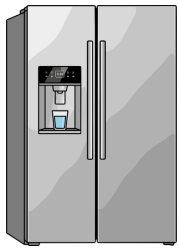


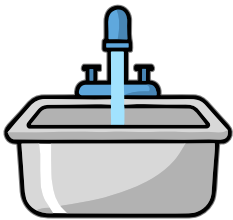


Meat Science

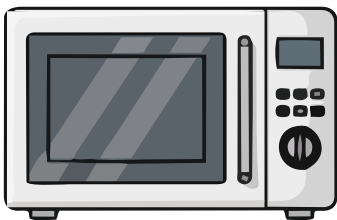
HOW TO THAW BEEF



Refrigerator



Running Water Bath



Microwave

When beef needs to be thawed, there are three recommended methods: microwave, running water bath and refrigerator. These methods thaw beef while mitigating the growth of food-borne pathogens!

The refrigerator method works well for meat you need thawed over a day or two. Make sure to set the meat on the lowest shelf to avoid purge from contaminating any food below it.

In the running water bath, it is important the water does not stop flowing. If the water is stagnant, there is a risk of bacterial growth. This method is great for meat needed in a couple hours.

The microwave method is the fastest. Most microwaves have a defrost setting that works great. This method is good for meat needed within minutes.