

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.**