

## **Freezer Storage Chart**

	Larga Daat							
Measurements are approximate. Some will	Large Rect. or Rect	Rect.	Rect.		Small		Mini	
fill to brim and some will have ample room.	Deep.	Shallow	Medium	Small	Medium	Small Deep		Mini Pact
0 amounts varies	12 cups	2 cups	5 1/2 cups	1 3/4 cups	3 1/3 cups	6 cups	cup	3/4 cup
Beef:	12 cups	2 cups	5 1/2 eups	1 5/4 Cups	5 175 Cups	0 cups	cup	5/ + <b>Cu</b> p
Cubed Steak		1 1/2 lbs.	2 - 3 lbs.	2 small		2 - 3 lbs.		
Steaks (large)			2 - 3			2 - 3		
Rib Eye Steaks		1 lb.	2 lbs.	1/2 lb. (sm)		2 1/2 lbs.		
Rib Eye Roast	3 lbs.					2 lbs.		
Bonesless Sirloin Steak		1 lb.	4 lb.s					
Sirloin Tips						2 lbs.		
Boneless Chuck Roast	(2) 2 lbs.					2 - 3 lbs.		
Rump Roast	(2) 3 lbs.					2 - 3 lbs.		
Short Ribs	4 lbs.				1 1/2 lbs.	2 1/2 lbs.		
Hamburger or Turkey Patties	16 (1/4 lb.)							
Cubed Meat (stew, fondue, etc)		1 lb.		1/2 lb.	1 1/2 lbs.			1/2 lb.
Browned Ground Beef/Turkey				1 lb.	2 lbs.			1/2 lb.
Chicken:								
Thighs		2 lbs.	3 - 4 lbs.			3 - 4 lbs.		
Drumsticks		1 lb.	2 - 3 lbs.			2 - 3 lbs.		
Wings	4 lbs.							
Breast (boneless)		1 - 2 lbs.	2 - 3 lbs.			3 - 4 lbs.		
(with bone)	4 lbs.					2 lbs.		
Stir Fry (strips)		1 lb.						1/4 lb.
Fryer, whole (cut up)	(2) 3 lbs.		3 lbs.			3 lbs.		
Pork:								
Breakfast Links		1 lb.	1 - 2 lbs.		1 lb.			
Bacon (rolled)		1 lb.	2 1/2 lbs.	1/2 lb.				
Bacon (flat)	3 - 4 lbs.	1 lb.						
Ham (sliced)	2 1/2 lbs.	1 lb.				2 lbs.		
Butterfly Chops	5 - 6	2		1	2 - 3			
Bone-in Chops (medium)	6 - 7	2		2	3 - 4	2 1/2 lbs.		
Boneless Chops			4 lb.s	3/4 lb.	1 1/2 lbs.	2 1/2 lbs.		
Smoked Sausage	5 - 6 lbs.	1 lb.	2 - 3 lbs.					
Steak		3/4 lb.	1 1/2 lbs.			2 lbs.		
Hot Dogs	12 - 14	1 lb.				3 lbs.		
Boneless Loin Roast	3 lbs.					2 lbs.		
Country Style Ribs	4 lbs.	3/4 lb.				2 lbs.		
Cutlets		1 lb.		1/2 lb.				
Fish:								
Fish Sticks	30 - 40	12 - 14		ļ		ļ		
Fillets/Steaks	2 - 3 lbs.	1 lb.	2 lbs.	1/2 lb.				
Butterfly Shrimp (breaded)						16 oz.		
Shrimp		1 lb. med.		1/2 lb. med.	1 lb. med.			1/4 lb.
Crab Meat		1 lb.		1/2 lb.	1 lb.			
