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How to defrost small refrigerator

Knowing how to defrost a fridge freezer is one of those slightly boring but necessary life skills we all need. After all, it's hard to imagine living without a fridge freezer, so it's important to do everything you can to keep yours in great condition. Defrosting your appliance is really important if you have a manual defrost fridge freezer. But even if you have a 'frost free' model, these can still build up a thin layer of ice over time, so you might not be able to get away without doing the occasional defrost. And it's definitely worth doing. Defrosting your fridge freezer will not only make it much easier to open drawers and get food out, but it'll also make sure it's operating as efficiently as possible (so you'll save yourself a bit on your electricity bill too). Plus, it's a great opportunity to give your fridge freezer a proper clear out and a thorough clean - so don't forget to take a look at our top fridge cleaning tips too. Before you start: check the manual The steps to defrost a fridge freezer are usually similar from model to model, but it's important to check your appliance's user manual before you start to make sure you're not going against any of the guidance. The manual is also a great place to check how often you need to defrost your fridge freezer. As a rule, it's usually once or twice a year, but the manual will give you the definitive answer for your specific model. How to defrost a fridge freezer The first step to defrost a fridge freezer is to turn it off and unplug it. It's important to make sure you leave the doors open to allow it to warm up faster. This is where those cool bags and some ice blocks will come in very handy. If you move quickly, you should be able to preserve the most important contents from your fridge freezer in the cool bags. This is also a great opportunity to go through the contents of both compartments and throw away anything that's been there too long. (If you don't have cool bags, try to store everything in a cool place. But remember, some foods - like raw chicken - can't be refrozen once they've thawed, so try to use these up in the week before you defrost.) Not only will this help speed up the defrosting process, but removing shelves and drawers will give you a great opportunity to give them a thorough clean. Simply wash them in the sink or a washing up bowl with water and some good quality washing up liquid (or if the drawers are a bit too big, you can wipe them down with antibacterial spray and a clean cloth). Melting the ice in the freezer is going to result in a fair amount of water draining out. So it's important to pad out the floor around the freezer with some old towels or cloths to soak up the water. This is the part of the process which can take a long time and which most people are desperate to speed up. Don't fear, we've got some suggestions to do just that below. There will be water to drain or soak up when you're defrosting the fridge so mop this up with a towel as you go. You're almost there. Now it's time to replace the contents of your fridge freezer, which gives you a great opportunity to arrange everything exactly as you want it. Make sure to double check any frozen food to see if it's still frozen. If it's raw meat or any other product which expressly says not to refreeze it, then you'll need to use it up as soon as possible (or if you can't do that, unfortunately you might need to get rid of it). The Poll When buying dishwasher tablets, which of these is most important to you? 0 Votes Simply fill a large bowl full of boiling water and place it in the freezer compartment with a towel under it and close the door. (If there's ice build up on the back of your fridge, you can do the same in there too.) You can use a hairdryer to speed up the melting process, but be careful! Electrical implements and water aren't a good combination, so make sure you don't touch the hairdryer to the appliance. This method is usually easier once the ice has melted a little. Use a plastic spatula or other plastic implement to scrape the ice from the sides. Make sure you don't use anything metallic, particularly not a knife! For more tips on melting the ice quickly, take a look at our guide to defrosting your freezer fast. How do you defrost a fridge freezer without turning it off? It's not possible to properly defrost a fridge freezer without turning it off. But if you're worried about your food unfreezing, don't fear. Follow our handy tips above to speed up the defrosting process. How long does it take to defrost a fridge freezer? Without any help, it can take up to eight hours for a fridge freezer to completely defrost. However, if you follow some of the suggestions above, it'll be much, much quicker than that. Originally published 19 July 2018 Keeping your mini fridge clean and frost-free is crucial. It's just as important as any other kitchen upkeep