



# HOW TO FREEZE, THAW & REHEAT LAMB



## 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 LAMB 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 LAMB DISHES	FREEZER STORAGE TIME*
All cooked Lamb dishes	1 month

\* Ideal temperature is -18°C to -15°C



## HOW TO THAW

The best way to defrost lamb 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 chops or cutlets, keep freezer covering on and pop lamb in a dish on the lowest fridge shelf until completely thawed.

LAMB 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 lamb in the microwave is a saviour when you need to speed things up.

- Remove any freezer wrap and place lamb in a dish.
- 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 to stand for a few minutes until the edges are cold again.
- Once thawed cook lamb straight away – don't leave it on the kitchen bench 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 lamb 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!