

THAWING POTENTIALLY HAZARDOUS or TCS FOODS

Perishable foods must never be thawed on the counter or in hot water and must not be left out at room temperature. There are safe ways to thaw food:

- ✚ in a refrigerator or cooler
- ✚ under cool running water
- ✚ in the microwave as part of the cooking process, or
- ✚ cooked from a frozen state

Microwave:

Frozen food items can be thawed in a microwave or cooked from a frozen state if they are used as part of the full cooking process of the food items. The food items are to be cooked to proper temperatures for food safety and service.



In a cooler or refrigerator:

Frozen food items can also be thawed safely with the use of coolers or refrigerators set at a temperature of 41°F or below. As they are stored in this type of environment, they can safely thaw while remaining in the proper range of temperatures for cold holding of food until time to be cooked.



Under cool running water:

Food can also be thawed by placing the frozen food under cool running water. The food item or items must be placed in a rimmed container such as a pot or bowl. The food must be completely submerged under potable running water at a temperature of 70°F or below. The water should flow over the container edge to flush away impurities of the food. The temperature of the thawed potentially hazardous food must not rise above 41°F.



Cooked from a frozen state:

Foods are also able to be cooked from a frozen state to thaw them and properly cook them to required temperatures. This process of thawing and cooking takes longer than other methods. It is necessary and important to check both the required cooking temperatures for foods and the temperature of the foods being cooked.



HAZARD:

Never thaw food at room temperature. Food left out at room temperature can lead to the growth of foodborne illness.

