

Summary :

Freezing proves to be an excellent way to preserve animal products such as meat, poultry, fish and shellfish. In some cases, eggs as well as dairy foods can also be frozen for use at a later date.

Freezing does not sterilize food. Instead, the extreme cold tends to retard the growth of spoilage microorganisms and also slows down the changes which affect the quality and texture of the meat.

Special freezer paper is the best material for packing meats, poultry and fish. Heavy-duty aluminum foil or freezer wrap can also be used, but they tend to tear more easily. If enough air can be excluded, then freezer bags or containers can also be used.