Turkey:								
Smoked Breast whole				ļ	1 1/2 lbs.	ļ		
Sliced or Shredded	0	0	0	0	0	0	0	0

**The Large Box.** Use for any type of food you like to keep in large quantities. Place layers of food in Large Rectangle Container or Rect. Deep Container. Flash freeze on Silicone Wonder Mat to keep food from sticking together. Any number of servings can be removed as needed for a meal. Examples: Beef Box, Chicken Pieces Box, Boneless Chicken Box, Pork Box and Fish Box. Brreakfast Bos (pancakes, prestflag, Family Lange, Family Lange, Family Lange, Piece, Piece

waffles, French toast, bagels, English muffins), Dinner Bread Box (dinner rolls, muffins, sliced quick breads), Sandwich Box (hamburger buns, hot dog buns, pita) Frozen Treat Box (ice cream bars, frozen fruit pops, ice cream sandwiches), Sandwich Meat Box

(individual servings of sliced roast beef, turkey, meatloaf)

water.       Fiel. trim and cut vegetables as desired for freezing.       Gravy (meat or poultry)       2 to 3         * Blanche vegetables prior to freezing to stop the action of growth.       Ham, Hotdogs and Lunchmeats       4 to 12         If vegetables are not blanches, or blanching is not long enough, the enzymes continue to grow during frozen storage causing off-colors, or blanche vegetables is in a large pot of boiling water. Allow one gallon of water per pound of vegetables.       Meat, uncooked prosto       3 to 4         water.       Allow one gallon of water per pound of vegetables.       Poultry, uncooked parts       9         Poultry, uncooked arts       9       Poultry, uncooked arts       10       2         At as an as blanching is complete, cool the vegetables not the water tooking process.       Toot arts, data arts,		Large Rect.								
12 caps       2 caps       5 1/2 caps       1/3 caps       6 caps       cap       3/4 cap         French Freis (crinkle cui)       3 bs.       2 lbs.		or Rect								
Vegetables:         Image		-					-	Square 1/3		
Prench Fries (crinkle au)         3 lbs.         2 lbs.         2 lbs.         2 lbs.           Hash Browns (regular)         12         2 lbs.         2 lbs.         1           Hash Browns (regular)         12 paties         1         2 lbs.         1           Com (bdby cars)         8 - 10         7 - 8         1         1           Com (bdby cars)         5         1         1         2         1         1           Prozen Vegetables         1         1         2 lbs.         1         1         2         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1	<b>X</b> 7 / <b>1</b>	12 cups	2 cups	5 1/2 cups	1 3/4 cups	3 1/3 cups	6 cups	cup	3/4 cup	
Preach Fries (shee string)       1 b.       2 bs.       1       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       0       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1		2.11.		0.11			0.11			
Hash Browns (regular)       12 puties       2 lbs.       2 lbs.       1         Gron (haby cass)       8 - 10       7 - 8       -         Corn (haby cass)       5       1       -       -         Freez with Ease Guide:       1 lb.       2 lbs.       1       -         Freez with Ease Guide:       -       -       -       -         Freez with Ease Guide:       -       -       -       -         Freez with Ease Guide:       -       -       -       -         Consol tegratules for freezing that are at their peak of flavor and east over at their peak of flavor and ea		3 IDS.	1 lh			-	2 Ibs.			
High Browns (dostor)       12 parties       Image: Control (direct end)       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1			1 10.				2 lbc			
Corn (fudy cars)       8 - 10       7 - 8         Frozen Vegetables       5       1 lb.       2 lbs.       1 lb.       2 lbs.         Brocooli Cuts       1 lb.       1 lb.       2 lbs.       1 lb.       2 lbs.         Freez with Ease Guide:       1 lb.       1 lb.       2 lbs.       1 lb.       2 lbs.         Freez with Ease Guide:       Freez with Ease Guide:       Freezer With Ease Guide:       A lbs.       1 lb.         Freez with Ease Guide:       Freezer Mith Ease Guide:       Freezer Mith Ease Guide:       Months         Freezing Vegetables       Freezer Mith Ease Guide:       Freezer Mith Ease Guide:       Months         Freezer Mith Ease Guide:       Freezer Mith Ease Guide:       Months       Bacon       1         Freezer Mith Easteria and pasticide residue, wash vegetables       Casseroles       2 los 3       10 dbs.         Froemo Guina dat vegetables as dexied for freezing.       Gravy (meat or poultry)       2 los 3       10 dbs.         Fib most Conventient way to blanche vegetables into a long enough, the autocoked streaks or chops       4 lo 12       Most, uncooked streaks or chops       4 lo 12         If wastebles and to ughenting.       Fib most Conventient way to blanche vegetables into a container of ice       Most, uncooked streaks or chops       4 lo 12         Bring the w		12 pottion		2 108.			2 108.			
