

# STORING DAIRY FOODS

## TIPS AND TRICKS FOR EXTENDING THE LIFE OF DAIRY FOODS



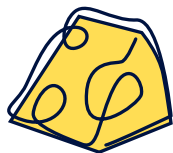
### CAN YOU FREEZE MILK?

Yes, freezing milk is a great option if you are not going to use it before the expiration date.

Ideally freeze milk when it has been freshly purchased to maintain the best taste and texture. Simply pour a little (approximately 1/2 a cup) out of the plastic bottle or carton to allow for expansion, then put it in the freezer. Milk should be frozen for no longer than three months.

Freezing milk in ice cube trays is a great idea for adding to smoothies. Once frozen, transfer portions from the ice cube tray to a storage container for freshness.

When you wish to use the milk again, put the bottle or carton back in the fridge for 24 hours to defrost. There may be some separation, so shake the container vigorously to make sure it's smooth and homogenous before using. Consume thawed milk within three to four days.



### CAN YOU FREEZE (HEESE)?

Yes, hard cheeses like parmesan, cheddar and mozzarella are great frozen. We recommend you grate them first, pop them in a storage container or zip-lock bag and then use them straight from frozen in your cooking. You can store cheese in the freezer for up to six months.

We do not recommend freezing fresh cheeses like ricotta or soft cheeses like brie or blue. Freezing will affect their structure and overall quality. However, if these cheeses are being used in dishes like lasagne or quiche and then the dish is frozen, they will be perfectly fine.



### CAN YOU FREEZE YOGHURT?

Yes, fresh yoghurt freezes well for up to two months.

As with many products, freezing an unopened and sealed container of yoghurt is best. However flavoured yoghurts with the flavour at the bottom of the tub are best opened and stirred first to make sure the yoghurt freezes evenly. Transfer opened yoghurts to an airtight container for freezing.

If you plan to use your frozen yoghurt for smoothies or baking, a great idea is to freeze it in an ice cube tray for a couple of hours and then transfer the portions to a zip-lock bag or airtight container to use as you need.

To thaw the yoghurt, simply defrost the container slowly in the refrigerator (allow at least 24 hours). After thawing you may notice the yoghurt's consistency is a little liquid or grainy - this is normal and with a vigorous stir it should return to a smoother texture.

#### FREEZING TIPS

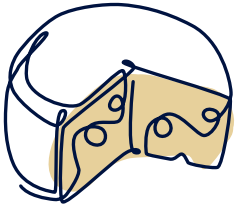
Following the freezing timelines below is recommended for the best texture and taste. When freezing foods, use a marker to label your container with the date of freeze or the appropriate best before date:

Frozen milk – 3 months

Frozen cheese – 6 months

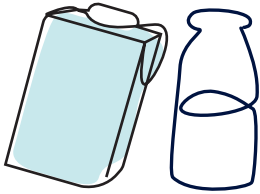
Frozen yoghurt – 2 months

For food safety, always defrost in the fridge, never at room temperature.



## HOW SHOULD YOU BEST STORE GOURMET CHEESE?

The best way to store gourmet cheese (e.g. blue, brie) is to wrap it in baking paper and then pop it in a non-airtight container in the fridge. This allows the cheese to breathe but protects it from drying out.



## IS UHT MILK AS NUTRITIOUS AS (HILLED MILK)?

UHT (ultra heat treatment) milk contains the same nutrients as fresh milk – calcium, phosphorus, potassium, riboflavin, zinc, vitamins A and B12, magnesium, carbohydrate and protein. Nutrient losses that occur during the production of UHT milk (pasteurisation) are minimal.

Conventional pasteurisation to produce UHT milk is a physical process (nothing is added or removed) that heats milk to 140°C for two seconds, which is then packaged aseptically. This destroys any harmful bacteria and micro-organisms and extends the shelf life.

Unopened UHT milk typically has an unrefrigerated shelf life of six to nine months (always check the 'best before' date on pack).

### SAFETY TIP

Once opened UHT milk needs to be refrigerated and used within seven days

To track this safely, mark the carton with the date it was opened

## IS POWDERED MILK AS NUTRITIOUS AS (HILLED MILK)?

Cow's milk powder is made by removing the water from fresh cow's milk through spray drying, reducing the moisture level to just 3%. The nutrients remain the same after spray drying, however they are much more concentrated in the powdered form.

Powdered milk can be reconstituted to fresh milk with the addition of water – see the back of pack for dilution quantities.

Powdered milk is a convenient, more shelf stable alternative to chilled milk and can be used across a range of applications.

### SAFETY TIP

Reconstituted powdered milk needs to be refrigerated

Check the instructions on pack for how long you can safely keep the reconstituted milk

## CAN I USE MILK AFTER THE 'USE BY DATE'?

In Australia there are two main types of date marking: 'best-before' and 'use-by'. These date markings are used to determine the shelf-life for the food to be stored before it starts to deteriorate or potentially become unsafe. Any food that has passed its 'best-before' date may still be perfectly safe to eat, but its quality may have diminished, whereas a 'use-by' date is the last date on which the food may be legally sold and safely eaten.

Fresh pasteurised milk is usually date marked with a 'use-by' date. Pasteurised milk will keep fresh for about 12 to 14 days if kept below 4°C (refrigerator temperature). Follow the milk manufacturers 'use-by' date on the label and avoid drinking milk beyond this specified date. If your milk is spoiling before the 'use-by' date on the container, your refrigerator may be too warm.

To find out more visit [dairy.com.au](http://dairy.com.au)