

How To Prepare Food For Freezing



NOTE: Preparing **meat, poultry** or **fish** as shown in these directions will allow those foods to be stored safely in the freezer for 4-6 weeks. Freezing foods longer than 6 weeks might result in “freezer burn” (distasteful white, dry patches) forming on those foods.

Needed

Meat, Poultry or Fish To Be Frozen
Plastic Wrap or Plastic Bag (any plastic bag without holes will do - mine is a “recycled” grocery store produce bag)
Aluminum Foil
Permanent Marker



1. Wash your hands before handling **food**.



2. Do as follows according to whether you're using plastic wrap (a) or a plastic bag (b).

(a) Pull out about as much plastic wrap as shown here.



(b) Open the plastic bag.



3. Remove the **meat, poultry or fish** from its store packaging.



(4) Turn the **covered food** 90 degrees and wrap crosswise in another layer of plastic wrap as shown in the 3 photos below.



4. Do as follows according to whether you're using plastic wrap (left column) or a plastic bag (right column).

Plastic Wrap

(1) Put the **food** on the plastic wrap.



(2) Roll the **food** in the wrap as shown.



(3) Make sure the **food** is completely covered with plastic and cut the wrap.



Plastic Bag

(1) Put the **food** in the plastic bag.



(2) Squeeze as much air as possible from the bag to prevent "freezer burn".



(3) Twist the bag closed and go to step 5.



(5) Squeeze as much air as possible from the **wrapped food** to prevent "freezer burn".



5. Spread out a sheet of aluminum foil long enough not only to cover the **wrapped food** but also to allow for crimping as shown in step 6.



6. Place the **wrapped food** in the middle of the foil piece and pull up both ends of the foil as shown in (1). Then crimp the foil starting from the top (2) and...

(1)



(2)



...crimp both ends (3) until what you have looks about as shown in (4).

(3)



(4)



7. Turn the **foil covered food** crimp side down and use a permanent marker to write the quantity, type of food to be stored and today's date.



8. Store the **wrapped food** in the freezer for 4-6 weeks.



9. Wash your hands again after handling **food**.



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