

FROZEN FOOD?

STORE + THAW THE RIGHT WAY

FOOD
MATTERS

THE CATERING CO.

1. THE BIG FREEZE

If you want to be able to enjoy food you've frozen at its best, you need to make sure it's handled properly.

WHAT'S THE BIG DEAL?

If it's not frozen right, the defrosting process will be inconsistent, which means a higher chance of bacteria developing, causing spoilage and possibly food poisoning!

HOW TO FREEZE FOOD:

1

Keep your freezer at the right temperature. -18°C is just right.

2

Follow freezing instructions on any food product or cooked meal.

3

Always wrap food tightly (use cling wrap + foil layers) to avoid air seepage, leaks and freezer burn.

4

Never freeze hot food as that can cause other food in the freezer to partially defrost.

5

Make sure to keep meat + seafood well wrapped and separate from other foods to avoid cross-contamination.

6

Place food in your freezer in date order, making older items easier to access.

2. TIME TO CHILL OUT

Think you can just leave frozen food on the kitchen counter to defrost? While that might be ok for pastries and fruit, it's a big NO-NO for meats. The inconsistency of room temperature environment makes the perfect breeding ground for bacteria.

HOW TO DEFROST FOOD:

1

Think fridge, not counter. Take frozen food from freezer to fridge. This allows for a consistent temperature just right for defrosting.

2

Place frozen food in the fridge on a plate to catch any leaks.

3

Need thawed meat in a hurry? Wrap the frozen meat in a sealed Ziploc bag to avoid leaks. Place in a cold water bath. Make sure the water stays cool by changing it every 30 mins.

4

Why cold water? Slows bacteria that might be growing in the thawed portions of the meat while the inner areas are still thawing.

5

Thawed meat? Cook immediately.

6

What about the microwave? Use for defrosting only if the frozen food allows. Follow defrosting instructions to avoid "hot spot" cooking which can lead to incomplete thawing.

HOW LONG CAN FOOD STAY IN THE FREEZER?



RAW MEATS & SEAFOOD



COOKED MEALS & MEATS



FRUITS & VEGETABLES



DAIRY



GRAINS

3 MONTHS

Minced

Rice & Pasta dishes
ALL FOMO MEALS

Cooked Potatoes

Milk

Muffins
Cookies & Cakes
Bread

6 MONTHS

Pieces (steak)

Stews &
Casseroles

Bananas

Cheese
Butter

9 MONTHS

Soups

12 MONTHS

Whole or Roasts

Frozen Snap Peas
Berries

WANT CONVENIENT FROZEN MEALS THAT TASTE GREAT?

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