



Freezing Goats' Milk

Frequently Asked Questions



1. Is it possible to freeze goats' milk?

Yes, it's perfectly alright to freeze goats' milk.

2. How should I freeze the milk?

Keep the milk as cold as you can on the way home from the supermarket, especially in summer.

Freeze the milk as fast as possible – use the fast freeze setting if you have one and make sure there is plenty of space around the cartons while they are freezing.

Avoid freezing cartons within a day or two of the 'Use By' date and also those that have been open for a while as they may separate on defrosting.

3. How long can I keep the milk frozen?

We suggest a maximum of ONE month in a freezer marked with at least 3 stars and operating at -18°C or colder.

4. Why can't I keep the milk frozen for longer than ONE month?

Once the milk is frozen it is very important to keep it frozen at -18°C or below. If un-frozen food is placed in the freezer near the frozen milk or very large quantities of fresh food are put in to freeze, the temperature of the frozen milk may go above -18°C . As long as the milk stays frozen it will be safe, but it may separate when it is defrosted.

5. How should I defrost the milk?

The safest way to defrost the milk is to leave it in the fridge. Once defrosted, use within 3 days.

6. When I defrost the milk it looks separated like curds and whey – should it be like that?

No, it shouldn't – please read all these questions to help you understand what might be going wrong.

7. When I use defrosted milk in tea and coffee it seems to form a layer of sludge or go gritty at the bottom of the cup – why is this?

This is because the milk has started to separate and is forming very small curds. It can be because the milk was frozen too slowly or because of temperature changes in the freezer as described above.

8. Sometimes I find small white flecks floating on the milk when I defrost it. What are they?

Small flecks of white goats' cream may float to the surface as the milk defrosts. The cream should stir back into the milk, especially if the milk is used warm or for making hot drinks.