

FREEZING METHOD

WHAT IS THE FREEZING METHOD OF FOOD PRESERVATION?

The freezing method of food preservation is a quick and convenient way to preserve fruits and vegetables at home. Fresh produce contains chemical compounds called enzymes that cause the loss of colour, loss of nutrients, flavour changes, and colour changes in fruits and vegetables. These enzymes must be inactivated to prevent such reactions from taking place. The freezing method inactivates the enzymes and allows the produce to be preserved for up to 12 to 18 months.

WHAT FRUITS AND VEGETABLES CAN BE PRESERVED USING THE FREEZING METHOD?

- Berries
- Apples
- Pineapple
- Mango
- Nectarines
- Kale
- Squash
- Corn
- Bananas
- Oranges
- Kiwi
- Peaches
- Spinach
- Pumpkin
- Tomatoes
- Onions

WHAT EQUIPMENT IS NEEDED?

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| • Freezer containers (plastic jars/bags) | • Fresh produce |
| • Freezing recipes | • Labels |

FREEZING METHOD STEP-BY-STEP INSTRUCTIONS

1. Read through the recipe and instructions and gather any equipment and ingredients needed to complete the recipe.
2. Select the appropriate freezer containers or packaging for the type of food you are looking to freeze. Experts encourage the use of rigid containers for foods that are liquid or semi-liquid at room temperature and flexible wrap for foods that are solid at room temperature. Be sure to wash your containers in hot soapy water, and rinse and dry them well.



3. Prepare fresh produce and other ingredients according to the recipe. Vegetables require blanching, an important step to cleanse off surface dirt, help retain vitamins, and reduce the loss of flavour. See the FAQ section below for more information on blanching procedures.
4. Pack the prepared food into the appropriate freezer containers. For rigid containers, leave a ½ inch headspace to allow for expansion of liquid during the freezing process.
5. Label all containers or packaging with the date and the name of the food being preserved.
6. Place the containers in a single layer near the coldest spot in the freezer. After the food is frozen solid, the containers can be stacked.
7. Store containers at -18°C (0°F) for the recommended length of time.

FREEZING METHOD FAQs

Q – What is blanching?

A – Blanching is a basic cooking process where a food substance, most often a vegetable, is boiled in water, removed after a brief timed interval, and put into iced water to stop the cooking process. Salt is typically added to the boiling water to help maintain the colour of the food and to improve flavor.

Q – How do you avoid freezer burn?

A – Drying occurs on the surface of a frozen product that was not wrapped properly. The food is safe to eat, but the quality is poor. To prevent it, be sure to remove all air and seal airtight.

Q – Will food spoil if it stays frozen longer than the recommended storage time?

A – No. This is a quality versus a food safety issue. Recommended storage times ensure maximum quality. Food stored longer will be safe to eat, but you may notice changes in flavor, colour, and texture. For best quality, use frozen fruits and vegetables within 8 to 12 months.

