

**EAT WELL
FOR LESS**



**CHOOSE
FROZEN
MEAT**



Know Your Frozen Meat



Stretch your grocery dollar by choosing frozen meat and save at least 15 to 20%. Some frozen meat cuts can even be 50% cheaper than chilled meat.

Frozen meat comes from fresh meat in peak condition that has been rapidly frozen at temperatures below -30°C . Freezing keeps meat at its freshest. Stored properly, frozen meat can retain its wholesome quality for six months to a year.



Quick Facts

- Freezing maintains meat's condition at its freshest.
- It stops bacteria growth and chemical changes that cause deterioration of the meat.
- When properly handled, frozen meat tastes just as good as chilled meat.
- With frozen meat, you can enjoy quality meat at affordable prices.

Eating is Believing

Follow our simple recipe to create a delicious frozen meat dish.

CHICKEN WITH GARLIC & MUSHROOMS

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Seasoning

1 ½ tbsp	oyster sauce
1 ½ tsp	thick dark soya sauce
1 tsp	sesame oil

Ingredients

500g	frozen chicken parts, defrosted and chopped into bite sized pieces
2 tbsp	vegetable oil
15 cloves	garlic, peeled and lightly smashed
10 slices	middle aged ginger
½ – ¾ cup	water or chicken stock
5	fresh button mushrooms, stalks removed
1	large Portobello mushroom, stalk removed, cap cut into thick slices
5	fresh shitake mushrooms, stalks removed
1 packet	Enoki mushrooms, trimmed

Method

1. Wash chicken and drain.
2. Heat oil in a wok over high heat, add garlic and ginger and stir fry for 3 minutes till lightly browned.
3. Add the chicken and stir fry over high heat for 4 to 5 minutes till browned, then add the seasoning ingredients and water, and boil over high heat for 5 to 6 minutes till the gravy is reduced and a little thick.
4. Put the mushrooms on top and stir in gently before covering the wok. Let the mushrooms steam for 2 to 3 minutes till cooked. Serve.



STEAMED PORK RIBS WITH BLACK BEAN SAUCE

Serves: 4 to 6

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Seasoning

2 tbsp	tapioca flour
2 tsp	fine sugar
1 tbsp	light soya sauce
A dash	white pepper powder
1 tsp	sesame oil
1 tsp	vegetable oil

Ingredients

500g	frozen prime pork ribs or pork belly
1 tbsp	Chinese salted black soya beans
1	red chilli, seeded and finely diced
1	red chilli padi, finely sliced
3 cloves	garlic, peeled and finely minced

Method

1. Defrost the pork ribs – chop the ribs into 3 cm lengths.
2. Wash, pat dry with paper towels and mix with the tapioca flour.
3. Wash the Chinese salted black soya beans in tap water and drain off the water. This will remove excess saltiness.
4. Mix the black soya beans with chillies, garlic, sugar, light soya sauce and pepper. Mix with the pork ribs and tapioca flour and then add sesame oil. Marinate for 4 to 5 hours or overnight in the fridge, or you can cook it at once.
5. Add the vegetable oil and stir well. Put the pork ribs and marinade into a deep platter in 1 layer and steam over high heat for 15 minutes. The pork ribs can be served at once, or left to steam over low heat for 20 minutes more for the meat to get very tender. Serve.



Buying

- Buy frozen meat that is in a hard, frozen state.
- Ensure that packages are not torn, crushed or juice stained, and do not have excessive ice crystals.
- Pick up your frozen meat selection just before paying at the cashier.
- Put the frozen meat in an insulated bag and head home immediately.

Storing

- Store frozen meat in the freezer at -18°C .
- For storage of frozen meat in larger packaging, thaw the meat just enough (to about -10°C) to separate into smaller portions, then deep freeze in individual packs.
- Ensure there is sufficient space in between items placed in the freezer or refrigerator so that cold air can circulate freely around them.
- Do not open refrigerator or freezer doors more often than necessary to minimise temperature fluctuation.
- Do not overstock your meat supply. Follow the rule of first-in, first-out, i.e. use older stock first.

