PROPER THAWING:

- Under Running water at a water temperature of 70°F or below; with sufficient water velocity to agitate and float off loose particles in an overflow; and for a period of time that does not allow thawed portions of ready-to-eat food to rise above 41°F,

- As part of a cooking process if the food that is frozen is thawed in a microwave oven and immediately transferred to conventional cooking equipment, with no interruption in the process,

- Using any procedure if a portion of frozen ready-to-eat food is thawed and prepared for immediate service in response to an individual consumer’s order,

- Food shall be thawed under refrigeration that maintains the food temperature at 41°F or less,

- Thawed as part of a cooking process if the food that is frozen is cooked.

Frozen Time/Temperature controlled for Safety Food (TCS) that is slacked to moderate the temperature shall be held under refrigeration that maintains the food temperature at 41°F or less

**Reduced Oxygen Packaged Fish**

Has to be removed from package before thawing or immediately upon completion of thawing process.

**REMEMBER:** If it states “keep frozen” then keep it frozen until you cook it!