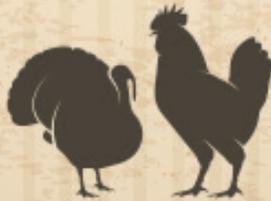


THAWING POULTRY

It takes **24 hours** for each **2.5 kg (5 pounds)** of bird to thaw* in the fridge:

KG	POUNDS	HOURS
2.27	5	24
3.18	7	36
4.54	10	48
5.67	12.5	60
6.8	15	72

The safest way to thaw frozen raw chicken or turkey is in the refrigerator.



*Cook poultry immediately after it has thawed.



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