task, such as cleaning your pots and pans when they get dirty! Yet, not many people do it often enough. We're willing to bet that's because they find this task intimidating—but it really doesn't have to be. We've put together this helpful guide on how to defrost a mini fridge in the easiest way possible. You can do it in just one day! There are no more excuses now. First Things First: Prepare Your Fridge There are a few things you have to get done before you start the defrosting process. It may seem like a lot, but it's doable, we promise. It'll be all worth it when you get to the defrosting part. Remove All the Food Your mini fridge will be out of commission for a day or two while you defrost it. If you can ask neighbors or friends to keep your food in the meantime, great! But if you can't, it's time to start using up all the food so that it doesn't go to waste. Avoid buying new ingredients and try to whip up recipes using what you already have. This is your shot to be as creative as you can! We recommend making a vegan buddha bowl or a vegetarian pad thai. They're awesome fridge-cleaning recipes. Plus, they're incredibly flexible, meaning you can adjust it to the ingredients you need to use up. Unplug Your Mini Fridge When your mini fridge is empty you can unplug it from a power outlet. You should do this even if your mini fridge has an "off" button, for maximum safety. Lay Down a Towel A lot of water will come out of your fridge while it is defrosting. That's why you need to lay down a few towels under the fridge (especially under the door opening) and on the floor around it. This will prevent puddles from forming and possibly damaging your hardwood or carpeted floors. Pro tip: use bath towels, as they're thick and the most absorbing. Paper towels just won't cut it. Future you will thank you for not skipping this step. Take Out Shelves and Drawers When that's done, you should take out all the shelves (if you can) and drawers. It will speed up the defrosting process and make the next steps easier. If your mini fridge has a freezer compartment, leave its door open. Then, Get to Work Defrosting Now that all the prep work has been done, you can pull up your sleeves and work on getting all the frost out of your mini fridge. Remove the Excess Ice If you're in a hurry to get your mini fridge back to brand-new condition, it's a good idea to manually remove the excess ice. Grab a plastic spatula and carefully scrape off the frost that has built up on the walls of your mini fridge. Don't go in too aggressively, as you could end up damaging your appliance! Remember, patience is key. Place a Bowl with Hot Water Inside When that's done, you can boil water in an electric kettle and pour it into a large pot. Then, place it inside your mini fridge. The steam from the pot will raise the temperature inside the fridge, forcing the ice to melt quicker. Just remember to keep the door open at all times! Cleaning Up the Mini Fridge After several hours, you should have a perfectly frost-free mini fridge! Keep in mind that this could take longer depending on the weather where you live. Either way, there are a few more steps left before you can call it a day. Washing Individual Parts Firstly, you have to clean the shelves and drawers. This is mainly for hygienic purposes. Use warm, soapy water and leave them to dry. Wiping Down the Inside of the Mini Fridge Then, it's time to do the same for the inside of the fridge. Use a warm soapy rag to get rid of any stains and bad odors. Leaving a bowl of baking soda inside the fridge will also help you cut out the bad smells. Get Everything Dry Make sure your mini fridge is completely dry before plugging it in or closing the door. Plug It Back In Once the mini fridge is bone-dry, you can plug it back in. Wait a few hours for it to chill and it's ready to use again! Top 5 Don'ts of Cleaning a Mini Fridge There is a lot of bad advice floating around on the internet. Here are five things you definitely should never do when defrosting mini fridges. 1. Don't Use a Metal Scraper Metal scrapers are too aggressive and can cause serious damage to your mini fridge. Unless you want to pay for expensive repairs, stick to the plastic ones. 2. Don't Forget to Dry the Inside of the Mini Fridge If you plug in your fridge while it's still wet inside, the moisture will all turn to frost in the blink of an eye. Your effort will all have been for naught. 3. Don't Use a Blow Dryer to Defrost Some people will tell you to use a blowdryer to get rid of the frost quickly. Don't do it. The heat from the blow dryer can damage the plastic parts inside the fridge. 4. Don't Put Perishable Foods Back Right Away Your mini fridge will need a few hours to chill down to a food-safe temperature. 5. Don't Wait Too Long to Do It The longer you wait to defrost your fridge, the harder it will be. Tackle the problem once you see 0.25 inches of frost buildup.

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