

THAWING

GUIDANCE FOR THAWING FOOD IN YOUR FOODSERVICE ESTABLISHMENT



Frozen time and temperature control for safety (TCS) food must be thawed safely!

- **Thaw food under refrigeration that maintains the food temperature at 41°F or less.**
- **Thaw food under running water.**
 - Completely submerge the food.
 - Use sufficient water velocity to agitate and float off loose particles in an overflow.
 - Thaw only for a period of time that does not allow thawed portions of ready-to-eat food to rise above 41°F.
 - Thaw only for a period of time that does not allow thawed portions of raw animal food requiring cooking to be above 41°F for more than 4 hours. This period of time includes the time the food is exposed to the running water and the time needed for preparation for cooking or the time it takes under refrigeration to lower the food temperature to 41°F.
- **Thaw food in a microwave oven as part of the cooking process. Immediately transfer the food to conventional cooking equipment with no interruption in the process.**
- **Use any procedure to thaw frozen ready-to-eat food if the food is being prepared for immediate service in response to an individual consumer's order.**
- **Remove reduced-oxygen-packaged fish from the package prior to thawing under refrigeration or prior to thawing or immediately upon completion of its thawing under running water.**