

Foods That Do Not Freeze Well

FOODS	USUAL USE	CONDITION AFTER THAWING
Raw cabbage*, celery, watercress, cucumbers, endive, lettuce, radishes	As raw salad	Limp, water-logged, quickly develops oxidized color, aroma and flavor
Cooked creamed vegetables	Side dish	Loses flavor rapidly. Store only a few weeks for best quality
Irish potatoes, baked or boiled	In soups, salads or with butter	Soft, crumbly, water-logged, mealy
Watermelon	As raw fruit	Soggy/watery
Egg whites, cooked	In salads, creamed foods, sandwiches, sauces, gravy or desserts	Soft, touch, rubbery, spongy
Icings made from egg whites	Cakes, cookies	Frothy, weep
Cream or custard fillings	Pies, baked goods	Separates, watery, lumpy, soaks into crust
Milk sauces and gravies	For casseroles or gravies	May curdle or separate. Best to thicken with waxy starch (Clear-Jel)...less likely to separate
Sour cream	As topping, in salads	Separates, watery
Cheese or crumb toppings	On casseroles	Soggy
Cooked macaroni, spaghetti or rice	When frozen alone for later use	Mushy, tastes warmed over
Mayonnaise or salad dressing	On sandwiches (not in salads)	Separates
Fried foods	All except French fried potatoes and onion rings	Lose crispness, become soggy
Potato salad, macaroni salad	Salad	Becomes watery and tough, mushy
Unbaked biscuits	Bakes products	Smaller and less tender
Unbaked muffins	Baked product	Poor texture
Gelatin	In salads or desserts	Weeps
Fruit Jelly	Sandwiches	May soak bread, weeps
Chocolate covered cherries	Candy	Expands during freezing causing them to break

*Cucumbers and cabbage can be frozen as marinated products such as "freezer slaw" or "freezer pickles." These do not have the same texture as regular slaw or pickles.

Source: OSU Master Food Preserver Program

Adapted from: *So Easy to Preserve*, 5th Edition, Cooperative Extension Service, The University of Georgia and *Freezing Prepared Foods*, PNW 296