

Cook and Freeze!

Community Food and Nutrition Team

Freeze

Divide your dish into single portions and place in suitable food containers.

Allow to cool for no more than 2 hours - never put hot food in the freezer. When cool, cover and label as shown:

Name of Dish
IRISH STEW
Date
21/8/13
No. of Portions
1 Portion

Dishes can be frozen for several months in most home freezers - check the manufacturer's instructions for more details. Foil dishes with lids can be used in freezer and oven.

YOUR FREEZER TEMPERATURE SHOULD BE AT -18°C !

Defrost

Remove food from the freezer and allow to defrost thoroughly. The fridge is the safest place to defrost food. Allow enough time for the food to thaw completely and make sure there are no frozen lumps left. Store food that has defrosted in the fridge and reheat as soon as possible.

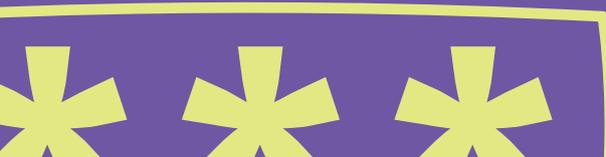
DO NOT REFREEZE FOOD THAT HAS BEEN DEFROSTED !

Cook/Reheat

Food can be cooked or reheated in a saucepan, the oven or microwave. Cooked dishes like lasagne, pies or casseroles can be reheated in the oven. A microwave is handy for reheating soups or stews. Half way through reheating, stir well and allow 2 – 3 minutes standing time at the end.

Do not put foil or metal dishes in a microwave.

ALL REHEATED FOOD SHOULD BE HOT THE WHOLE WAY THROUGH



Recipes you can Freeze!

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Salmon and Broccoli Bake – Serves 2-3

2 small salmon fillets	2 teasp unsaturated spread
200g (8oz) broccoli florets	2 tblsp finely chopped parsley
300ml (½ pint) milk	50g (2oz) grated mature cheddar cheese
40g (1½ oz) plain flour	2 tblsp wholemeal breadcrumbs

1. Heat oven to 180°C (360°F; gas mark 4).
2. Grill or poach the salmon until lightly cooked. Divide into chunks, removing any bones or skin present.
3. Lightly cook the broccoli florets so that they are still crunchy.
4. Place milk, flour and unsaturated spread together in a small saucepan. Heat gently and beat well with a balloon whisk to prevent lumps forming.
5. When the sauce starts to boil lift off the heat, whisk well and stir in half the chopped parsley. Season to taste.
6. Divide salmon and broccoli equally between 2-3 small dishes and cover with sauce.
7. Mix breadcrumbs, grated cheese and remaining chopped parsley and sprinkle over salmon and broccoli mixture.

FREEZE – cool quickly, cover and label each portion **DEFROST** - remove from freezer and allow to completely defrost before cooking. **COOK** - bake at 180°C for about 20 mins or until sauce bubbles and top is golden. Serve with boiled new potatoes and an additional vegetable eg carrots or sweetcorn.

Beef Stew - makes 2-3 servings

8oz (200g) stewing beef - cubed	¼ medium turnip - diced
1 tbsp vegetable oil	1 pint (580ml) water
1 medium onion - chopped	1 dsp gravy powder
2 medium carrots - diced	Bay leaf

1. Heat the oil in a saucepan till hot, add the beef and brown the sides of the cubes.
2. Add the onions, carrots and turnip and cook for a further 5 minutes, stirring well.
3. Add the water and bay leaf and bring to the boil. Turn down the heat and simmer for 1½ hours.
4. Dissolve gravy powder in cold water and add to saucepan. Stir well and bring to the boil. Add pepper to season.

FREEZE – cool quickly, and divide between two or three freezer bags. Label each bag. **DEFROST** – remove from freezer and allow to completely defrost before re-heating. **REHEAT** – in a saucepan or microwave. Make sure stew is completely reheated before serving.

