

# The do's and don'ts of freezing lasagna

When it comes to storing this most nutritious dish, there's lots to learn about freezing lasagna, such as...

- **How long you can freeze it**
- **What to store the lasagna in**
- **Making and freezing extra portions**



... and much more.

This quick guide should help you put any such questions out of their misery.

## Situation 1: You've made too much

You've followed the recipe, enjoyed your feast, and there's still leftover food...

**DO** - Freeze the remaining food. It will keep fine for a month or two, whether meat-filled or vegetarian. However...

**DON'T** - freeze your leftovers if any ingredients have been frozen and defrosted *more than once* before. This increases the chances of bacteria creeping in, and you don't want that!

Note: Some cooks say to avoid freezing lasagna if any of its ingredients have been frozen and defrosted even *once* before, but my wife and I have never suffered because of that.

**DON'T** - Freeze or store your lasagna (or other pasta meals) directly in aluminium (tin) foil.

This suggestion is not due to the much-rumoured health dangers of metal foil (because from what I understand these are [just that](#), rumours).

Instead it's because of the way the foil can sometimes make your food taste, well... like metal!

The idea of freezing the food is so that you can enjoy it again after all...

## Situation 2: Making double

If you have the ingredients and energy to spare, making double what you need – by preparing and/or cooking 2 batches at once – makes lots of sense.

**There are two ways to do this:**

- Prepare and cook two batches, then just freeze the second, or...

- Prepare two batches and immediately freeze one for later (just cook the one you'll eat now)

### **When cooking two batches...**

**DO** - Cook these as normal, then let the second lasagna cool down. Next either:

- Pop this second oven dish directly in the freezer
- Or... spatula out the lasagna (carefully!) and freeze it in cling film (transparent film), Ziploc freezer bags or Tupperware (my favourite). Or even aluminium foil if that's all you have.

**DO** – also consider buying and using greaseproof 'baking paper'.

Just line your lasagna dish with this first, build your lasagna, cook as normal, then let it cool. Then just lift out the paper, pop the food in bags/Tupperware and you can re-use the dish.

### **Cooking one batch, freezing the other**

**DO** - If preparing and immediately freezing your extra lasagna (to cook later), you can build it in the dish exactly as normal. The drawback to this approach is that this oven dish goes 'out of circulation'.

### **Next time: Eating the frozen lasagna...**

**DON'T** - Reheat your lasagna at full cooking temperature when it's completely frozen, as this makes it difficult to gauge when it is no longer frozen and/or cooked.

**DO** - Defrost it first (naturally or in the microwave), then just add a little extra cooking time (i.e. 5 minutes) if the lasagna is still chilly when you put it in the oven.

**DO** - Check that your lasagna is cooked right the way through before serving... just stick in a cocktail stick/toothpick and if it plunges easily through the layers and comes out warm, your meal is ready!

### **And if you love lasagna, you'll *adore* this!**

Pastastic – The Recipe Book is a brand new downloadable cookbook from Pasta Recipes Made Easy.

In addition to 125 beginner-friendly pages packed *full* of dribble-inducing Italian pasta, this book comes with my FREE 'Lasagna 101' guide, 4 bonus recipe books and 2 video guides.

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