



Dinner Studio

THAWING INSTRUCTIONS

There are three safe ways to defrost food: in the refrigerator, in cold water and in the microwave. Cooking instructions for our dinners are based on the contents being thawed, not frozen. Partially frozen items will cook, but the cooking times will be longer.

Refrigerator thawing

Planning ahead is the key to this method because of the lengthy time involved. Even small amounts of frozen food—such as a pound of ground meat or boneless chicken breasts require a full day to thaw. When thawing foods in the refrigerator, there are several variables to take into account. (Some areas of the appliance may keep the food colder than other areas, keeping food colder longer.)

For example: A dinner taken from the freezer and placed in the refrigerator on Monday morning will be ready to bake on Tuesday (sometimes sooner). This will give the dinner enough time to fully thaw.

*After thawing in the refrigerator, ground meat and poultry should remain useable for an additional day or two before cooking; red meat 2-4 days. Foods defrosted in the refrigerator can be refrozen without cooking, although there may be a decline in quality.

Cold Water Thawing

This method is faster than refrigerator thawing but requires more attention. The food must be in a leak-proof package or plastic bag. If the bag leaks, bacteria from the air or surrounding environment could be introduced into the food. Also, meat tissue can also absorb water like a sponge, resulting in a watery product.

The bag should be submerged in cold tap water, changing the water every 30 minutes to promote thawing. Small packages of meat or poultry—about a pound—may defrost in an hour or less. A 3-4 pound package may take 2 -3 hours. If thawed completely, the food must be cooked immediately. Food thawed by the cold water method must be cooked before refreezing.

Microwave Thawing

When microwave defrosting, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwave defrosting. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed and may have reached optimal temperatures for bacteria to grow.

Recommended Temperatures for cooked food

Below are the safe temperatures for cooked foods according to the United States Department of Agriculture, Food Safety and Inspection Service. You can cook them to higher internal temperatures, of course, but these are the minimum temperatures that must be reached to ensure safety.

CHICKEN: whole-180°, breast-170°, thigh-180°, TURKEY 180°.

BEEF: medium rare-145°, medium-160°, well done-170°, Ground Beef-160°.

PORK: medium-160°, well done-170°.

SEAFOOD: Fish—until opaque and flakes easily. Shrimp—turns red and flesh becomes pearly opaque.

VEGETABLES: until desired temperature and/or texture.

The best way to check internal temperatures is with a meat thermometer

If you have more questions, please visit our website or call us Monday through Friday 9am-5:30pm.

www.DinnerStudio.com

(858) 277-1977



You've just received your personalized dinners....

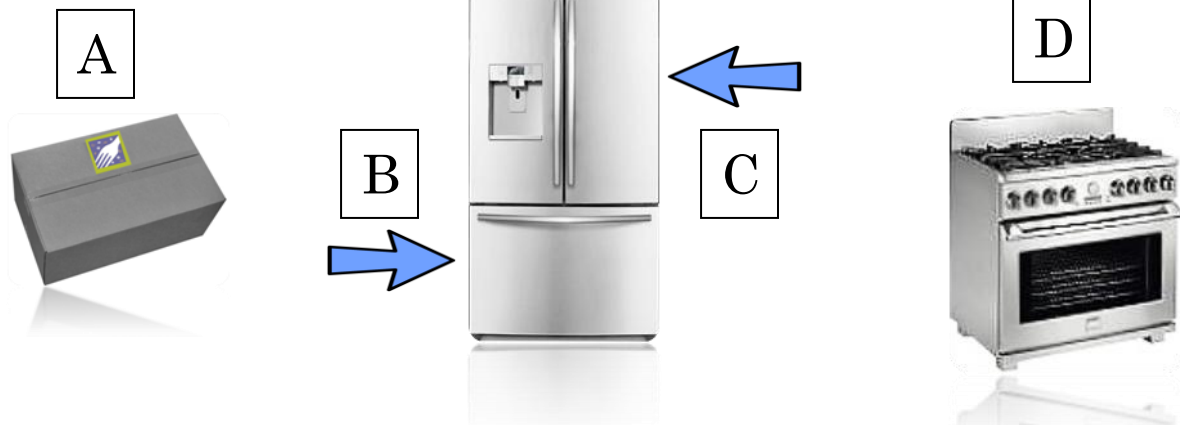
WHAT NOW????

#1 Select **2** dinners that you would like to use in the next 2-3 days. Place these dinners in your refrigerator. They'll be unfrozen and ready to go!

#2 Place the remaining dinners in your freezer. ALL Dinner Studio dinners can be frozen. Then thawed (See reverse for thawing instructions) and cooked according to the included cooking directions on each dinner.

NOTE: Many variables will effect cooking times (appliance brand/age, placement in appliance, pre-cooked food temperature, etc.) Cooking to the proper internal temperature is the best way to know your dinner is safe for you and your family to eat. Frozen or slightly frozen dinners will cook, but may take longer to reach correct internal temperatures.

We recommend...



A

Your dinners have made it into your kitchen! Unpack, decide which 2 dinners you'd like to enjoy first.

B

Place all dinners (except the 2) into your freezer. All dinners are designed to be frozen until ready to use. The two chosen dinners can go directly into your refrigerator.

C

Thinking ahead is the key! Taking dinners from the freezer and placing them in the refrigerator 24 hours before use will ensure each dinner is thawed and will follow cooking instructions.

D

Now that your dinner is thawed, it's ready to cook! Be sure to read entire cooking instruction before placing in crock pot, oven, or grill. ENJOY!!