



Preparation Tips

- ◆ When freezing, divide large amounts of food into smaller portions for more rapid freezing and a higher quality.
- ◆ When using frozen or canned foods, do not cook them first; place them into the prepared meal in their cold state (freezer bag or can).
- ◆ If the meal or foods are going to be frozen for future use, do not use fresh vegetables without blanching first.
- ◆ Make sure the prepared food is covered / sealed well. Try to remove as much air as possible from the container. This helps improve quality. If the container does not seal well, wrap in foil or plastic wrap to prevent freezer burn.
- ◆ Slightly undercook foods because they will finish cooking in the reheat phase.
- ◆ De-bone meat, as bones can shield the meat from thorough cooking.
- ◆ Use fresh, high-quality ingredients.
- ◆ If freezing foods, don't use the following as they do not freeze well;
 - Mayonnaise
 - Cream Puddings and fillings
 - Custard
 - Gelatin salads
 - Cheese
 - Whites of hard-cooked eggs
 - Uncooked egg yolks
 - Gravies made with flour
- ◆ If possible, add spices just before serving.
- ◆ Add sauces and gravies to meats and vegetables will help maintain quality.