Thawing

- As far as possible, thaw meat without opening the package to prevent contamination, dehydration and absorption of foreign flavours.
- Thaw only the amount required.
- Place the frozen meat in the refrigerator or use the microwave oven to thaw meat safely.
- In general, the time required for thawing 500g of frozen meat is as follows:
Refrigerator: overnight
Microwave oven: 3 - 5 minutes
(Note: thawing times vary with size, thickness and shape of meat.)
- Do not refreeze meat that has completely thawed as the quality of the meat may deteriorate. Improper handling and refreezing of meat may lead to growth of bacteria to levels that can cause food poisoning.
- Instead of freezing unused portions, keep them chilled in the refrigerator for up to two days. Alternatively, extra portions can be cooked first and then stored chilled or frozen until the next meal.
- Remember to separate raw meat from cooked or ready-to-eat food to prevent cross-contamination.

Freshness that Lasts

Meat Type	Storage Duration in Freezer (-18°C)
Beef / Veal	12 Months
Lamb / Mutton	12 Months
Pork	6 Months
Poultry	12 Months



Says Who?

Common Myths About Frozen Meat

Myth: The freezing process affects the quality of meat. Hence, frozen meat is not as fresh or tasty as chilled meat.

Fact: Freezing is the best method of extending the shelf life of meat. It keeps the freshness, taste, nutritional value and quality of the meat. The freshness of frozen meat can be maintained for up to 6 months to a year under proper storage conditions while unrefrigerated meat can go stale and spoil within a day.

Myth: The colour of frozen meat (such as pork, beef and mutton) is usually darker because the meat is not fresh or of an inferior quality.

Fact: The colour of meat, frozen or not, is affected by the presence or absence of oxygen. Frozen meat in vacuum sealed packaging is darker in colour because oxygen is not present. Vacuum packing prevents meat from becoming rancid and prolongs its shelf life if meat is kept under proper refrigerated conditions. Once frozen meat is exposed to oxygen in the air, it will return to its original colour.

Myth: Frozen meat is leftover chilled meat that has been frozen or comes from inferior quality sources.

Fact: Frozen meat comes from freshly slaughtered animals. Different grades of meat are available in both chilled and frozen forms.



What They Say About Frozen Meat

**"I stretch my dollar and
prepare tasty meals
with frozen meat."**

Paulina Yusuf, 30
Jurong West

**"With frozen meat,
I can cook
whenever I want."**

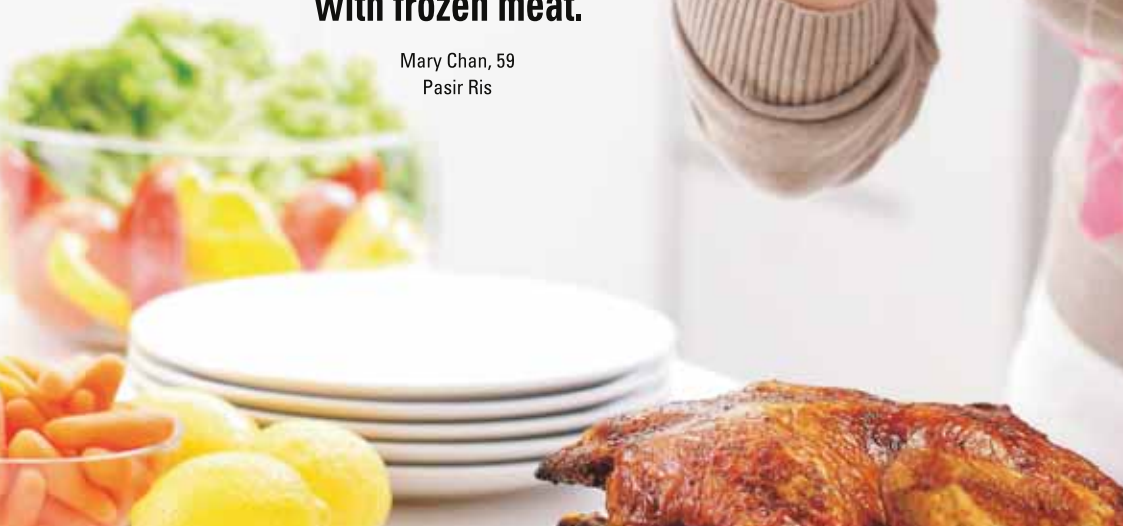
Krystal Lim, 26
Admiralty

**"It's easy to keep
within budget with
frozen meat."**

Florence Ho, 39
River Valley

**"My cooking
tastes excellent
with frozen meat."**

Mary Chan, 59
Pasir Ris





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