

How to Plate & Defrost Hubfoods

An Instructional Guide



Step 1

Remove Hubfoods items from the freezer and place on a plate. Check the product label to confirm the correct item and portion size before removing from the freezer.



Step 2

Wrap the plate with two layers of cling film. Double-wrapping is essential to prevent moisture seepage. Apply each layer carefully over and above the plate in a “criss-cross” method. The seal should be firm and secure, but avoid wrapping too tightly to avoid condensation to pool.



Step 3

Place in the fridge or coolroom for 8 hours or overnight. Place the wrapped plate in a fridge or coolroom operating at 5°C or below overnight to defrost. Do not attempt to accelerate the process using hot water, a microwave, or at room temperature.



NOTE ON DEFROSTING

Never defrost at room temperature! Always defrost in a refrigerator or coolroom at 5°C or below to maintain food safety & integrity. Remember to follow these steps in the above order.

Do not skip or substitute any stage of this process.