











Proper defrosting is essential to maintaining the taste, texture and safety of frozen foods. It effects the taste and texture of frozen fruits and vegetables and if defrosted properly can enhance the juiciness of meats.

The following points should always be considered when defrosting food;

- Only thaw in the chillers.
- Always defrost food in clean sealed containers or packets to prevent cross contamination with other refrigerated foods.
- The temperature of the chiller should be maintained at 1°C to 4°C to discourage growth of harmful organisms as the meat / chicken thaws.
- Never defrost at room temperature for even a short period of time as harmful bacteria will quickly multiply at temperatures ranging from 5°C to 63°C.
- Defrosting should always take place in the bottom shelf of the chiller. If any juices drip onto other foods that are underneath, these foods can become contaminated and therefore unfit to eat.
- Ensure that the meat is properly covered and protected and that it is kept away from other foods.
- The chiller should have dedicated shelves for defrosting and should be clearly labeled "Defrosting Only"
- The defrosting meats should be given fresh labels with the following details:
  1. The name of the item – i.e whole chicken
  2. The date the defrosting commenced
  3. Circle "D" for defrosting on the label
  4. Record this on the defrosting form
- Once defrosted, the item can be kept in the chiller for:
  - Seafood: 1 day
  - Poultry: 2 days
  - Meat: 4 days.
- If the defrosted meat is not going to be used immediately, please remove the "defrosting labels" and put new ones allocating appropriate shelf-lives

**As a General Rule allow 24 hours to defrost each 2.5kg/5.5lb of raw meat or poultry**

**Never re-freeze meat or poultry that as been defrosted.**

<b>Refrigerator Method</b>	
<b>Approximate defrosting times</b>	
<p><b>Steak</b> (one inch thick)            Defrost in the refrigerator for: <b>12 hours</b></p> 	<p><b>Steak</b> (thicker than one inch)            Defrost in the refrigerator for: <b>Up to 24 hours</b></p> 
<p><b>Pot Roast</b> (thin)            Defrost in the refrigerator for: <b>3 to 5 hours per pound</b></p> 	<p><b>Pot Roast</b> (thick)            Defrost in the refrigerator for: <b>4 to 7 hours per pound</b></p> 
<p><b>Oven Roast</b> (small)            Defrost in the refrigerator for: <b>Up to 5 hours per pound</b></p> 	<p><b>Oven Roast</b> (large)            Defrost in the refrigerator for: <b>Up to 7 hours per pound</b></p> 
<p><b>Ground Beef</b> (half inch thick patties)            Defrost in the refrigerator for: <b>12 hours</b></p> 	<p><b>Ground Beef</b> (one pound bulk)            Defrost in the refrigerator for: <b>24 hours</b></p> 
 	<p><b>Whole Chicken or Chicken Breast</b>            Defrost in the refrigerator for: 5 hours per pound            or 11 hours per kg</p>