

# Freeze for Ease

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## Challenge No 1



## A peek at my freezer

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- Whole or chopped green chilly.
- Whole tomatoes for easy peeling & mixie-free puree.
- Ginger paste - freeze in lumps on a thali then pack.
- Chopped tomato in small portions.
- Chopped onion in small or large portions.
- Chopped fresh dhania - for use as a garnish only.
- Palak puree - boil palak, onion & tomato then puree.
- Cooked rajma, french-beans, gavar or other beans.
- Cooked rice - when an unplanned trip creates excess.
- Cooked chapatis - cool spread out and wrapped in a kitchen towel after cooking, away from breeze.

Raw ingredients are better cooked without defrosting. Freeze cooked food in steel bowls and place the bowl in warm water for quick defrosting, else defrost naturally.

### GOALS

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#### REDUCE WASTAGE

Freeze to preserve.

#### QUICK PREP

Chopped raw ingredients can be frozen for easy cooking on a holiday.

#### BUSY-TIME MEALS

Frozen home food beats eating out after an out-of-town trip.