Com (large ears)         5         1         2         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1         1	× /						78			
Procent Vegetables         1 lb.         2 lbs.         1 lbs.         1 lbs.         1 lbs.							7 - 0			
Breccoli Cuts     11/2 lbs.       Freeze with Ease Guide:       Freezeing is simple and the most time efficient way to preserve foods at home. It is important to note that freezing does not improve the quality of the free h product. Food stored constantly at 0°F will always be safe.       Freezeing is Simple and the most time efficient way to preserve foods at home. It is important to note that freesh product. Food stored constantly at 0°F will always be safe.       Freezing Vegetables     Freezer Storage Chart - 0°F       Cause vegetables for freezing, that are at their peak of flavor and vegetables of the organization of growth. The organization and rines several times with cold throughly in cold water. Drain and rine several times with cold Gravy (meat or poultry)     2 to 3       * To remove dirt, bacterin and pesticide residue, wash vegetables or for freezing to stop the action of growth. Ham, Flotdogs and Luchments     1 to 2       Up until harvest time, enzymes cause vegetables to grow and mature.     Meat, uncooked freexis, and the organization of the water. cooked masks or chops     4 to 12       Meat, nuccooked tracks or chops     4 to 12       Meat, nuccooked tracks or chops     4 to 12       Milt avers at during bin the water, allowing the blanching is contarie or during the blanching is contarie or during the blanching is contarie or during the start counting the start and the plane wegetables into a container of the water. Cook and the vegetables quickly and freeze up to 8 months.     Dealty     Months       Burdevergetables for the strees     2 to 3     Milt     3     Grews Action Actionand Action Action Action Actiona		5	1 lb	2 lbs		1 lh	2 lbs			
Freeze with Ease Guide:         Freeze with Ease Freeze Storage Chart - 0°F         Metal Metal Storage Chart - 0°F         Metal			1 10.			1 10.	2 105.			
Freezing is simple and the most time efficient way to preserve foods at home. It is important to note that freezing does not improve the quality of foods but when properly done it can preserve most the texture. Food stored constantity at 0°F will always be safe.         Freezing Vegetables       Freezer Storage Chart - 0°F         * Choose vegetables for freezing that are at their peak of flavor and texture. Over-mame vegetables may be hard, tought or flavorless.       Nonths         * To remove dirt, hacteria and pesicide residue, wash vegetables       Casscroles       2 to 3         * To remove dirt, hacteria and pesicide residue, wash vegetables       Casscroles       3 to 4         # To remove dirt, hacteria and pesicide residue, wash vegetables       Gravy (meat or poultry)       2 to 3         # Manch vegetables port of freezing to stop the action of growth.       Ham, Hotdgas and Lunchmeats       1 to 2         We getables are not banches, to blanching its not long enough. the water, allowing frozen storage causing off-colors, off-flavors and buset resolution of water per poul of vegetables.       Poultry, uncooked       2 to 3         * The most convenient way to blanche vegetables into the water, allowing frozen start counting the blanching frozens.       O to 4       Sausage       2 to 3         * As soon as blanching its complete, cool the vegetables wince of yees blas for the same amount of itme as they are       Dairy       Months         The getable are to bol and lower vegetables into a containor of ice wegetables for the same amount of itme as they are				1 1/2 103.						
