

# How To Thaw Food Safely

## Preferred Method



### In the Refrigerator at 4°C (40°F) or lower

#### Advantages

- Best way to prevent food poisoning
- Meat thaws evenly throughout
- Meat stays fresh with no colour or texture change

#### Disadvantages

- Requires a planned menu
- May take several days for large cuts of meat or whole poultry

## Under Cold Running Water

#### Advantages

- Safe way to prevent food poisoning
- Meat thaws evenly throughout
- Fairly fast

#### Disadvantages

- Requires an available food preparation sink
- Uses a lot of water
- Time required to clean and sanitize sinks before and after thawing

## Alternate Method



## Least Preferred Method



### In the Microwave

#### Advantage

- Quick

#### Disadvantages

- Uneven thawing
- Colour changes
- Texture changes
- Requires immediate cooking after thawing

**Remember, never thaw meat at room temperature!**

