

 <p>SMALL SCALE FOOD PROCESSOR ASSOCIATION <small>SUPPORTS INDEPENDENT FOOD PROCESSORS & GROWERS</small></p>	<p>Document No. HUB.PT.WI 123 Effective Date: 01-June 2022 Revision Date: New</p>
<p style="text-align: center;">Defrosting Meat</p>	<p>Revised By: MDaskis Approved By: NRoss Reason for Revision: New</p>

Defrosting in refrigerator

1. Schedule production to allow time for defrosting in the refrigerator. Do not defrost meat (and fish) at room temperature.
2. Check the packaging of frozen meat before defrosting to make sure it is not torn or open, and to avoid juice leakage contaminating the surrounding area.
3. For refrigerator defrosting (safest way), place the meat in a clean container or platter that will hold any juices leaking out of the food.
4. Place it on the bottom shelf of the refrigerator to prevent accidental cross-contamination of other food.
5. Defrost food in the refrigerator until completely defrosted. Defrosting time depends on the type and amount.
6. Cook the meat as soon as it's defrosted.

Defrosting in water.

1. If there is insufficient time to defrost in refrigerator, then meat may be defrosted under cold tap water in a sanitized sink.
2. Make sure the meat is wrapped in leak-proof plastic to help prevent cross-contamination.
3. Submerge the meat in a clean container.
4. Monitor temperature in sink. It must remain below 4°C. Change the water in the sink every 30 minutes until the meat is defrosted. Record on batch report.
5. Cook the meat as soon as it's defrosted. Clean the sink after use.

Small quantities of food may be cooked from frozen or thawed in a microwave oven.