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Freezing is simple and easy and the least time-consuming way to preserve foods. Freezing of food used

A good-quality wrapping material or moisture vapor-resistant container is essential for a high-quality product. Aluminum, heat-tempered wide-mouth glass, plastic, or heavily waxed cardboard cartons are suitable for liquid packs. Bags and sheets of moisture vapor-resistant plastic, heavy aluminum foil, polyethylene, or laminated freezer papers are suitable for dry-packed vegetables, fruits or meats.

When packaging, make sure to eliminate air pockets. Vacuum packaging is one method to draw air out then

container in which it is frozen and (d) the efficiency of freezing unit.

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The equipment needed for freezing at home includes the freezer, as well as pots, pans, strainers and other utensils required in the kitchen for preparing everyday meals.

Use a freezer with size, shape and efficiency that fits in a convenient, cool, dry, well-ventilated place. It should maintain a temperature of 0°F or lower and sit level. Defrost at least once each year.

As with all food storage methods, it is important to keep bacterial contamination to a minimum by using clean equipment and work surfaces.

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Proper packaging is very important to prevent:

1. Chemical changes that result from exposure to air. These cause loss of color, development of off-flavors, absorption of odors and loss of vitamins.
2. Physical changes that result from loss of moisture, such as loss of weight and fresh appearance.

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Carefully thawing and serving prepares attractive servings of frozen products. Thaw the amount of food to be used at one time. Once frozen food is thawed, it spoils more readily than fresh foods.

Remember, the objective of thawing food safely is to keep every part of the food below room temperature. When food reaches temperatures of 40° to 140°F, microorganisms can multiply rapidly.