HOORVIA ? MEAT THAWING SAFETY CHART: PRINTABLE SAFE DEFROST REFERENCE

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #1020

Meat	Fridge Thaw Time	Cold Water Thaw	Safety Rules
Chicken Breasts (1 lb)	1 day	1?2 hrs	Cook within 1?2 days of thawing
Whole Chicken (4?5 lbs)	2?3 days	4?5 hrs	Change water every 30 minutes
Ground Meat (1 lb)	1 day	1 hr	Cook within 1?2 days; never refreeze raw
Steaks (1-inch)	1 day	1?2 hrs	Refreeze only if fridge-thawed
Large Roast (4?5 lbs)	3?4 days	5?6 hrs	Keep below 40°F at all times
Turkey (12?16 lbs)	3?4 days	6?8 hrs	Allow 24 hrs fridge per 4?5 lbs
Turkey (20?24 lbs)	5?6 days	10?12 hrs	Plan a full week ahead
Pork Chops	1 day	1?2 hrs	Sealed bag in cold water only
Fish Fillets (1 lb)	1 day	1 hr	Cook the same day it thaws
Shrimp (1 lb)	Overnight	20?30 mins	Cold running water is fastest
Bacon / Sausage	1 day	1 hr	Skip the microwave ? it cooks edges
Casseroles / Meatballs	1?2 days	2?3 hrs	Reheat to 165°F throughout

PRO TIP: Cold Water Rules: Submerge sealed meat in COLD water, never warm ? warm water breeds bacteria on the surface. Change the water every 30 minutes to keep it safely cold.