

Thaw Meat Safely!

Never Thaw Meat at Room Temperature! Raw meat contains harmful bacteria that can multiply rapidly if left at room temperature. Plan ahead so you have lots of time to thaw the meat safely.

Thawing in the Refrigerator

The best way to thaw meat is to store it in a refrigerator that is set at 4°C (40°F) or colder in a pan or container. This method will ensure meat thaws evenly throughout and stays fresh with no colour or texture changes.* Remember to store raw meat on the lowest shelf to avoid contaminating other foods with bacteria from the juices.

Allow approximately 10 Hours/Kg (5 Hours/lb).

Under Cold Running Water

This method allows meat to thaw evenly throughout and is fairly fast. This method uses a lot of water and requires an available sink.* Remember to thoroughly wash and sanitize the sink before and after thawing.

Allow approximately 2 Hours/kg (1 Hour/lb).

In the Microwave

Thawing in the microwave has the advantage of being quick but food will not be evenly thawed, there will be colour and texture changes to the meat and food need to be cooked immediately after thawing.

