



FROZEN

MEAT-BASED READY-MEALS



Frozen meat-based ready meals are pre-prepared meals that are frozen and can be heated and eaten at home. These meals are usually made with meat as the main ingredient, such as beef, chicken, pork, or fish.

They are well-liked by customers because they offer a varied menu and are easy to prepare.

Key Process



1. Preparation of ingredients

The meat and other required raw ingredients are first prepared and cooked ($>70^{\circ}\text{C}$) according to the recipe. The ingredients may be pre-cooked or partially cooked before they are frozen.

2. Freezing

Once the ingredients are prepared, they are placed in trays or containers and frozen at very low temperatures, typically around -40°C within 90 min for rapid freezing.

Commonly used freezers: Chest freezers, Upright freezers, Blast freezers, Tunnel freezers etc.



This freezing process helps to preserve the quality and freshness of the ingredients, and also helps to extend the shelf life of the final product.



3. Packaging

Once the meals are frozen, they are usually packaged to prevent freezer burn and keeps the food fresh for longer periods of time.

Types of packaging material used:

- Shrink Film
- Wax Coated Cardboard
- Glass
- Aluminum
- Flexible Bags
- Lidding Films
- High barrier thermoforming film
- IQF polyethylene
- Skin film



4. Storage

The frozen meals are then stored in a freezer until they are ready to be shipped to retailers or directly to consumers.

Frozen meals are stored at a temperature of -18°C (-0.4°F) or lower.



***WARNING**

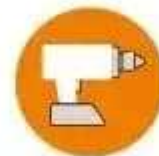
Once a frozen meal has been thawed, it should not be refrozen. This is because the thawing process can cause changes in the texture and quality of the food, and refreezing can further degrade the quality and safety of the meal.

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