



Hart & Co.

Defrosting Foods Using Steam and Combi Steam - Quick Reference Table

Food Item	Settings	Notes
Protein (fish, chicken, meat), single serve portion approx 150-250g	Defrost, Steam or Sous Vide, 30°C, 20-40min	Remove from packaging, set in a stainless steel tray. Cook within 30 minutes of thawing.
Protein (fish, chicken, meat), family sized portion approx 500g-1kg	Defrost, Steam or Sous Vide, 30°C, 40-60min	Even, thin/flat layer, no more than 3cm thick, for food safety. Remove from packaging, set in a stainless steel tray. Cook within 30 minutes of thawing.
Protein (fish, chicken, meat), large or whole cuts.	N/A	Not recommended, see notes
Cooked meal (soup, stew, pasta), single serve portion approx 300-400g	Defrost, Steam or Sous Vide, 30°C, 30-40min	Remove from packaging, set in a stainless steel tray or on a plate. Heat and serve immediately after thawing.
Cooked meal (soup, stew, pasta), family sized portion approx 500g-1kg	Defrost, Steam or Sous Vide, 30°C, 45-60min	Even, thin/flat layer, no more than 3cm thick, for food safety. Remove from packaging, set in a stainless steel tray. Heat and serve immediately after thawing.
Bread (rolls)	Defrost or Combi Steam (30%/low steam), 60°C, 30-40min	Remove from packaging, set in a stainless steel tray.
Bread (whole loaf, sandwich/light style)	Combi Steam (30%/low steam), 60°C, 40-60min	Remove from packaging, set in a stainless steel tray.
Bread (whole loaf, sourdough/heavy style)	Combi Steam (30%/low steam), 50°C, 60-90min	Remove from packaging, set in a stainless steel tray.
Cake, single serve, no icing	Combi Steam (50%/med steam), 50°C, 20-30min	Remove from packaging, set in a stainless steel tray or on a plate.
Cake, large portions or whole, no icing	Combi Steam (50%/med steam), 50°C, 30-60min	Remove from packaging, set in a stainless steel tray or on a plate.

*All times and temperatures are estimates, you may need to alter to suit your food.

*Frozen proteins that have been sealed in sous-vide or zip-lock bags, with the air removed, can be thawed in the bag. All other foods should be removed from packaging as this can hinder the transfer of heat.

*Large joints of meat and whole poultry should be thawed in the fridge, as they are too thick and dense to be safely thawed at higher temperatures.