

THAWING METHODS



In a refrigerator, at 41° F (5° C) or less.
This is the safest method.



As part of the cooking process.



Submerged under running water.
< 70° F (21° C)



In the microwave, if the food will be immediately cooked or served after thawing.



ADAMS COUNTY
HEALTH DEPARTMENT

Your Health. Our Mission.