



LESSON 4

SEAFOOD TIPS: SELECTING, BUYING, HANDLING, STORING, AND COOKING

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.