



## INSTRUCTIONS FOR DEFROSTING SUPER FROZEN TUNA AT -60 °C

- prepare cold water ( water temperature of 1 °C - 3 °C )
- wash the tuna in water
- clean the tuna from water droplets
- put the tuna in a waterproof plastic bag in to the water
- the tuna in the bag mustn't come into contact with water
- defrosting time: Saku Plate between 20 - 30 minutes, Saku Block between 90 - 180 minutes
- note: defrosting time depends on the size of the tuna and the room temperature
- after defrosting, the tuna should be slightly soft on the surface and hard in the middle
- remove the tuna in the bag from the cold water
- take the tuna out of the bag
- clean the surface of the tuna with a paper towel
- wrap the tuna in a dry paper towel and place in a plastic bag
- put the tuna in the refrigerator for at least 15 minutes before use