ACTIVITY:

FREEZING AND WRAPPING SEAFOOD

Wrapping fish for freezing

- Whole fish can be packed directly on ice. Protect fillets, steaks, or shellfish meat from direct contact with ice: place them in an air-tight waterproof plastic bag or container, then bury the bag or container in ice.

- Immediately store frozen seafood in the coldest part of the home freezer at temperatures below 0°F and as close to -31°F as possible. Seafood needs to be protected from moisture loss, which causes freezer burn, and from air to maintain quality.

To freeze your own seafood

- Wash it if necessary.

- Pre-wrap in a “clinging” wrap to form a barrier or tight “skin” around the product.

- Place in a durable plastic freezer bag, freezer wrap, or aluminum foil.

- Squeeze as much air as possible from the bag or wrap before sealing.

- Label and date all seafood products before you put them in the freezer.

- Place in freezer to allow good air circulation.