

Defrosting in Your Dacor Oven

When defrosting foods, it is important to keep the temperature below 40°F. This will prevent harmful bacteria from growing. Your Dacor oven can provide a good medium to defrost foods in some instances. The following are some guidelines to follow:

- A temperature of 135° is best for defrosting meats.
- Use the Pure Convection mode.
- All foods must be defrosted in your Dacor oven for a maximum of 2 hours.
- If it is a small cut of meat, lay on a flat cookie sheet with a 1-inch rim to catch any juices.
- If it is a large roast, it must already be partially defrosted to use your oven to completely defrost the meat.
- Partially defrosted roasts can be fully defrosted by raising it up on a V-shaped rack.
- Thick frozen casseroles such as lasagna would not defrost well in your oven. It is best to follow the manufacturer's suggestions for defrosting or defrost casseroles in the refrigerator overnight. Leave the food in its original container and keep it covered. It is best to place thawing foods on a cookie sheet with a 1-inch rim. Place on the lowest shelf of the refrigerator to prevent juices from contaminating other foods.
- DO NOT allow foods to defrost on the counter or at room temperature. This will place the food in the Temperature Danger Zone (between 40-140°) and can allow harmful bacteria to grow.
- Some foods can be baked from frozen. A few examples of these are: pizzas, frozen pastries, croissant dough, cookies, etc. Allow the oven to come to a full preheat, then follow the times and temperatures in the Baking Guidelines chart. Note that frozen items will take longer to bake than the stated time.
- If the food begins to dry out, you may wrap with aluminum foil. For instance, chicken legs and wings may defrost faster than the rest of the bird. Using a small amount of aluminum foil, cover the tips to prevent further drying.