



Save money, time and waste

Make the most of your freezer

Top freezer tips:

- * Keep an eye on the food in your fridge and freeze anything if you're not going to eat it in time. You can freeze food right up to the 'use-by' date.
- * Double up on things like lasagne, bolognaise sauce, curries etc. Eat one for dinner and freeze one for later.
- * There are lots of ways to save space in your freezer. Use the smallest possible containers, freeze liquids in bags (freeze them flat first) and remove any unnecessary packaging (keep instructions).
- * Buy large bags of meat/fish, which can often be more economical, then divide them into smaller portions and freeze.
- * Before going on holiday, use any leftover vegetables to make a casserole, then freeze it. You'll have a ready-made meal for when you return.

It's a breeze to freeze

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**LOVE
FOOD**
hate waste

Try freezing:

Fruit and vegetables

- Freeze bananas, apple slices and a range of berries on a flat baking tray first. Once frozen, bag them up and put back in the freezer to use in cakes, deserts etc. Apples need to be cooked in boiling water first.
- Peel and slice carrots, runner beans etc, blanch and freeze. No more soggy vegetables at the bottom of the salad drawer!
- Freeze tomatoes whole. To cook from frozen put them in the pan at the point when you would normally add canned tomatoes.

Bread

- Make bread crumbs and freeze ready for the next time you make stuffing or bread sauce.
- French sticks will freeze. Pop them straight into a hot oven for a few minutes to revive.

Dairy

- Grate hard cheese before freezing, then use from frozen on pasta bakes, cheese on toast etc.
- Frozen yoghurt makes a lovely dessert. You can also mix yoghurt with overripe fruit such

as bananas and strawberries. Pour into lolly moulds and freeze.

- If you are going away freeze any left over bottles of milk. Full fat milk doesn't freeze so well.

Meat

- You can defrost raw meat, cook it in a stew etc, then freeze it again. Make sure you chill it quickly before freezing. After freezing the stew, defrost it thoroughly and reheat until piping hot.

Potatoes

- Mashed potato freezes well. You can use it later for bubble and squeak or shepherd's pie topping etc. You can par-boil potatoes and freeze them, ready to roast at a later date.

Herbs

- Chop them and put them in ice cube trays covered with water. Tip frozen cubes into a freezer bag.

Wine

- Rather than letting wine go to waste, freeze it then use it in stews or casseroles. No need to defrost.