

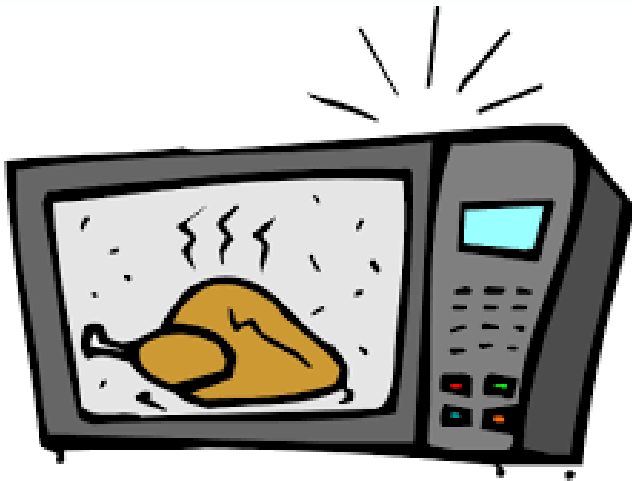
Safe Defrosting Process



Chiller $< 5^{\circ}\text{C}$
24-48 hours



Running
Water $< 21^{\circ}\text{C}$



Micro-Wave

*Food must be
cooked immediately



As a part of
cooking process