

# Improved Procedure for Thawing Ultra-Low Temperature Tuna

## Ice Water Thawing

\* This instruction is for the tuna in regular bar (about 1 inch thickness). Please adjust the time, according to the size.

\* Please note that this is a basic guideline.

\* “bar” indicates the ultra-low temperature tuna cut into a rectangular shape.

### Prepare:

a bowl (to soak the block)

ice cubes

a Ziploc bag (or thin plastic bag)

paper towels

plastic wrap

### Instruction:

1. Pour the ice and water into the bowl. Use many ice cubes as shown in the image.



2. Gently clean the surface of the tuna bar with cold water.



3. Insert the bar into the bag and **take out the air as much as possible**. (a regular plastic bag is used in the image.)



4. Immerse the bag with the tuna bar under the ice water for 2-2.5 hours. (longer for a larger block)



5. Take out the bar, wrap it with a paper towel then plastic wrap. End.

\* Cut and serve while still semi-thawed, to enjoy the freshness at the table.

### **Note:**

- \* **Serve as soon as possible after defrosting. Discoloring may start within 2 days.**
- \* **If the product came vacuum-packed, take it out of the package and thaw it.**
- \* **In rare cases, the product may shrink while thawing. This happens when the product is frozen at its pre-rigor state immediately after harvesting and the cells get activated when thawed.**
- \* **Do not refreeze tuna after thawing. It would cause discoloration.**

