



The Safe and Easy Way to Defrost Meat



Have you ever gone to make dinner and realized the chicken, beef, or pork is still frozen? Don't worry – you're not alone! The good news is there are safe and simple ways to defrost meat. Let's talk about the best methods so you can keep your food tasty *and* safe to eat.

Many people leave meat on the kitchen counter to thaw. It may seem fast, but it's not safe. Why? Because the outside of the meat gets warm while the inside is still frozen. Germs love that warm "danger zone," and they can grow quickly!

So, what *are* the safe ways? Let's look at three easy methods:

In the Fridge (Best Way!)

- Put the frozen meat on a plate or in a container with a lip so those juices don't drip.
- Leave it in the fridge until it's fully thawed.
- This can take a few hours or overnight, but it's the safest way!

Downside: You need to plan ahead.

Running Water (Faster!)

- Place the meat in a sealed plastic bag.
- Put the bag in the sink and submerge it under cool running water.
- Small cuts thaw in about an hour. Big pieces take longer.

Downside: Uses a lot of water.

Microwave (Quickest!)

- Use the “defrost” setting on your microwave.
- Stop and turn the meat often so it thaws evenly.
- Cook it right away, because some spots may get warm and start cooking.

Downside: Meat can get a little chewy.

With these simple tricks, you can skip the stress and serve safe, tasty meals every time. No germs, no guessing – just smart cooking made easy!