

Thawing Foods Safely

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To keep food SAFE during thawing make sure you thaw food in one of the following ways:

IN THE REFRIGERATOR:



Thaw food in a refrigerator that maintains a temperature of 41 °F or below. This method requires advance planning because larger foods may take several days to thaw.

When thawing portions of raw animal foods under running water that will require cooking, the temperature may not go above 41°F for more than four hours. This includes the time needed for preparation of cooking the food or the time it takes to lower the food temperature back to 41°F under refrigeration.

IN THE MICROWAVE:

Thaw in a microwave if the food is to be cooked immediately afterward.



UNDER RUNNING WATER:



Thaw food completely submerged under running water at a temperature of 70°F or below.

Use sufficient water velocity to agitate and float off loose particles in an overflow for a period of time that does not allow thawed portions of food to rise above 41°F.

WHEN COOKING:

Thaw as part of the cooking process.



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