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quality of the fresh product. Food stored constantly at 0*F will always be safe.     Freezing Vegetables       Freezing Vegetables     Freezing that are at their peak of flavor and texture. Over-mature vegetables may be hard, tought or flavorless.     Meals     Months       8 Choose vegetables for freezing that are at their peak of flavor and there. Week inthe abetication and the vegetables as desired for freezing.     Casseroles     2 to 3       * To remove diffuence scales vegetables to grow and manter.     Bacon     1     Gravy (meal or poultry)     2 to 3       * Blanche vegetables, or blanching is not long enough, the uncoked streaks or chops     4 to 12     Meat, uncooked roasts     4 to 12       If vegetables are not blanches, or blanching is not long enough, the water to continue to grow during frozen storage causing off-colors.     Meat, uncooked roasts     4 to 12       Meat, cocoled roasts     2 to 3     Source and the cocked     2 to 3       * The most convenient way to blanche vegetables is not and mature.     Meat, uncooked parts     9       Poultry, uncooked parts     9     Poultry, uncooked     10       Water Coole										
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* Choose vegetables for freezing that are at their peak of flavor and texture. Over, mature vegetables may be hard, tought of flavoreless. Bacon 1 * To remove dirt, bacteria and pesticide residue, wash vegetables theorem of the vegetables as desired for freezing. Gravy (meat or poultry) 2 to 3 thoroughly in cold water. Peak it muse exert times with cold Gravy (meat or poultry) 2 to 3 * Blanche vegetables are ots blanches, or blanching is not long enough, the Meat, uncooked treaks or chops 4 to 12 th vegetables are not blanches, or blanching is not long enough, the Meat, uncooked gravs or chops 4 to 12 th vegetables are not blanches, or blanching is not long enough, the Meat, uncooked gravs or chops 4 to 12 * The most convenient way to blanche vegetables is in a large pot of Poultry, uncooked gravs or chops 4 to 12 bling water. Allow one gallon of water per pound of vegetables. Poultry, uncooked prasts 9 r The most convenient way to blanche vegetables is in a large pot of Poultry, uncooked prasts 9 r The most convenient way to blanche vegetables is in a large pot of Poultry, uncooked prasts 9 r Na knoon as blanching is complete, cool the vegetables, and ther pound of vegetables. To cool, drain the vegetables are commended. 4 thoroughly to stop the cooking process. To cool, drain the vegetables are exerted the name amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables in the vegetables are exerted. The same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of time as they are Cool vegetables for the same amount of ti		ed constan	tly at 0*F v	vill always l						
texture:       Over-mature vegetables may be hard, tought or flavorless.       Bacon       1         * To remove dirt, bacteria and pesticide residue, wash vegetables       Casseroles       2 to 3         thoroughly in cold water:       Frozen Dinners and Entrees       3 to 4         * Blanch vegetables prior to frezing to stop the action of growth.       Ham, Hotdogs and Lunchneats       4 to 12         Up until harvest time, enzymes cause vegetables to grow and mature.       Heat, uncooked streaks or chops       4 to 12         enzymes continue to grow during frozen storage causing off-colors,       Meat, uncooked ground       3 to 4         off-flavors and toughening.       Poultry, uncooked parts       9         Pointy, uncooked parts       9       Poultry, uncooked parts       9         Pointy, uncooked parts       9       Poultry, uncooked parts       9         Poultry, uncooked parts       9       Poultry, uncooked parts       9         Poultry, uncooked parts       9       Poultry, uncooked parts       9         ring and water to boil and lower vegetables into the water, allowing the astiner, allowing the vegetables into a container of ice       Poultry, uncooked parts       9         water. Cool vegetables for the same annount of time as they are       Cheddar & Swisc Chese       6         blanched., Drain thoroughly and freeze up to 8 months.       Cream, h					Freezer	Storage Cl	hart - 0*F			
