

How to thaw frozen food

Detail Introduction :

Frozen dumplings, frozen shrimp, and other foods do not need to be thawed and can be cooked directly after being taken out of the refrigerator. Large-scale frozen primary agricultural products such as chicken, fish, and meat must be thawed before cooking and cutting.

First, thaw at low temperature, put the packaging bag intact in the refrigerator, and slowly thaw it. However, the fish meat used for sashimi should be taken out of the packaging bag and then thawed to avoid discoloration; the second is to thaw naturally, and the packaging bag is placed in a cool indoor place; the third is to thaw with flowing water. The fourth is the rapid thawing of microwave ovens. This thawing method should first use the lowest gear and then gradually heat the food according to the state of the food to avoid over-thawing being too long, causing the food to dry and harden and the juice to flow out.

Pay attention to the content of the "Eating Method" in the "Food Label," cook according to the prompt instructions. When using a microwave oven, take water-retention measures during the heating process of the microwave oven to prevent the water from evaporating and the food from being too dry; if the product needs to be fried, the oil temperature should not be too high; the heating must be thorough. Otherwise, the core temperature required to kill pathogenic bacteria will not be reached, which will bring food safety risks; to prevent the flavor of the product from changing, please choose the appropriate heating method according to the product properties, such as oven baking, frying, steaming, etc.