



Lewis County

Master Food Preservers

WASHINGTON STATE UNIVERSITY
EXTENSION

Food Safety
and
Preservation



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FREEZE-AHEAD ITEMS

It is so easy to take a few minutes in the kitchen and make items ahead and store them in the freezer. It cuts down on meal time prep as well as getting away from boxed and heavily preserved foods. Do give these items a try. You'll be glad you did!

Dairy

Eggs - Eggs can be stored for at least 1 month, covered in the refrigerator. Freezing is often unnecessary, but it can be done.

Preparation – Select fresh eggs and break each separately into a clean saucer. Examine each for freshness and remove any pieces of shell before mixing with other eggs.

Whole Eggs - Thoroughly mix yolks and whites. Do not whip in air. To prevent graininess of the yolks, add 1 ½ tablespoons sugar, 1 ½ tablespoons corn syrup OR ½ teaspoon salt per cup whole eggs, depending on intended use. Strain through a sieve or colander to improve uniformity. Package, allowing ½ inch headspace. Seal and freeze.

Another method of freezing a whole-egg mixture is to use ice trays. Measure 3 tablespoons of egg mixture into each compartment of an ice tray. Freeze until solid. Remove frozen cubes, and package in moisture-vapor resistant containers. Seal and freeze. Three tablespoons of the egg mixture (one cube) equal one whole egg.

Egg Yolks - Separate eggs. Stir yolks gently. To prevent graininess, add 1 ½ tablespoons sugar, 1 ½ tablespoons corn syrup OR ½ teaspoon salt per cup of egg yolks, depending on intended use. Strain through a sieve. Package, allowing ½ inch headspace. Seal and freeze. One tablespoon of the yolk mixture equals one egg yolk.

Egg Whites – Gently mix whites; do not whip. Strain through a sieve. No sugar or salt is needed. Package, leaving ½ inch headspace. Seal and freeze. Two tablespoons of the egg-white mixture equal one egg white.

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Milk - Pour off a few inches, then freeze in carton or jug. It may have a different texture, but for cooking or baking you can't tell.

Butter - Take bricks and wrap in sealed plastic bag.

Yogurt - Regular, full-sugar yogurt is fine. The low fat, low sugar is terrible.

Cheese - Cheese keeps best in the refrigerator. If necessary, hard or semi-hard cheese can be frozen if cut in 1 ½ to 2 pound sizes and packaged in moisture-vapor resistant material. This cheese may become crumbly and mealy when frozen, but will retain its flavor. Shredding or grating the cheese seems to keep the best texture.

Cream cheese, cottage cheese and ricotta cheese do not freeze well. However, if combined with heavy cream, cream cheese can be frozen for later use in dips or as icing on frozen sandwich loaves.

Recommended freezer shelf life:

- Hard cheese (cheese as cheddar and Swiss), 6 months
- Soft cheese (such as Brie), 6 months

DRY GOODS

Crackers & Cereal - Toss in freezer as is, they never get stale.

Homemade Bisquit - This can be made and stored in the freezer to prevent rancidity. Allow to come up to room temperature before using.

A few ideas for Make-Ahead Items:

- Meatballs
- Mashed Potatoes
- Homemade Noodles
- Soups, Stews,
- Baked Goods (breads, rolls, yeast breads)
- Pie Crust
- French Fries
- Bread Dough
- Homemade Jams & Jellies
- Pizza Crust
- Cookie Dough- decrease oven temp by 10°, increase time by 8-10 minutes
- Clear Gel Gravies

Foods That Do Not Freeze Well

Foods	Usual Use	Condition After Thawing
Cabbage*, celery, cress, cucumbers*, endive, lettuce, parsley, radishes	As raw salad	Limp, water-logged, quickly develops oxidized color, aroma and flavor
Irish potatoes, baked or boiled	In soups, salads, sauces, or with butter	Soft, crumbly, water-logged, mealy
Cooked macaroni, spaghetti, or rice	When frozen alone for later use	Mushy, tastes warmed over
Egg whites, cooked	In salads, creamed foods, sandwiches, sauces, gravy, or desserts	Soft, tough, rubbery, spongy
Meringue	In desserts	Soft, tough, rubbery, spongy
Icings made from egg whites	Cakes, cookies	Frothy, weeps
Cream or custard fillings	Pies, baked goods	Separates. watery, lumpy
Milk sauces	For casseroles or gravies	May curdle or separate
Sour cream	As topping, in salads	Separates, watery
Cheese or crumb toppings	On casseroles	Soggy
Mayonnaise or salad	On sandwiches (not in salads)	Separates
Gelatin	In salads or desserts	Weeps
Fruit jelly	Sandwiches	May soak bread
Fried foods	All except French fried potatoes and onion rings	Lose crispness, become soggy

- Cucumbers and cabbage can be frozen as marinated products such as “freezer slaw” or “freezer pickles”. These do not have the same texture as regular slaw or pickles.

Effect of Freezing on Spices and Seasonings

- Pepper, cloves, garlic, green pepper, imitation vanilla and some herbs tend to get strong and bitter.
- Onion and paprika change flavor during freezing.
- Celery seasonings become stronger.
- Curry develops a musty off-flavor.
- Salt loses flavor and has the tendency to increase rancidity of any item containing fat.
- When using seasonings and spices, season lightly before freezing, and add additional seasonings when reheating or serving.

Helpful Websites:

National Center for Home Food Preservation: <http://www.uga.edu/nchfp/index.html>

Michigan State University: <http://foodsafety.msu.edu>

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