

How To Handle and Prepare Your Frozen Produce



Frozen vegetables are different from frozen fruits: one needs to be cooked, one does not...

Frozen Fruits

Definition: Slacking is the slow, gradual increase of product temperature until it's in a partially frozen state.



- Do's**
 - Thaw (slack) frozen fruit in your refrigerator...
 - At 5°C (41°F) or less
 - Protect product from contamination
 - Cover and always store above raw meat, poultry, eggs or fish
 - Wear gloves and/or use clean and sanitized utensils to handle frozen, slacked and thawed fruit



- Don'ts**
 - Don't slack at room temperature on...
 - The counter
 - Service line
 - In a steam table
 - Don't store below raw meat, poultry, eggs or fish

DID YOU KNOW?

You can control costs and reduce food waste by re-freezing slacked fruit

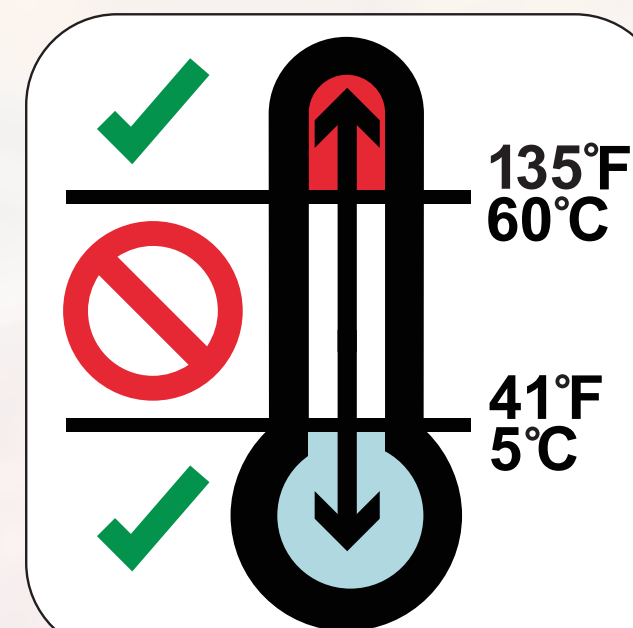


Frozen Vegetables

How to handle your frozen vegetables



- Do's (for hot holding)**
 - Cook frozen potatoes and vegetables from a frozen state
 - Cook to at least 135°F or above (follow packaged cooking instructions if available)
 - Wear clean gloves and use clean and sanitized utensils to handle cooked vegetables



- Do's (for cold holding)**
 - Cook frozen potatoes and vegetables from a frozen state
 - Cook to at least 165°F or follow packaged cooking instructions (if available)
 - Wear gloves and use clean and sanitized utensils to handle cooked vegetables
 - For cold holding, cool cooked vegetables until reaches 41°F or below



How to cool cooked vegetables... for use as a garnish, ingredient or on a salad bar

- Refrigerate in shallow pan protecting the product from contamination until it reaches 41°F or below within six hours (Model Food Code requires product reaches 70°F within two hours, 41°F within four hours)
- Use clean colander and spray with running potable water until it reaches 41°F or below



Don't

- Don't cool cooked vegetables at room temperature
- Don't slack and serve frozen vegetables
- Don't use frozen vegetables as a means to reduce the temperature of a recipe
- Don't use frozen vegetables as an ingredient in ready to serve food (burrito)



EXAMPLES:

- Don't put frozen vegetables like frozen corn or peas into salsa or salads without cooking first
- Frozen fries on counter – directly into fryer

Follow elements of FDA's Food Code recommendations pertaining to safe food handling and employee health and hygiene.

For more information, please visit AFFIFoodSafety.org or Foodsafetyfocus.com