

Proper Thawing of Food

Harmful bacteria can grow when food is not thawed properly. Food should be thawed in covered container or leak-proof packaging using one of the following thawing methods. After complete thawing, the thawed food should be cooked thoroughly.

Method 1. Thaw in Chiller

Plan ahead for sufficient time and space to thaw food in chiller. Thaw raw food below cooked and ready-to-eat food.



Method 2. Thaw in Microwave Oven

Place frozen food in covered microwave-safe container and defrost completely. Clean the microwave thoroughly after using it for thawing.



Method 3. Thaw under Running Water or in Cold Water

Ensure that sink is clean and empty before using to thaw food.



Seal food in plastic bag before thawing under running water. Do not place food directly in the sink or into container of water.



When thawing food in a container of cold water, change water every 30 minutes until food is completely thawed.

正确解冻食物的方法

食物若没有正确解冻，可能会滋生有害细菌。请将冰冻食物放在有盖容器内或防漏包装中并采用下列其中一种方式来解冻。解冻完成后，才将解冻的食物彻底煮熟。

方法1: 冷藏库中解冻

预先计划以确保足够的时间和空间在冷藏库中解冻食物。在解冻生食时，将生食储存在熟食和即食食物之下。



方法2: 在微波炉中解冻

将冷冻食物放在有盖适于微波的容器内彻底解冻。

使用微波炉解冻食物后，须彻底清理微波炉。



方法3: 在自来水下或冷水中解冻

解冻食物前，确保水槽以清理干净及有足够的空间。



将食物装在密封的塑料袋中，然后放在自来水下解冻。不要将食物直接放在水槽中或冷水中解冻。



在储有冷水的容器中解冻食物时，须每30分钟更换容器中的水，直到食物完全解冻。