



TECHNIQUES FOR

THAWING MEAT



IN THE FRIDGE

SEVERAL HOURS OR OVERNIGHT

Place in fridge until completely thawed. After thawed, use within two days. Do not re-freeze.



SUBMERGED + RUNNING WATER

ABOUT 1 HOUR

This is our preferred method for all types of meat and seafood including STEAKS. If the meat is not vacuum sealed, place in a zip top bag and press out all the air. Place bag in a large bowl, and fill bowl with water. Place bowl in sink. You then have two options: 1) allow tap to trickle water into bowl, continuously overflowing the bowl and excess water draining down sink. Or 2) change water in the bowl every 30 minutes.



AS PART OF COOKING PROCESS

DEPENDANT ON RECIPE-AT LEAST 1 HOUR

It is safe to add frozen meat to a long-cooking dish as part of the cooking process. Recommended for meat that fully cooks through i.e. ground beef for chili, cubed meat for stew or chicken for soup.



MICROWAVE

ABOUT 10 MINS

Consult your microwave's manual, and use defrost setting. **NOT RECOMMENDED** for steaks. Use the microwave to defrost meat that will be fully cooked through, i.e. ground beef and chicken.

