

Meat: Storage and Preparation

FREEZER



1 day before
you want to
cook it



FRIDGE

Ready to
cook



FRIDGE

Freeze meat if you aren't going to use it in 2-3 days.

- Separate the meat into the amount you will cook for one day's meal
- Re-wrap the meat in freezer bags or plastic wrap - push the air out.
- Label the meat with product & today's date (so you know how old it is)

Community Nutrition Unit
Annerley Road Community Health
Queensland Health
(07) 30103550

Thaw the meat in the fridge.

- Place meat on a plate or better still, in a container
- Put it on the bottom shelf of the fridge (this will stop any blood dripping on other food)
- You need to be prepared ahead of time
- If you have a microwave, you can thaw the meat in the microwave just before you want to cook it

Cook meat immediately once thawed.

- Meat cannot be refrozen raw
- Steak can be cooked how you like it
- Mince, fish, chicken, sausages, hamburgers and rolled roasts must be well-cooked all the way through - no pink!
- Wash your hands before preparing food and between handling raw meat and ready-to-eat foods.

This table tells you how long meat can be frozen for and still taste good:

Product	Approximate frozen storage life
Beef/lamb roasts	4-6 months
Ground beef mince	2-3 months
Sausages	1-2 months
Beef Steaks	3-4 months
Beef/Lamb Casserole	2-3 months
Lamb chops	2-3 months
Offal	1 month
Whole chicken	4-6 months
Chicken portions	3 months
Lean fish (eg. Whiting)	4 months
Oily fish (eg. Mackerel)	3 months

(Source: Meat and Livestock Australia Food Safety Campaign Group: Food Safety in the Home)