

LC Home Economics – Food Processing

Meat – freezing process

REVISE
WISE

- Meat is boned and the fat is trimmed.
- Blast frozen commercially at -30°C .
 - Home freezing -25°C .
 - Example: most meats.

Meat – freezing changes

REVISE
WISE

- Loss of B group vitamins, otherwise no other changes.

Meat – vacuum packaging process

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WISE

- Meat is boned, placed in polythene bags and sealed to remove air.
 - Storage 3-4 weeks.
 - Keep refrigerated.
- Examples: bacon, ham, rashers.

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Meat – canning process

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WISE

- All ingredients are heated to a high temperature, placed in sterile cans and sealed.
- Examples: meat stew, meatballs, corned beef.

Meat – canning changes

REVISE
WISE

- Loss of B group vitamins.
- Colour, flavour and texture change.
- Fat content can increase.

Meat – dehydration process

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- Small pieces of meat are accelerated freeze-dried (AFD).
- Examples: packet soups and sauces, pasta sauces.

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Meat –
dehydration
changes

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WISE

- Loss of moisture.
- B group vitamins are lost.
- Change in colour, texture and flavour.

Meat – curing
process

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- Preserving solutions such as brine (salt and water) are injected into the carcass and soaked for a further 5 days to allow the colour to develop.
- Hung for 6 days for flavour to develop.
 - Can be smoked or unsmoked.
 - Examples: bacon, ham.

Meat – curing
changes

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- Change in colour and flavour.
- Increase in salt content.

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Fish – freezing process

REVISE
WISE

- Commercial: blast frozen at -30°C .
 - Home: fast freeze at -25°C .
 - White fish can be stored for 6 months.
 - Oily fish can be stored for 3 months.
- Examples: breaded cod, salmon steaks.

Fish – freezing effect

REVISE
WISE

- Colour, flavour and texture remain unchanged.
- Micro-organisms are inactivated.
- Nutritional value unchanged unless fish is breaded/battered.

Fish – canning process

REVISE
WISE

- Fish is heated to a high temperature, placed in sterile cans and sealed.
- Fish can be placed in oil, brine or sauce.
- Examples: salmon, tuna, sardines.

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Fish – canning effect

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WISE

- Prevents microbial activity.
 - Loss of vitamin B1.
 - Increase in calcium.
- Calorie content can increase depending on sauce.

Fish – smoking process

REVISE
WISE

- Creosote and formaldehyde are the chemicals used in smoking to prevent microbial activity.
- Placed in brine or rubbed with dry salt.
- Cold smoked at 27°C, hot smoked at 80°C.
- Examples: salmon, herrings, cod.

Fish – smoking change

REVISE
WISE

- Change in colour and flavour.
 - Increase in salt.