



# GUIDELINES FOR freezing food



FOOD	HOW TO FREEZE	HOW TO DEFROST
<b>SOUPS</b>	<ul style="list-style-type: none"> <li>• Allow to cool.</li> <li>• Divide into airtight plastic containers and freeze</li> </ul>	<ul style="list-style-type: none"> <li>• Best defrosted overnight in the fridge OR</li> <li>• Run cold water over container until edges of the soup loosen. Transfer to pot and defrost over low flame.</li> </ul>
<b>READY-MADE CHICKEN AND MEAT</b>	<ul style="list-style-type: none"> <li>• Silver foil pan or Pyrex is best.</li> <li>• Cool completely and wrap well with foil. (Smaller containers can then be placed in a zip-top bag.)</li> </ul>	<ul style="list-style-type: none"> <li>• Best defrosted overnight in the fridge. OR</li> <li>• Place directly into the oven at 400°F. A roast chicken or meat loaf will take about 1-1.5 hours to fully defrost. This method is best with a food thermometer to check that food is fully heated to a safe temperature.</li> </ul>
<b>RAW CHICKEN AND MEAT</b>	<ul style="list-style-type: none"> <li>• Prepare the chicken/meat with the spices and/or marinade. Double wrap in silver foil if in a container OR place in a zip-top bag, and seal with no air inside.</li> </ul>	<ul style="list-style-type: none"> <li>• Best defrosted overnight in the fridge. OR</li> <li>• Cook straight from frozen, adding at least 1 hour to cook time. OR</li> <li>• If frozen in a zip-top bag, soak in cold water for 30 minutes, then bake, fry, or cook.</li> </ul>
<b>RAW FISH</b>	<ul style="list-style-type: none"> <li>• Prepare the fish in a container with spices and/or marinade.</li> </ul>	<ul style="list-style-type: none"> <li>• Bake straight from frozen on 400°F, adding approximately 30 minutes to bake time.</li> </ul>
<b>EGG NOODLES</b>	<ul style="list-style-type: none"> <li>• As pre-sliced crepes, layer between parchment paper and freeze in a zip-top bag with no air.</li> <li>• As ready-sliced noodles, freeze in an airtight container</li> </ul>	<ul style="list-style-type: none"> <li>• Defrost at room temperature. OR</li> <li>• Defrost in the refrigerator overnight.</li> </ul>
<b>CHAROSET</b>	<ul style="list-style-type: none"> <li>• Drain as much excess liquid as possible and freeze in a glass or plastic airtight container.</li> </ul>	<ul style="list-style-type: none"> <li>• Defrost in the refrigerator overnight.</li> </ul>
<b>KUGEL</b>	<ul style="list-style-type: none"> <li>• Once cooled, cover with a double layer of silver foil. (If the pan is small enough, it can also be placed into a zip-top bag, but it is not necessary.)</li> </ul>	<ul style="list-style-type: none"> <li>• Place frozen kugel (covered) directly into oven at 400°F, and bake until heated through. (Approximately 1 hour.) OR</li> <li>• Uncover, drizzle 2 Tbsp of water over the top, and bake as above.</li> </ul>
<b>RICE</b>	<ul style="list-style-type: none"> <li>• Freeze in an airtight container. Ideally, it should be large, so that the rice can be spread thin. OR</li> <li>• A silver foil pan works well too.</li> </ul>	<ul style="list-style-type: none"> <li>• Add 1-2 Tbsp water, and defrost in the oven at 400°F until heated through. OR</li> <li>• Refrigerate overnight and then heat in a pan (with 2 Tbsp water). This method often leads to a mushier texture.</li> </ul>
<b>MASHED POTATOES</b>	<ul style="list-style-type: none"> <li>• Tightly pack a plastic or glass airtight container (Silver foil pan works well too, tightly covered.)</li> </ul>	<ul style="list-style-type: none"> <li>• Defrost at room temperature for 1 hour, then heat in a pan periodically mashing with a potato masher to keep the texture. OR</li> <li>• Transfer to a baking dish once defrosted slightly, spread out, and heat at 350°F.</li> </ul>
<b>DESSERT</b>	<ul style="list-style-type: none"> <li>• Cookies freeze best in a zip-top bag with all the air sucked out.</li> <li>• Cakes can be frozen ready-sliced in an airtight container or in the baking pan double covered with silver foil.</li> <li>• Mousse, ice cream, fruit stews, meringues, and macaroons are best frozen in a plastic container.</li> </ul>	<ul style="list-style-type: none"> <li>• Desserts do best defrosted at room temperature (if they last that long!).</li> <li>• For mousse and [hard] ice creams, take them out before serving the main course so that they are servable by the time you reach dessert!</li> </ul>