



Defrost Frozen Food



Do you know :

- Frozen foods should be thawed quickly in a manner that will prevent the rapid growth of pathogenic and spoilage bacteria. During the process of thawing, the microbiological count should not exceed the limits specified in the relevant product standard
- When thawing high risk frozen foods, the warmest portion of the food shall not rise above 5°C and the food should be used within 48 hours from the time of start of thawing.



Frozen raw meat, poultry and fish may be thawed by :

1- Under refrigeration at air temperature • of 10°C or less.

2- Under cold running water•

3- Microwaves

The product temperature does not exceed 5°C. If the raw food is not to be cooked/prepared immediately after thawing, it should be stored below 5°C. Such foods should be cooked within 72 hours from the time of the start of thawing.





Best Regards

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