Thawing Frozen Food

Thawing frozen food correctly keeps food from growing germs. Thawing can also be described as defrosting or melting the ice. It is taking something that is frozen and safely allowing the food to become unfrozen.

❌ **Never thaw food on the counter or at room temperature!**

There are 4 ways to thaw food safely.

✅ Refrigerator

- This is the safest method. The food stays below 41°F as it becomes unfrozen.

- It can take a long time, so plan ahead.

- Place frozen meat on the bottom shelf.

✅ Food Prep Sink

- Place frozen food in a container big enough for water to cover the food.

- Use cold water and leave the water on the whole time.

- Once the food is not frozen, cook right away or place in the refrigerator.

❌ **Do NOT turn off the water!**

✅ Microwave

- Food can be completely cooked in the microwave.

- Food can also be thawed in the microwave and then immediately cooked using a stove, oven, or barbeque.

✅ Cook

- Cooking can make the food unfrozen.

- Make sure food is cooked completely, using a thermometer to verify final cooking temperature.

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SNOHOMISH COUNTY HEALTH DEPARTMENT

English 3.31.25