

ABSTRACT

REFRIGERATING METHOD AND REFRIGERATOR-FREEZER FOR FOOD

[Object] To save labor to remove residual heat and to improve quality after refrigeration and thawing by cooling a warm food such as steaming rice in a concentrated manner and having the food go through a supercooled state when being frozen.

[Solving Means] In a freezing method for food for refrigerating food containing starch such as rice, rapid cooling is conducted at a cooling speed of 0.5°C / minute or more when the food temperature is high, the rapid cooling is stopped so as to decrease the cooling capacity when a temperature on the food surface falls within a temperature range of 40 to 1°C , and when the food temperature reaches the vicinity of a freezing point temperature thereafter, the cooling capacity is raised within a range such that an air temperature around the food does not fall to -15°C or below for rapid cooling, and after rapid cooling is conducted again after a predetermined time has elapsed, regular refrigeration is conducted.

[Selected Figure] Fig. 1