



THAWING

5

safe ways to thaw food:

- 🕒 **In the refrigerator**
- 🕒 **Submerged under cold, running water**
- 🕒 **During the cooking process**
- 🕒 **In a microwave oven and then cooked immediately**
- 🕒 **Remove frozen fish from reduced oxygen package (ROP) prior to starting thawing process**