



## Defrost Meat Before Putting in Slow Cooker

When using frozen meat, it is important to take time and defrost meat completely. If the meat is not completely defrosted, it will not heat fast enough in the slow cooker to kill potentially harmful bacteria.

There are three safe ways to defrost pork and other frozen meat: in the refrigerator, in cold water or in the microwave. Never defrost meat at room temperature. It is best to plan for slow, safe thawing in the refrigerator. After thawing, the raw pork can be safely stored in the refrigerator 3 to 5 days before cooking.

Meat in an airtight bag can be put in cold water to thaw if the water is changed every 30 minutes so the meat defrosts safely. A large roast may take up to three hours to defrost this way.

After thawing pork in the microwave oven, it must be cooked immediately. During thawing, part of the meat may begin cooking in the microwave. Holding partially cooked food is not recommended because any bacteria present would not have been destroyed.

Foods defrosted in the microwave or by the cold water method should be cooked before refreezing.

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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