# Thawing Using Approved Methods

## Under Refrigeration

* Plan ahead—large items may take several days to thaw

* Maintain refrigeration at 41$^o$F or less

* Also known as "slacking"
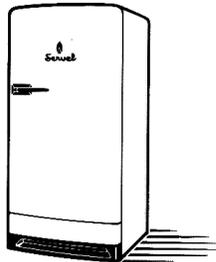
## As Part of Cooking

* Taken directly from frozen to cooking

* Great for foods that are small (e.g. frozen shrimp)

## In Microwave (To Be Immediately Cooked)

* To be transferred immediately to a conventional cooking process

* Entire cooking process can occur in microwave
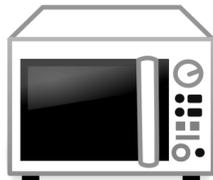
## Fully Submerged Under Cold Running Water

* Ensure running water flows fast enough to remove and float off loose particles

* Ensure all portions of food are fully submerged under water

* Running water should be cold; food should not rise above 41$^o$F for more than 4 hours

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* Freezing merely slows down bacterial growth

* When thawing frozen foods, outer portions will rise in temperature faster than the middle portion

* Keep foods safe! As thawing normally takes more than four hours, it is very important to thaw foods properly to limit bacterial growth

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