

Summer 2010

Preservation of Meat

Hi all,

As you may know I am passionate about Dexter's both in the paddock and on the plate.

In this time I would like to cover preservation of meat.

What are the main methods of preserving meat?

Commonly we freeze most meat that can't be used within a reasonable time.

However we can refrigerate, dry [salted], can or varicole preserved and marinate.

Cooking is also a way of preserving meat but has the lowest shelf life of any method.

So what temperatures are hazardous to leave meat at?

Food standards Australia state cold food should be kept at below 6 degrees Celsius.

Hot food should be kept at no less than 60 degrees Celsius.

Frozen foods should be no less than minus 18 Celsius.

All meat kept outside these temperatures for more than 2 hours must be used in 4 hrs or discarded and is not suitable for freezing or refrigeration.

How long should we keep meat?

Fresh: best used in 3 days

Defrosted: use immediately [note food defrosted at room temp exposes the outer of first defrosting parts to the danger zone even when the core is still frozen] all meat is best defrosted in the fridge or if you have to microwave on defrost only.

Frozen: below minus 18 Celsius and no more than 9 months

Dried: if kept in air tight dry condition 12 months.