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thoroughly in cold water. Drain and rinse several times with cold     Frozen Dinners and Entrees     3 to 4       water. Peel, trim and cut vegetables as desired for freezing.     Gravy (meat or poultry)     2 to 3       Blanche vegetables prior to Treczing to stop the action of growth.     Han, Hotdogs and Lunchmeats     4 to 12       Up util harvest time, enzymes cause vegetables to grow and mature.     Meat, uncooked torsts     4 to 12       I' vegetables are not blanches, or blanche ing is not long enough, the     Meat, uncooked ground     3 to 4       off-flavors and toughening.     Youtry, uncooked     2 to 3       '' The most convenient way to blanche vegetables is in a large pot of     Poultry, uncooked parts     9       bring the water to boil and lower vegetables into the water, allowing     Poultry, uncooked parts     9       time as recommended.     2 to 3     3       '' As soon as blancheing is complete, cool the vegetables quickly and     Dairy     Montuts       thoroughly to stop the cooking process.     To cool, drain the vegetables     Butter     3       '' Rater Blanching Times     1 to 2     Cream, whipped     1 to 2       Vegetable     Minutes     Margarine     3       Gravy (meat or ownak     2     Coream     2 to 4       Vegetable     Minutes     Margarine     3       Grave Cov vegetables for the same amount of time as they are <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>-</td></td<>									-	
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Up until harvest time; enzymes cause vegetables to grow and mature.       Meat, uncooked streaks or chops       4 to 12         If vegetables are not blanches, or blanching is not long enough, the       Meat, uncooked streaks or chops       4 to 12         off-flavors and loughening.       Meat, uncooked streaks or chops       4 to 12         * The most convenient way to blanche vegetables is in a large pot of boiling water. Allow one gallon of water per pound of vegetables.       Poultry, uncooked parts       9         Pound the water to continue boiling. Cover and start counting the blanching is complete, cool the vegetables quickly and thoroughly to stop the cooking process. To cool, drain the vegetables       Poultry, uncooked       12         blanched. Drain thoroughly and freeze up to 8 months.       Dairy       Months       Suess of Cream, half and half       4 <b>Water Blanching Times</b> 1/2       Yogurt       1 to 2       2       4       4       4       6         Stopes       1 1/2       Yogurt       1 to 2       4       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6       6						2 to 3				
If vegetables are not blanches, or blanching is not long enough, the enzymes continue to grow during frozen storage causing off-colors, off-flavors and toughening.     Meat, uncooked streaks or chops     4 to 12       Meat, cooked     2 to 3     10 4       off-flavors and toughening.     Poultry, uncooked ground     3 to 4       obling water, Allow one gallon of water per pound of vegetables.     Poultry, uncooked parts     9       Bring the water to boil and lower vegetables into the water, allowing the water to continue boiling. Cover and start counting the blanching time as recommended.     9       * As soon as blanching is complete, cool the vegetables quickly and thoroughly to stop the cooking process. To cool, drain the vegetables thoroughly to stop the cooking process. To cool, drain the vegetables in a strainer, and then plunge the vegetables into a container of ice blanched. Drain thoroughly and freeze up to 8 months.     Dairy     Months       Cream, half and half     4     1 to 2       Vegetable     Minutes     Cream, whipped     1 to 2       Asparagus, small stalks     2     Fish     Months       Beans, ang, green or wax     2     Cooked Fish     4 to 6       Blackey Peas     2     5     Shellfish     3 to 4       Carrots, diced or sliced     2     Shellfish     3 to 4       Carrots, diced or sliced     2     Shellfish     3 to 4       Carrots, diced or slices     2     Shuekkeel streaks or chops							chmeats			
