

Thawing frozen food

Goal: Ensure that food is thoroughly defrosted before cooking, and that defrosting does not contaminate other food.

What can go wrong?	What can I do?	How can I check?	What if it is not right?
Growth of food poisoning bacteria	Make sure that frozen foods – especially poultry, seafood, large joints of meat or kebab spits – are thoroughly defrosted before cooking or follow the manufacturer’s instructions.	Ensure that foods are fully defrosted by: <ul style="list-style-type: none"> • checking for ice in the food using a skewer or a probe thermometer • checking that poultry joints are flexible. 	Defrost for a longer period. Defrost smaller amounts, which will defrost more quickly.
	Do not refreeze defrosted or partially cooked food a second time. Use it immediately or date code and refrigerate it.	Regularly look at where and how food is being defrosted.	Defrost only the amount of food you plan to cook. Use any refrigerated defrosted food by the date code.
Defrosting raw meat and seafood can cross-contaminate cooked and ready-to-eat foods	Keep defrosting food from touching cooked and ready-to-eat foods and make sure raw meat or seafood juices do not drip onto other foods.	Regularly inspect to see whether defrosting food is kept separate from cooked and ready-to-eat foods.	Dispose of ready-to-eat foods that may be contaminated by defrosting food. Throw away thawed food if uncovered or in damaged packaging. Clean and disinfect contaminated areas.

