

# What is the most preferred method of thawing frozen vegetables?

## Detail Introduction :

Vegetables are an essential part of our daily diet, providing our bodies with many vitamins and minerals. However, most vegetables degrade and lose their nutrients once harvested, making it difficult to maintain their freshness. Therefore, some farmers use the Frozen Vegetable method to facilitate long-distance transportation or maintain a good sale.

Even though the Frozen Veggies method is ideal, it is necessary to get a suitable Defrost vegetable method, otherwise, the vegetables will become unpalatable and lose their original flavor. So what Defrosting Equipment can be used to thaw the vegetables well?



What is the most preferred method of thawing frozen vegetables?

Microwave Defrost Method is a method of thawing frozen food by the action of electromagnetic wave at a particular frequency. The microwave has a high penetrating power at low temperatures. Based on the dielectric properties of ice, Industrial Microwaves thawing and tempering can obtain fresh videos and better use of the thawed ingredients for further processing.

The microwave Thawing Method has the outstanding advantages of short defrosting time, uniform heating inside and outside, reduced meat loss, no loss of nutrients, a clean defrosting environment, and high production hygiene standards compared with traditional natural defrosting, water immersion, or water drenching defrosting.

Microwave Thawing Machine is a special Equipment for defrosting by the microwave oven. Industrial Microwave Defrosting Equipment consists of a tunnel-type microwave generator and conveyor belt. The conveyor speed is controlled by frequency conversion, which can be applied to different video defrosting required speed. Most importantly, the Quick Defrost Machine has a strong sterilization effect while preserving the original flavor and nutrition of the food.

The structure of microwave thawing machine	
1	Defrosting Equipment consists of defrosting chamber, magnetic control tube, stirrer, cold air unit, etc.
2	Defrosting chamber is made of stainless steel.
3	The magnetron and stirrer are installed in the upper part of the defrosting chamber.
4	Defrosting System has a cold air unit and a cold air circulation channel to prevent local overheating of frozen products during defrosting.
5	The electromagnetic wave of Microwave Defrosting has two frequency bands, 915MHz and 2450MHz.

Advantages of Microwave Defrost Machine.

Advantages of Microwave Thawing Machines	
1	Thawing Meat In Microwave has the advantage of short thawing time, can better maintain the original quality of thawed food, nutrients are not lost.
2	Microwave Defrosting has the effect of sterilization, ensuring that the defrosted food is not contaminated.
3	Thawing Machine has a small footprint and can realize continuous production.



Microwave Defrost Equipment has the characteristics of frozen material overall back to temperature, temperature gradient is small, the temperature rise rate is easy to control, etc. Defrosting System the characteristics make frozen products thaw to achieve an ideal state.



For example, Defrosting Equipment can make the whole frozen product heated back to temperature, reducing the problem of uneven temperature between the thawing layers of frozen products; and The Machine thawing process is shorter, not easy to grow bacteria and other microorganisms; Microwave is also no thermal inertia, frozen material temperature rise rate is controlled by the microwave energy rate, with mutual Synchronicity. It should also be noted that the final temperature of Microwave Defrost generally at  $-2 \sim -4$  when the frozen products are not dripping and can be used for the cutting process. Microwave Heating is penetrating heating, but its penetration capacity is limited; home microwave oven generally can only penetrate about 4 cm thickness of food. When heating large pieces of food, you need cleverly use the "shelf" principle, so that the heat in the food naturally transfer, so in the case of more extensive food, should be divided into smaller pieces, or always observe, the surface has been part of the pick off.

Frozen Vegetables are a kind of frozen food. After processing, it is the pepper, tomatoes, beans, cucumbers and other fresh vegetables in the lowest possible temperature and as soon as possible to freeze the vegetables made of small packages. Antioxidants, preserving the freshness and nutrients of the vegetables.

Frozen Veggies are not just individual vegetables, but in many cases, a mix of vegetables that provide a range of vitamins by combining various blends with reasonable nutritional value.

The Frozen Vegetable Processing method allows the water in the vegetables to quickly form regular, tiny ice crystals that are evenly dispersed within the cells, not damaging the vegetable tissue and inhibiting the development of bacteria and molds within the vegetables.

The USDA says that the enzymes contained in vegetables will continue to produce changes in vegetables, so even with Frozen Veggies, the effects of enzymes will not stop, but will slow down, so even if the Frozen Vegetable packaging shelf life is more than one year, the USDA recommends consuming them within one year to avoid significant changes in the taste, color and texture of Frozen Vegetables after one year.

The above is the information about the production of vegetables by Frozen Vegetable Factory and the thawing of vegetables by Microwave Thawing Equipment. It can be understood that Microwave Thawing is more convenient for the safety and taste of Frozen Veggies.

Our company is a professional Microwave Thawing Machine Manufacturer with many years of experience in Microwave Thawing Machine Production, our Quick Defrost Machine is now widely welcomed and loved at home, and abroad, if you are interested in Industrial Defrosting Equipment, please feel free to contact our Microwave Thawing Machine Technology team, we will give you the most professional Meat Thawing guidance and the most favorable Defrost Machine price.