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off-flavors and toughening.     Meat, cooked     2 to 3       * The most convenient way to blanche vegetables is in a large pot of boiling water. Allow one gallon of water per pound of vegetables.     Poultry, uncooked parts     9       Bring the water to boil and lower vegetables into the water, allowing the water to continue boiling. Cover and start counting the blanching     Poultry, uncooked parts     9       * As soon as blanching is complete, cool the vegetables quickly and thoroughly to stop the cooking process. To cool, drain the vegetables     Dairy     Months       Butter     6 to 9     Butter     6 to 9       water. Cool vegetables for the same amount of time as they are     Cheddar & Swiss Cheese     6       blanched. Drain thoroughly and freeze up to 8 months.     Cream, half and half     4       Vegetable     Minutes     Margarine     3       Green Peas     1 1/2     Yogurt     1 to 2       Asparagus, small stalks     2     Fish     Months       Beakeye Peas     2     Fish     Months       Colards (do or sliced     2     Shirips, cardish, squid     3       Colards (do or sliced     2     Shirips, cardish, squid     3       Colards (cord or work (do not for cob)     2     Shirips, callops, crayfish, squid     3 to 6       Suppersention     2     Soukee Shirips     3 to 6       Suppersention     2										
* The most convenient way to blanche vegetables is in a large pot of boiling water. Allow one gallon of water per pound of vegetables. Bring the water to boil and lower vegetables into the water, allowing the water to continue boiling. Cover and start counting the blanching ime as recommended. * As soon as blanching is complete, cool the vegetables quickly and thoroughly to stop the cooking process. To cool, drain the vegetables thoroughly to stop the cooking process. To cool, drain the vegetables as strainer, and then plunge the vegetables into a container of ice water. Cool vegetables for the same amount of time as they are blanched. Drain thoroughly and freeze up to 8 months. <b>Water Blanching Times</b> Cabage Carbage Carbage Carbage, small stalks Beans, snap, green or wax Beans, snap, green or wax Caulifower flowerets Caulifower flowerets Callidower flowerets Callidower flowerets Callidower flowerets Caulifower flowerets Callidower flowerets Carbagas, cubed Summer Squash, 1 1/2" slices Sweet Peppers, halved Corm. or.the cob, which should be partially defrosted to preserve	enzymes continue to grow during frozen storage causing off-colors,									
boiling water. Allow one gallon of water per pound of vegetables. Bring the water to boil and lower vegetables into the water, allowing time as recommended. * As soon as blanching is complete, cool the vegetables quickly and thoroughly to stop the cooking process. To cool, drain the vegetables in a strainer, and then plunge the vegetables into a container of ice in a strainer, and then plunge the vegetables into a container of ice in a strainer, and then plunge the vegetables into a container of ice blanched. Drain thoroughly to drive zup to 8 months. Water Blanching Times Vegetable Carbage 1 1/2 Asparagus, small stalks Beans, snap, green or wax Blackeye Peas Cauriots, diced or sliced Cauriots, diced or sliced Cauriots, diced or sliced Cauliflower flowerets Collards Rutabagas, cubed Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames Suttames	off-flavors and toughening.									
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the water to continue boiling. Cover and start counting the blanching     Sausage     2       time as recommended.     Soups and Stews     2 to 3       As soon as blanching is complete, cool the vegetables quickly and     Dairy     Months       thoroughly to stop the cooking process. To cool, drain the vegetables     Butter     6 to 9       in a strainer, and then plunge the vegetables into a container of ice     Buttermilk     3       water. Cool vegetables for the same amount of time as they are     Cheddar & Swiss Cheese     6       blanched. Drain thoroughly and freeze up to 8 months.     Cream, half and half     4       Vegetable     Minutes     3       Cabbage     1 1/2     Yogurt     1 to 2       Asparagus, small stalks     2     Fish     Moonths       Beans, snap, green or wax     2     Cooked Fish     4 to 6       Blackeye Peas     2     Shellfish     Months       Califlower flowerets     2     Shellfish     3       Collards     2     Shuked clams, mussels, and oysters     3 to 6       Stuabage, cubed     2     Shuked clams, mussels, and oysters     3 to 6       Brackeye Peas     2     Shuked clams, mussels, and oysters     3 to 6       Carrots, diced or sliced     2     Shuked clams, mussels, and oysters     3 to 6       Sutabagas, cubed<	boiling water. Allow one gallon of water per pound of vegetables.									
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