

# FREEZING CHEAT SHEET

FOOD	HOW LONG	SPECIAL INSTRUCTIONS
Bacon	1-2 months	
Sausages	2 months	
Minced/Cubed Meat	4 months	
Whole Chicken	12 months	
Chops/Steaks	6-9 months	
Chicken (breast, leg, thigh)	6-9 months	
Oily Fish	2-4 months	E.g. Salmon, trout, mackerel
White Fish	6-8 months	E.g. Cod, haddock, basa
Pastes (pesto, tomato, chilli, curry) Chilli, Ginger, Garlic Cloves (whole) Stock	6 months	Freeze pastes/stock in ice cube trays. Whole ginger or garlic can be chopped or grated from frozen.
Nuts	12 months	
Unsalted Butter	6-8 months	
Salted Butter	4-6 months	
Grated Cheese	3 months	Can be used from frozen for cooking.
Bananas	6 months	Remove peel, slice, and freeze in zip-lock bag or tupperware (airtight)
Berries	6 months	Freeze on a tray, then decant into bag to avoid sticking together.
Vegetables	12 months	Blanch or par-boil first
Cooked Meals	3 months	
Cooked Beans, Pulses, Grains	3 months	

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FOOD	HOW LONG	SPECIAL INSTRUCTIONS
Cakes/Sponges	3 months	
Bread	3-6 months	Bang on the counter to separate slices before freezing. Slices can be toasted from frozen.
Fruit in Syrup	12 months	
Frozen Fruit	8 months	
Fruit Juice	6 months	
Pastries	4 months	
Ice Cream	4 months	
Soups and Sauces	3 months	
Bread Dough	3 months	
Coffee	1-2 months	Frozen coffee beans can be ground from frozen
Cooked Rice	6-8 months	Remember to practice safe hygiene practices when cooling, freezing and thawing!
Cooked Potatoes	10-12 months	
Cooked Pasta	2-3 months	
Flour	24 months	Can be used directly out of the freezer
Fresh Herbs	12 months	Freezing in ice cube trays with oil helps preserve full colour and flavour.

## NOTES TO REMEMBER:

- Freezing food in freezer bags takes up less space than tupperware - consider purchasing reusable silicone freezer bags for this.
- Freeze in batches that you will be able to use in one go to avoid waste, and use within 24 hours once fully thawed.
- A well-stocked freezer is cheaper to run than one half-empty, but ensure air can circulate!
- Follow the First In, First Out principle
- Labelling, labelling, labelling - include what the food is, when it was placed in the freezer, and when it should be used by.
- Have a record near your freezer so you know exactly what's in your freezer at any one time.
- Ensure all items placed in the freezer are well wrapped to reduce air exposure, as this can impact flavour, colour and texture.
- Always follow the manufacturers instructions, even if they differ from the above!

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