

FROZEN PRODUCTS

Frozen food is the term used for industrially produced foods that are preserved by the deep-freezing process. Frozen foods include both frozen ingredients for further processing and ready meals.

Concept

- frozen foods are been preserved by freezing natural process and requires no preservatives
- freezing prolongs the shelf life of foods

Manufacturing process

- only perfect raw materials or raw materials may be used
- to preserve the valuable nutrients, the raw products are processed as quickly as possible and quickly and gently frozen.

Advantages

- healthy alternative to fresh vegetables
- in addition to the nutrients, the taste and consistency of the vegetables are almost completely preserved with rapid freezing of the products
- preservatives are not needed to preserve the frozen vegetables
- time savings



Recipes

at home, we usually pack our frozen foods (such as fish, meat, vegetables) in plastic bags and then freeze them, or we put them in glass jars so we can thaw them in the tube immediately. In autumn we freeze our plumps from our garden so we can make some cake
- Yummy :)

Disadvantages

- frozen ready meals are usually heavily processed and contain many calories
- Prices are usually more expensive

Examples

- Bread
- Fish
- Fruits
- Vegetables
- Frozen pizza
- Convenience foods