

How to defrost food with a microwave oven

The first thing to do before processing food is to defrost food, there are quite a lot of defrosting methods such as thawing by soaking, steaming, warming so that we can defrost by microwave oven now.

The first thing to do before processing food is to defrost food, there are quite a lot of defrosting methods such as thawing by soaking, steaming, warming so that we can defrost by microwave oven now.

Is defrosting in the microwave effective? Pay attention when defrosting with a microwave oven. Please refer to the article below.

Take frozen meat from the freezer compartment to the plate



Defrost food with a microwave

Place the frozen meat plate on the center of the turntable (turntable)

Picture 2 of How to defrost food with a microwave oven



Put the meat on the plate

Power twist (CS) Medium

Picture 4 of How to defrost food with a microwave oven



Adjust capacity

Time 4-5 minutes for 400g pieces of meat weighing

Picture 6 of How to defrost food with a microwave oven



Adjust the time

At the end of the time, the frozen meat was perfectly defrosted

Picture 8 of How to defrost food with a microwave oven



Take out the meat

Defrost some foods daily:

Whole meat or chicken drumsticks: Weight 0.2 to 0.8 kg requires 50% capacity in 5 to 10 minutes time.

1. Place the food on a baking plate placed at the center of the turntable.
2. When you hear the signal, turn the food up, close and separate.
3. Cover hot and thin food areas with aluminum foil.
4. After defrosting, use aluminum foil for 10 - 15 minutes, until the food is completely thawed.

Minced meat: Weight 0.2 to 0.8 kg requires 50% capacity in a period of 5 to 10 minutes.

1. Place the minced meat in a baking dish, set at the center of the turntable.
2. When you hear the signal, turn the food over, remove the defrosting parts, if possible.
3. After defrosting, use aluminum foil for 10 - 15 minutes, until the food is completely thawed.

Fruits and vegetables: Weight of 0.2 to 1kg requires 30% capacity in a period of 5 to 10 minutes.

1. Place vegetables in a baking dish, set at the center of the turntable.
2. When you hear the signal, turn the food over, remove the defrosting parts, if possible.
3. After defrosting, use aluminum foil for 10 - 15 minutes, until the food is completely thawed.

Fish food: Volume of 0.2 to 1kg requires 30% capacity in a period of 5 to 10 minutes.

1. Place the fish in a baking dish, placed at the center of the turntable.
2. When you hear the signal, turn the food over, cover the thin and hot food areas with aluminum foil.
3. After defrosting, use aluminum foil for 10 - 15 minutes, until the food is completely thawed.

Note when defrosting

To facilitate the storage of food on the refrigerator and to ensure easy defrosting, before freezing lean beef, cut into thin slices (about less than 3cm). For chicks, cows and ribs, freeze separately each piece (if necessary), insert into a thin frozen plastic container for easy defrosting.

1. Ribs and thighs need to be folded into a straight line to thaw.
2. Minced meat needs to be arranged into thin pieces to thaw.
3. After turning the food over, it is necessary to shield the defrosted areas with small and flat pieces of aluminum foil.
4. Chicken thighs need to be processed immediately after defrosting.
5. If you do not use all the food after defrosting, you must cook food and keep it in the refrigerator, can store it for 1-2 days.

These are useful information to help you defrost food quickly and still retain the flavor of the dish.

Thank you for following the article

You finished reading the article "**How to defrost food with a microwave oven**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.