

HOW TO FREEZE, THAW & REHEAT BEEF



❄ HOW TO FREEZE

- Trim fat, level out butchers' mince and separate into meal portions for even defrosting.
- Put into airtight plastic freezer bags, then seal removing any excess air from the bag.
- Label with cut name, weight and date – and freeze!
- Freeze up to the recommended storage time for your particular cut.
- **Never refreeze defrosted meat** – this is a food safety risk!

FRESH BEEF CUTS	FREEZER STORAGE TIME*
Sausage	1-2 months
Mince	2-3 months
Strips	2-3 months
Diced	2-3 months
Thin Steaks	2-3 months
Steaks	3-4 months
Roasts (bone in)	4-6 months
Roasts (boned & rolled)	4-6 months
Vacuum-packed Meat (unopened)	4-6 months

COOKED MEAT	FREEZER STORAGE TIME*
All cooked Beef dishes	1 month

* Ideal temperature is -18°C to -15°C

❄ HOW TO THAW

The best way to defrost beef is to leave it in the fridge until completely thawed. You'll need to plan ahead, but the tender, juicy results are worth the wait!

Simply separate portioned cuts like steaks, keep freezer covering on and pop beef in a dish on the lowest fridge shelf until completely thawed.

BEEF CUT	THAWING TIME
Small Roast	3-5 hours per 500g
Large Roast	4-7 hours per 500g
Steaks (about 2cm thick)	12 hours or overnight

IN THE MICROWAVE:

Pressed for time? Defrosting beef in the microwave is a saviour when you need to speed things up.

- Remove freezer bag or wrap. This prevents your beef from sitting in 'drip' and stewing while defrosting.
- Use the pre-programmed 'defrost' setting on your microwave.
- When defrosting mince, remove outer portions from the dish as they thaw, and set aside.
- If the edges of cuts feel warm, stop microwaving and allow the beef to stand for a few minutes until the edges are cold again.
- Cook beef immediately after defrosting. Make sure it doesn't stand for any length of time at room temperature or in the fridge.

🌀 HOW TO REHEAT

Pre-prepared meals are a lifesaver when you need to get that hot meal on the table in minutes. For a fast, safe and tasty result, follow our expert tips:

IN THE MICROWAVE:

- Reheat your beef dish in individual portions.
- Cover with a microwave lid or microwave-safe plastic wrap to trap steam and keep the meal moist.
- Reheat meal for 2 minutes on high, and then stand for 1 minute.
- Feel the centre bottom of the plate to ensure the meal is thoroughly heated.
- Take care when removing the lid or plastic wrap – **the steam released can burn!**

FOR MORE INFORMATION AND RECIPES, VISIT AUSTRALIANBEEF.COM.AU