

Handy Freezer Guide

Fish, Meat & Poultry

*This free tip sheet was produced by the Cheapskates Club –
www.cheapskates.com.au*

Fish		
Produce	Preparation	Storage
Oily Fish (herring, trout, salmon etc)	Clean and leave whole, fillet or cut into steaks. Wrap in cling wrap, keeping packs shallow.	4 months
Prawns, shrimps	Wash and dry well, peel or leave whole	1 month
Smoked Fish	Wrap in cling wrap, keeping packs shallow	3 months
White (Cod, Bream, Flathead, Whiting etc)	Clean and leave whole, fillet or cut into steaks. Wrap in cling wrap, keeping packs shallow.	6 months
Meat & Poultry		
Produce	Preparation	Storage
Bacon	Wrap tightly if not vacuum packed. Smoked bacon freezes better than unsmoked.	5 weeks or 6 months if vacuum packed
Chicken, Duck, Turkey	Freeze whole or jointed. Pack giblets separately.	12 months
Cubed Meat	Trim off fat and gristle, cutting into neat pieces	2 months
Ham & deli meats	Interleave with greaseproof	1 month
Joints	Remove excess fat	12 months beef 9 months lamb 6 months pork
Sausages, sausage meat	Pack tightly if not vacuum packed	2 months
Steaks, chops	Separate pieces with greaseproof	12 months beef 9 months lamb 6 months pork



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Fruit & Vegetables

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Produce	Preparation	Storage
Apples and Pears	Peel, core, slice. Freeze in syrup or puree with or without sugar	12 months or 4 months as puree
Stonefruit	Halve, stone. Pack in syrup or puree	12 months or 4 months as puree
Beans	Top, tail and string. Cut into 2.5cm lengths or leave whole. Blanch 2 minutes.	12 months
Broccoli	Trim. Blanch 3 - 5 minutes depending on size.	12 months
Berries	Remove stalks, wash and dry. Open freeze or puree.	12 months or 4 months as puree
Citrus Fruit	Freeze whole, sliced or in segments. Grated rind and juice can be frozen separately.	12 months
Corn on the Cob	Remove husks and silk. Blanch 4 – 8 minutes.	12 months
Cauliflower	Break into florets. Blanch 3 minutes	6 months
Herbs (mint, parsley etc)	Open freeze leaves or chop. Store in rigid containers.	12 months
Onions	Peel, chop and blanch 2 minutes. Freeze button onions whole.	2 months
Peas	Shell, blanch 1 minute	12 months
Pineapple	Dice and freeze in syrup.	12 months
Potatoes	Blanch 3 minutes in oil the open freeze.	3 months
Rhubarb	Cut into 2.5cm lengths. Freeze in syrup or blanch 1 minute or puree	12 months or 4 months as puree
Root vegetables (Carrots, parsnips etc)	Dice and blanch 3 minutes. Leave baby carrots whole.	12 months
Tomatoes	Wash, dry and open freeze whole or diced or puree	12 months



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Bread, Cakes & Puddings

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Produce	Preparation	Storage
Breadcrumbs	Pack in bags	3 months
Bread, soft rolls	Pack in bags, over-wrap with foil	1 month
Crusty bread	Pack in bags, over-wrap with foil	1 month
Yeast	Wrap in plastic, over-wrap with heavy duty foil	12 months
Decorated cakes	Open freeze until firm. Wrap carefully in foil	3 months
Sandwich cakes, sponges	Interleave cakes with greaseproof. Overwrap with cling wrap	6 months
Scones, shortbread, tea cakes	Pack in cling wrap	2 months
Uncooked pastry	Freeze in blocks or rolled into sheets. Wrap in cling wrap	4 months
Cooked pastry	Wrap in foil or pack into rigid containers	3 months
Pancakes	Freeze cooked, interleaved with greaseproof	3 months
Homemade ice-cream, sorbets	Seal in rigid containers	4 months
Biscuits	Freeze uncooked dough in a block or roll. Open freeze shaped biscuits. Wrap tightly in cling wrap.	2 months



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