# **Understanding Thawing:** 3 Easy Ways to Safely Defrost Frozen Food

**Cold Water Thawing** 

Takes less time than the fridge,

but requires more attention!

You MUST cook thawed

How long should it thaw?

1 pound......1 hour or less

4 - 12 pounds......2 - 6 hours

12 - 16 pounds......6 - 8 hours

16 - 22 pounds......10 - 12 hours

food immediately after

cold water thawing!

### **Refrigerator Thawing**



Refrigerator thawing takes time, so plan ahead!



Parts of your fridge may be cooler than others, causing your food to thaw slower.

After refrigerator thawing, cook or refreeze food within:

#### 1-2 days if it is | 3-5 days if it is

around meat

frozen foods

per 5 pounds

require 24 hours

- stew meat
- poultry
- seafood

Larae

- a cut of
  - beef
  - o pork
  - ∘ lamb

packages

require 1

full day

Small 1-pound

Replace water every 30 minutes!

Seal in a leak proof package or plastic bag and completely submerge in cold water!



#### Microwave Thawing

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Plan to cook immediately if you use microwave thawing!

Why? Parts of the food may begin to cook and enter the temperature danger zone! This makes it more susceptible to to bacterial growth!

Packaging can melt! Remove meat from its package and foam tray, and place into a microwavable container before thawing.

Use the weight listed on the package to get an accurate defrost time!



## DO NOT THAW:

- On the counter
- In hot water
- In the dishwasher
- In the bathtub
- Outdoors

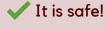


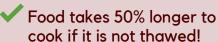
#### **ENTERS**

**Temperature** Danger Zone

40-140°F

#### Cook food without thawing!





Frozen vegetables and fruits are often cooked without thawing!

Created by Sara Cathey, Rebecca Dittmar, and the Extension Food and Nutrition Unit, May 2020. Sources: United States Department of Agriculture: The Big Thaw - https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-safety-fact-shee handling/the-big-thaw-safe-defrosting-methods-for-consumers/CT\_Index. The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression. ©Texas A&M AgriLife Extension Service