how are foods prepared?
our kitchen compared to yours.

ENTRÉE

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Freezer burn occurs when air comes in contact with the food's surface. Foods that suffer freezer burn will appear dry in spots and may have off flavors. Airtight packaging helps prevent freezer burn.

Freeze quickly to 0°F or lower to minimize growth of ice crystals.

Place pasta/vegetable entrée into a moisture-resistant individual serving dish that is airtight to reduce moisture loss.

Prepare marinara sauce using tomatoes in own juice and tomato paste; add grated cheeses and seasonings.

Cook pasta to just tender texture; steam blanch vegetables to inactivate natural enzymes.

Select pasta type, high-quality vegetables and cheeses for entrée.

Wash surfaces, utensils and hands.

Freezing converts the water in food into ice crystals. Getting foods to a frozen state quickly helps keep the ice crystals small. Small ice crystals result in less damage to the cell walls of the foods and a better final texture.

Tortellini Marinara
June 2017

Label and date containers.

Cook food to recommended internal temperature. Check doneness using a food thermometer.

Time to serve!