

PROPER **Thawing**

Frozen foods thaw from the outside in. The following procedures prevent food from remaining in the temperature danger zone (41°F - 135°F) for long periods of time.

In Refrigeration

At 41°F or below



Part of the Cooking Process



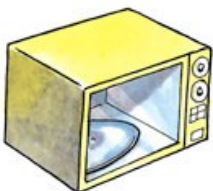
From frozen to cooked

Under Running Water

Drinking water at 70°F or below



In a Microwave Oven



If immediately cooked

PROPER **Cooling**

Cool food from 135°F to 70°F within 2 hours and from 70°F to 41°F or lower within 4 hours.

Smaller Is Better

Smaller portions cool faster!

Cut up solid foods like roasts and hams



Divide large quantities and use shallow containers



Use A Ice Water Bath

Ice helps remove heat!

Provide enough ice so it is the same level as the food. Stir frequently.



Use a Thermometer

Check the temperature!

This is the only way to know what temperature the food is at.

