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**Éco IGA**  
Par le Jour de la Terre™

## PRESERVING GUIDE

### FREEZING

To eat local  
all year  
long



# FREEZING



## THE METHOD IN A NUTSHELL

A popular home preservation technique, freezing helps you keep food fresh for up to several months in just a few simple steps. Organization and patience are essential if you don't want to fall into the method's lesser-known traps.



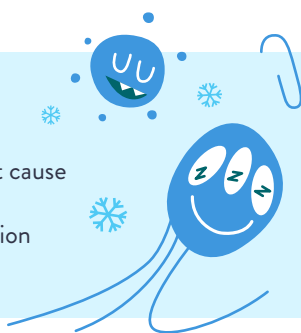
**Store for:**

1 week to  
several months



### How does it work?

- Water found in the food transforms into ice
- The cold slows down the chemical reactions that cause the foods to degrade
- The bacteria found in the foods go into hibernation (they don't die!)



## PROPER FREEZING

### Vegetables

Fresh vegetables continue to spoil (even frozen!) because of the enzymes they contain.

**Blanch your vegetables** to deactivate the enzymes and guarantee preserving for up to 3 months without affecting their taste or texture.

**How?** By steaming them for a few minutes, followed by a very cold bath to halt the cooking process.



### Fruits



There's no need to blanch fruit! Make sure to give them a good wash and dry them thoroughly. Cut them to lay them flat on a plate in the freezer, before storing them in a suitable container.



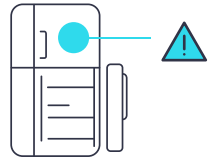


## SERVING FROZEN FOODS

- Release as much air as you can from your freezer bags to limit the damage (such as freezer burn) to foods.
- Use tight containers, less susceptible to letting humidity in.
- Avoid freezing in their original packaging, rarely made for this usage.

### Frozen foods don't keep indefinitely!

Write the contents and date on your container and refer to MAPAQ's thermoguide for recommended freezing times by food (new potatoes have a surprise in store!).



## DEFROSTING FOODS



**To properly thaw your food, patience is key!** Defrosting at room temperature isn't recommended because it encourages the proliferation of bacteria, which will multiply between 4° and 60° C. Do not leave your container on the counter if you don't want to risk contaminating your meals!



**So how, then?** Place your containers in the fridge at a temperature between 0° and 4° C, ideal for safe defrosting.

**Tip!** To speed up the process, submerge the still-packaged food in a bowl of very cold water and place in the fridge.



**Let's demystify!** Microwave defrosting can be safe if the food is cooked immediately.

