COLD WATER THAWING

- Thaw food in a leak-proof plastic bag immersed in cold water, and change water every 30 minutes or thaw in cold running water less than 70 degrees F
- Cook immediately after thawing
- Cook to proper temperature before refreezing

MICROWAVE THAWING

- Cook immediately after thawing
- Cook to recommended temperature and cool properly before refreezing

COOKING

- Thaw during the cooking process, such as cooking frozen hamburger patties on a grill
- Cooking frozen food takes about 50% longer than thawed or fresh food items

SAFETY TIPS!

- Don’t leave food in the temperature danger zone (40 F to 140 F) for more than 2 hours
- Never thaw foods outside or in a garage, basement, on the kitchen counter, or in the sink. These methods can leave your foods unsafe to eat.

SOURCE: SERVSAFE MANAGER BOOK 7TH ED, ENGLISH

KANSAS STATE UNIVERSITY AGRICULTURAL EXPERIMENT STATION AND COOPERATIVE EXTENSION SERVICE

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