

# Preservation of frozen food

## Detail Introduction :

What should be paid attention to when storing frozen food? Do not put damaged or unpacked frozen food directly into the freezer; add a food bag outside the package and fasten the bag to prevent the product from drying out or oil oxidation; frozen food should be placed in the freezer of the refrigerator; Thawed food should not be refrozen; do not overfill the freezer, so as not to affect the convection of cold air.

Frequent opening and closing of the freezer door will cause the temperature in the freezer to rise; the expansion caused by the sublimation of ice crystals in the packaging bag into gas generally does not affect the quality of the food. However, if it is caused by the rise in temperature, which causes the food to produce spoilage gas during the thawing process, it cannot be eaten.

How long do frozen foods generally last?

Frequent opening and closing of the refrigerator door will cause large temperature fluctuations, and the quality of frozen food will also be affected. It is generally recommended that frozen foods be stored in the refrigerator for no more than two months.

From a professional point of view, this is a temporary preservation method. Homemade frozen food has undergone "slow freezing," so it is not suitable for long-term storage in the refrigerator. It is recommended to eat it within a month.