Thawing Foods

Approved methods

- ☐ Under refrigeration
- ☐ Submerged under cold running water, in a food preparation sink, with water that does not exceed 70°F and time does not exceed 2 hours
- ☐ Microwave, then cook immediately
- ☐ Part of the cooking process

FROZEN RAW FISH that is REDUCED OXYGEN PACKAGED (ROP) must be removed from the Reduced Oxygen Packaging at the time it is removed from the freezer.