Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Frozen Foods Lab**

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| Name of Food | Frozen Option #1 \_\_\_\_\_\_\_\_\_\_\_ & Commentary on Taste, Texture, Appearance, Smell  | Frozen Option #2 \_\_\_\_\_\_\_\_\_\_\_ & Commentary on Taste, Texture, Appearance, Smell  |
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1. Describe the consistency of blanched vegetables verses those that were not.
2. How should pasta be cooked prior to freezing? Why?
3. Why is freezing a good food storage option? (3+ reasons)
4. What are the drawbacks or limitations to freezing? (3+ reasons)
5. How does sour cream (and most dairy products) need to be thawed to preserve consistency.
6. Why is using ice cube trays a good option for home freezing herbs? What else could be frozen in the trays (3+ examples)