozen food.



## 1 in the refrigerator

- Separate the food being thawed from other foods in the refrigerator.
- Place the food being defrosted in a catch basin.
- Cover the food with plastic wrap.
- Maintain the fridge temp consistently at 40°F (4°C).



## 2 in cold water

- Use a leakproof bag to contain the food.
- Replace the water in your catch basin every 30 minutes.
- Cook foods defrosted under running water immediately.
- Ensure that the food is submerged in water for even defrosting.



## 3 using a microwave

- Use the defrost setting of the microwave.
- Immediately cook foods defrosted in the microwave.
- Rotate the food being defrosted at regular intervals.
- If possible, cut the frozen food into smaller portions.



## 4 as part of the cooking process

- Ensure that the target temperature is achieved.
- Adjust the cooking time and temperature accordingly.
- Follow time and temperature increments in the recipe.
- Only use this method for foods that can thaw and cook at the same time (e.g., baked goods and patties)