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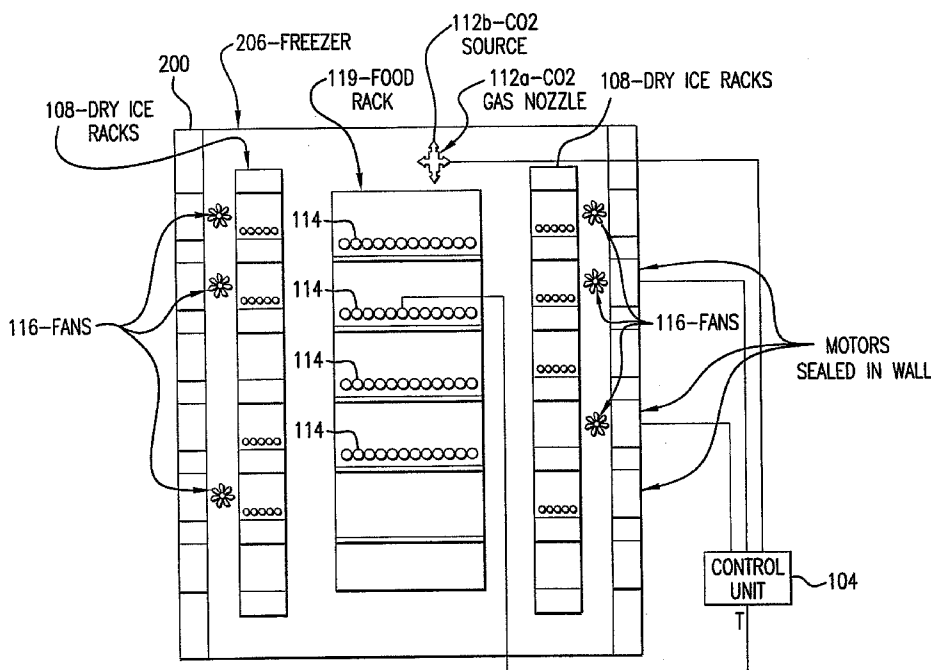
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(54) Title: **FOOD FREEZING AND THAWING METHOD AND APPARATUS**



(57) Abstract: A method of freezing food for later thawing and use which includes the steps of packing a food product in a container for freezing, cooling the food substantially throughout the bulk thereof to about 10 °C and then cooling the food substantially throughout the bulk thereof preferably from about 10 °C to about -10 °C in approximately 10 minutes to less than approximately 40 minutes.

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