

# THAWING of FOODS



**In refrigeration,  
at 41°F or below**



**Under cool running water  
at 70°F or below, for no  
more than 2 hours (best  
for chicken & fish)**



**In a microwave oven, if food will  
be transferred immediately to a  
conventional cooking method.  
The microwave thawing will  
actually begin the cooking  
process.**



Model# IR-6-RG-24

**From frozen state,  
cook in an oven or  
on a grill.**