**Section 760.230 Thawing Potentially Hazardous Foods**

Potentially hazardous foods shall be thawed:

a) In refrigerated units at a temperature not to exceed 45°F, prior to July 1, 1996 and 41°F, effective July 1, 1996; or

b) Under potable running water at a temperature of 70°F or below, with sufficient water velocity to agitate and float off loose food particles into the overflow and for a period not to exceed that reasonably required to thaw the food; or

c) In a microwave oven only when the food will be immediately transferred to conventional cooking units as part of a continuous cooking process or when the entire, uninterrupted cooking process takes place in the microwave oven; or

d) As part of the conventional cooking process.

(Source: Amended at 20 Ill. Reg. 2201, effective January 20, 1996)