Thawing Methods





- In a refrigerator, at 41°F (5°C) or below. <u>This is</u> the safest method.
 - 2 As part of the cooking process.
 - ³Submerged in running water that is 70°F (21°C) or below.
- In the microwave, if the food will be immediately cooked or served after thawing.



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