



COOKING

&

KITCHEN TIPS

FREEZING TIMES ON WHAT TO FREEZE AND WHAT NOT TO FREEZE.

Knowing how to properly store food and how long it will keep means less food dollars wasted and ensures food will look and taste good when used. Retaining a food's original nutrients and knowing that it is safe to eat are important

Storage times are figured at 0 degrees Fahrenheit

Bacon

- **Freezing cured meats is not recommended. Saltiness encourages rancidity. If frozen, use within a month.**

Corned beef

- **Freezing cured meats is not recommended. Saltiness encourages rancidity. If frozen, use within a month.**

Frankfurters

- **Freezing not recommended, emulsion may be broken and product will weep**

Ground beef, lamb, veal

- **2 to 3 months**

Ground pork

- **1 to 2 months**

Ham

- **Freezing cured meats is not recommended. Saltiness encourages rancidity. If frozen, use within a month.**





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Luncheon meat

- Freezing not recommended, emulsion may be broken and product will weep.

Roasts

- Beef
6 to 12 months
- Lamb, veal
6 to 9 months
- Pork
3 to 6 months

Sausage

- Freezing alters flavor
- Dry, smoked
1 to 2 months
- Fresh, unsalted
1 to 2 months

Steaks and chops

- For all home-frozen meat, first check for holes in trays and plastic wrap of fresh meat. If none, freeze in this wrap up to 2 weeks. For longer storage, overwrap with suitable freezer wrap. Put two layers of waxed paper between individual ground meat patties.
- Beef
6 to 12 months
- Pork
3 to 6 months
- Lamb, veal
1 to 2 months





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Breaded fish

- 3 months

Clams

- 3 months

Cooked fish or seafood

- 3 months

Fatty fish, bluefish, perch, salmon, mackerel

Filets and steaks

- 2 to 3 months

King crab

- 10 months

Lean fish, cod, flounder, haddock, sole

Filets and steaks

- 6 months

Lobster tails

- 3 months

Oysters

- 4 months

Scallops

- 3 months

Shrimp

- In the shell, uncooked
6 to 12 months
3 to 6 months





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SHRIMP CONTINUED

- **Peeled and deveined**
3 to 6 months

Chicken, whole or cut up

- **6 months**

Chicken livers

- **3 months**

Cooked poultry

- **3 months**

Duck, turkey

- **6 months**

Freeze in moisture- and vapor-proof container.

Berries, cherries, peaches, pears, pineapple, etc

- **12 months**

Citrus fruit and juice frozen at home

- **4 to 6 months**

Fruit juice concentrates

- **12 months**

Cabbage, celery, salad greens and tomatoes do not freeze well.

Home frozen

- **10 months**

Purchased frozen in cartons, plastic bags or boil-in-bags

- **8 months**





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Angle food cake

- 2 months

Bread, unbaked

- 1 month

Cake, baked and frosted

- 8 to 12 months

Cheese cake

- 2 to 3 months

Chiffon, sponge cake

- 2 months

Chocolate cake

- 4 months

Cookies, baked

- 8 to 12 months

Fruit cake

- 12 months

Fruit pie, unbaked

- 8 months

Pie, baked

- 1 to 2 months

Quick bread, baked

- 2 to 3 months

Rolls, partially baked

- 2 to 3 months





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Yeast bread and rolls, baked

- 3 to 6 months

Yellow or pound cake

- 6 months

Bread

- 3 months

Cake

- 3 months

Casseroles, meat, fish, poultry

- 3 months

Cookies, baked and unbaked

- 3 months

Nuts, salted

- 6 to 8 months

Nuts, unsalted

- 9 to 12 months

Pies, unbaked fruit

- 8 months

Butter

- Store in Moisture- and vapor-proof freezer container or wrap.
- 6 to 9 months





**RENEGADE
GOURMET**

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Buttermilk

- **Do not freeze**

Camembert cheese

- **3 months**
- **Thaw in refrigerator.**

Cheddar cheese

- **6 weeks**

Cottage, farmers' cheese (dry curd only)

- **3 months**
- **Thaw in refrigerator**
- **Do not freeze creamed cottage cheese; it gets mushy**

Cream

- **Heavy cream may not whip after thawing. Use for cooking. Thaw in refrigerator. Make whipped cream dollops and freeze firm. Place in plastic bag or freezer carton, seal and store in freezer. To thaw, place on top of dessert just before serving.**
- **Light, heavy, half-and-half**
2 months
- **Whipped**
1 month

Edam, gouda, Swiss, brick cheese, etc

- **6 to 8 weeks**





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Egg whites

- 12 months
- Store in covered container
- Freeze in amounts for specific recipes.

Egg yolks

- 12 months
- For sweet dishes, mix each cup of yolks with 1 tablespoon corn syrup or sugar.
- For other cooking, substitute 1/2 teaspoon salt for sugar to each cup of yolks

Eggs

- 12 months
- Do not freeze in shell
- Remove from shell and mix
- Add 1/3 teaspoon sugar or 1/8 teaspoon salt for each egg.
- Package, label and freeze

Hard cheese

- Cut and wrap hard cheese in small pieces
- When frozen, may show mottled color because of surface moisture
- Thaw in refrigerator

Ice Cream, Ice Milk, Sherbet

- 2 months
- Cover with plastic wrap or foil after each use to prevent drying out.

Margarine

- Store in Moisture- and vapor-proof freezer container or wrap.
- 12 months





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Milk

- **1 month**
- **Allow room for expansion in freezer container. Thaw in refrigerator**
- **Freezing affects flavor and appearance**
- **Use in cooking and baking**

Neufchatel cheese

- **Do not freeze**

Process cheese food products (loaf, slices)

- **4 months**

Roguefort, bleu cheese

- **3 months**
- **Becomes crumbly after thawing**
- **Still good for salads and melting.**

Sour Cream

- **Do not freeze.**

Whipped Butter and margarine

- **Do not freeze. Emulsion will separate.**

Yogurt

- **Unflavored**
1 month
- **Fruit/sweetened**
5 months

