

FREEZING TIPS

FREEZER FACTS:

- Maintain a freezer temperature of 0 degree F. Check it monthly.
- Don't overload the freezer. A freezer that is too full can reduce the temperature.

QUICK FREEZING TIPS:

- Freeze food at peak quality. Freeze food that you will not use sooner rather than later.
- Wrap foods tightly to eliminate air being trapped in containers, bags or wrap. This will reduce risk of freezer burn
- Freeze single serving items such as pancakes, French toast and quesadillas, with a piece of waxed paper between each one to prevent them freezing together.
- Cool foods in the refrigerator before freezing to reduce ice crystals from forming on foods.
- After opening, seal ice cream with plastic wrap before replacing the top/lid to prevent ice crystals and to keep the fresh taste & texture.
- Nuts can go rancid quickly due to their high fat content, but can be frozen for up to 2 years depending on type.

DO NOT FREEZE:

- Food in cans
- Eggs in the shell. Egg yolks do not freeze well.
- Salad greens or crisp raw veggies will become limp after freezing.
- Whipping (heavy) cream will not whip after freezing.
- Raw potatoes will become mushy if frozen and chunks of cooked potatoes will become soggy and grainy. However, mashed potatoes freeze well.
- Mayonnaise, sour cream, yogurt, cottage cheese and cream sauces do not freeze well and will separate when defrosted.

FREEZER BURN: Occurs when air reaches the food's surface and dries out the product over a long period of time. It appears as grayish-brown dry spots on frozen food. Although undesirable, it does not make the food unsafe. Securely wrapping food in air-tight packaging can help reduce chance of freezer burn.

DEFROSTING TECHNIQUES:

Safest: Refrigerator. Plan ahead and allow 8 hours per pound to thaw meat.

Quickest: Microwave. Cook food immediately; Microwave defrost settings start the cooking process.

Lo-tech: In water. Place food in a water-tight bag and submerge in cold water. Change the water every 30 minutes. Do not do this process for more than 2 hours to prevent bacteria growth.

Once food is thawed in the refrigerator, it is safe to refreeze it without cooking.



FREEZING TIPS

Food	Freeze
Beef (ground)	3-4 months
Beef or Lamb (Steaks, Roasts)	6 – 12 months
Poultry (cooked)	4-6 months
Poultry (raw)	9 – 12 months
Breakfast Meat: Bacon, Sausage, etc...	1-2 months
Egg Whites	12 months
Fish (Fatty, Raw)	2-3 months
Fish (Lean, Raw)	6 months
Shellfish	3-6 months
Ham	2 months
Lunch Meat	1-2 months
Soups and Stews	2-3 months
Casseroles (with meat)	3 months
Pizza	1-2 months
Fruit	9 – 12 months
Vegetables	9-12 months
Bread	3 months
Cookies (baked or dough)	3 months
Muffins	1-2 months
Tortillas (corn or flour)	3 months
Gravy	2-3 months
Margarine	12 months
Butter	6-9 months
Cheese (for cooking purposes)	6 months
Yogurt	1-2 months
Ice Cream	2 months
Milk (for cooking purposes)	3 months



CUBE -IT

Use So Easy Storage Trays to make frozen cubes that simplify cooking:

- Freeze fresh herbs in water or olive oil. Drop into salad dressings, soups, stews & more.
- Freeze leftover tomato paste, coconut milk, chicken broth so it's handy for future recipes.
- Buy limes and lemons on sale, juice them, and freeze into cubes. Fresh citrus is only a cube away!
- Freeze wine in trays for up to 6 months. Use in cooking.
- Freeze sauces in cubes and toss them into rice or pasta for a flavor boost.
- Make cookie dough cubes. They can go from freezer-to-oven for a warm sweet treat.



PORTION STORAGE FOR SIMPLE SERVING

Use So Easy Portion Storage Bags to reduce waste and make meal time hassle-free.