

GF Freezing recommendations

GF is a complex and special device that was created and designed for specific purposes. It is not just regular freezer and it should not be used simply for food storage. GF is a special equipment that uses unique technology for fish quality preservation. The misapplication of GF may lead to deterioration of the fish quality, so we suggest a few recommendations that can help you to get good results.

1. Preparation

- use saran wrap for wrapping the fish (no aluminum foil, no Ziploc bags during the initial freezing);
- GF should be turned on at least during 3-4 hours before you can use it;

2. Freezing

- the freezing time should not be less than 3 hours for sashimi and 6 hours for saku;
- avoid layering the fish;
- within the freezing process avoid opening the door of GF;
- after full freezing:
 - a. if you are going to consume the fish within 1-2 days, you should move it into Super freezer (no warmer than -20 C);
 - b. if you are going to consume the fish later than one week, for more preservation it's suggested to wrap the frozen fish in aluminum foil after "green freezing" and put it inside Super freezer (no warmer than -20 C).

3. Defrosting

One of the most important remark: the period of the time between start of thawing and consumption should be as short as possible. In other words, the fish should be consumed immediately after defrosting. If the fish was wrapped in aluminum foil, it's suggested to unwrap it before defrosting. For defrosting we recommend to use refrigerator or defrosting plate.