

Freezing Seafood



Sea Grant
LOUISIANA

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Seafood properly frozen at home has a fresh-like quality when thawed. For best results, seafood should be frozen rapidly.

Begin by thoroughly pre-chilling the seafood and making sure your freezer temperature is around 0 degrees Fahrenheit. Put the seafood in small packages. When the packages are placed in the freezer, spread them out to allow cold air to circulate around them until frozen. After they are frozen, they can be stacked or boxed.

Fish fillets freeze best when placed in sealed freezer bags. It's not necessary to add water, but force as much air as possible out of the bag and pull it down tightly around the fillets. Headless, shell-on shrimp should be frozen like fish fillets.

Crawfish meat can be frozen if the fat is washed off. To do so, place the meat in a colander and rinse it under cool water. Freeze it like you would a fish fillet. Dipping it in diluted lemon juice before freezing will help prevent discoloration.

Rapid thawing of seafood is important to maintain quality. Thaw seafood in the package under running water. Exposing the seafood directly to water may cause texture, color and flavor changes.