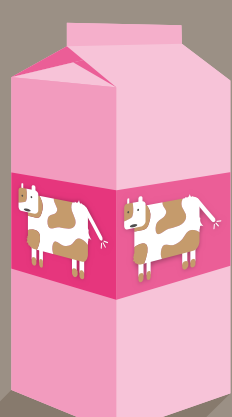


Can you freeze it?



Cheese

- Can you freeze it?** Yes, but hard cheeses are better.
- How to freeze:** Grate beforehand to avoid problems with crumbling and keep in an airtight bag for up to three months. Best used in cooking.
- How to use:** Transfer to the fridge and allow to defrost thoroughly.



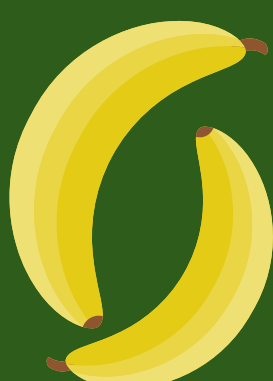
Milk

- Can you freeze it?** Yes, as long as it's within date.
- How to freeze:** Don't keep it in a glass bottle because it will expand, use a container with plenty of room.
- How to use:** Allow to defrost in the fridge. Use within a couple of days as freezing won't prolong its life. May be best used in cooking.



Mushrooms

- Can you freeze it?** Yes, either cooked or raw. Cooked mushrooms bring better results.
- How to freeze:** If raw, wash first, freeze on a baking sheet to keep them separate, then transfer into a bag or container. Allow cooked mushrooms to cool before freezing.
- How to use:** Can be thrown straight into cooked meals, otherwise remove and defrost thoroughly.



Bananas

- Can you freeze it?** Yes, ripe bananas are perfect for smoothies or banana bread.
- How to freeze:** It'll be easier down the line if you peel, cut into small pieces and begin freezing on a baking sheet to keep the pieces separate.
- How to use:** Throw frozen pieces straight into a smoothie or thaw completely for baking.



Rice

- Can you freeze it?** Yes, cooked or raw. Don't freeze leftover takeaway rice, it may have already been frozen and reheated.
- How to freeze:** Pop uncooked rice straight into an airtight bag or container. Cooked rice must be frozen the same day, even if you wish to use it within 24 hours. Transfer to a container, cool quickly and get it into the freezer.
- How to use:** Can be microwaved from frozen. Don't reheat more than once.



Yoghurt

- Can you freeze it?** Yes, it's ideal for smoothies, baking or for a frozen dessert.
- How to freeze:** Put in an airtight container with plenty of space as it will expand. Use an ice cube tray for smaller smoothie-sized portions.
- How to use:** Transfer to the fridge and defrost fully or allow to thaw slightly to eat as a frozen dessert.



Cream

- Can you freeze it?** Yes – but needs to be a minimum of 40 per cent fat. Single cream can't be frozen.
- How to freeze:** Whip it first if you want whipped cream, otherwise pop it in an airtight container.
- How to use:** Allow to thaw thoroughly and stir to mix butterfat through.



Risotto

- Can you freeze it?** Yes.
- How to freeze:** If possible pop some in a container before you finish cooking. Cool and freeze as soon as possible to avoid the risk of food poisoning.
- How to use:** Thaw thoroughly and return to the pan with some stock - the amount depends on whether it was fully cooked in the first place.



Chicken

- Can you freeze it?** Yes, raw or cooked.
- How to freeze:** If raw, wrap individual items and put in bags and freeze for up to a year. If cooked, slice and cube first.
- How to use:** Raw must be thawed thoroughly. Cooked pieces can be thrown straight into dishes to be heated or on to a pizza.



Mashed potato

- Can you freeze it?** Yes, for a couple of months.
- How to freeze:** Cool thoroughly and pop in a freezer bag. Alternatively part freeze smaller, individual portions on a baking tray to keep them separate.
- How to use:** Defrost and whip butter or milk through it for creamier mash. If watery, add a little sour cream.