

Defrosting Safely

Kitchen

Three safe methods, and the one that is never safe.

Three acceptable methods, with rough timings.

Method	Time	Note
Fridge	24 h per 2 kg	Safest; plan ahead
Cold water	1 h per 500 g	Sealed bag; change water every 30 min
Microwave	Minutes	Cook immediately afterwards
Cook from frozen	1.5× the time	Safe for many foods
Room temperature	—	Never

Food defrosted in the fridge can be refrozen. Food defrosted by any other method must be cooked first.