

Thawing



Acceptable Methods Include:

1. Thaw food in a cooler and keep its temperature at 41°F (5°C) or lower.
2. Submerge food under running water at 70°F (21°C) or lower. Never let the food temperature be above 41°F (5°C) for longer than four hours.
3. Thaw food in a microwave, only if cooked immediately afterwards.
4. Thaw food as part of the cooking process.