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NORTH DAKOTA STATE UNIVERSITY

Frozen Meals

I MEAT STEWS AND MEAT PIES

IRISH STEW (Serves 4 to 6)

One pound of lamb from forequarter or beef stew meat such as shoulder or rump. Wipe and cut 1-1/2 inch pieces. Dredge with flour if desired. Brown in hot fat in a kettle. Cover with boiling water and cook 2 or 3 hours or until tender. One hour before meat is done add 1/4 cup each of diced carrots, turnips and onions. One-half hour later add 1-1/2 cups diced potatoes.

Remove meat and vegetables. Thicken the gravy and return meat and vegetables to the pan. Irish stew may be served with dumplings or as a meat pie. For freezing--omit thickening the gravy. Do this after stew has thawed and just before serving.

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NORTH DAKOTA AGRICULTURAL .LEGE

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To Prepare and Package for Freezing:

Almost any type of meat stew, ragout, or goulash--beef, lamb, pork, or veal--can be frozen. Most vegetables in these dishes freeze well. Frozen potatoes may not be of the same quality as when fresh, but they are acceptable if the stew is not stored for more than 6 months.

Chill stew meat in small portions quickly and thoroughly. Pack into waxed tubs, glass freezer jars, plastic or aluminum containers. You may freeze stew meat in baking pans lined with paper, lift out block of stew, and wrap in moisture-vapor-proof wrapping. Use dividers of double freezer wrap to speed removal.



Aluminum containers let foods freeze quickly. To serve stew, heat it right in container. Set in warm oven or over low heat on top of range. You can wash the container and use it again.

Add a rich, flaky biscuit or pastry topping to a stew for a meat pie. The biscuit or pastry topping may be added before freezing or made fresh and added to the pie when reheating for serving. It is best to freeze meat pies and turnovers unbaked.

To Prepare and Serve:

Remove from package if necessary when partially or completely frozen. Heat slowly in heavy kettle, double boiler, or oven. Stir only enough to prevent sticking and to heat evenly. Much stirring makes a mushy stew.

Approximate Time:

depends on amount and method of heating. Quick-est method is about 15 to 30 minutes in saucepan on top of stove heat; double boiler method--30 to 45 minutes; oven heating--about an hour.

MENU:

Fruit juice*

Irish Stew Pies*

Baked Corn*

or

Buttered Peas*

Lettuce Combination Salad

Baked Apple*

Cheese*

Coffee

Milk

***Frozen Food**

Time

Allow 1 hour to defrost fruit juice (container may be placed in water to shorten this time by 30 minutes). Place meat pies in preheated oven at 400° or 425°F. for 45 to 60 minutes. Cook frozen peas directly from freezer, takes about 12 minutes in small amount of boiling, salted water. Serve the baked apple thawed (allow 1 hour for this) either cold or warm. To serve warm, place containers after thawing in 350°F. oven for 15 minutes. Prepare salad while food is thawing and cooking. If baked corn is used. Use 1 package frozen kernel corn, 1/4 cup light cream, 1/4 tsp. salt, dash of pepper and 2 tbsp. butter. Place all in 1 quart casserole - cover. Bake 400°F. for 30 minutes.

II BAKED BEANS

NEW ENGLAND BAKED BEANS

(Serves 16)

4 cups (2 lbs.) dried beans	1/2 c. molasses
4 tsp. salt	1/4 tsp. salt
1 large onion	2 tsp. dry mustard
1/2 c. catsup	1/2 lb. salt pork

Heat oven to 325°F. Wash beans; cover generously with cold water; soak overnight. Add salt and onion. If necessary, add additional water to cover beans. Cover, bring to boiling point and simmer until beans are tender. Drain and save liquid. Mix catsup, molasses, pepper, mustard, and 3 cups bean water (add additional water to make 3 cups if necessary). Pour beans, onion, and salt pork in bean pot. Add liquid mixture. Cover. Bake 1-3/4 hours. Uncover. Lift pork to top of beans; bake until pork is brown (15 to 20 min.)

To Prepare and Package

use standard recipe. Small white beans freeze well. Some varieties get mushy. Chill quickly before

packing in tubs, aluminum or plastic containers, or glass freezer jars. Leave head space. Double layers of waxed paper, or foil between layers of baked beans help with defrosting.

To Prepare and Serve

Heat in double boiler for 30 to 45 minutes depending upon size of portion or heat in container in which frozen (flame-ware glass or aluminum) for an hour, or transfer to casserole and heat for about an hour at moderate temperatures.

MENU

Tomato Juice*

New England Baked Beans*

Brown Bread*

Cabbage Slaw

Frozen Peaches*

Cup Cakes*

Coffee

Milk

*Frozen Food

Time:

Take peaches, cup cakes, and tomato juice from freezer one hour before serving - defrost at room temperature. Reheat baked beans in container in which frozen and without thawing, in oven at 400°F. for 45 to 60 minutes, or until heated through. Reheat brown bread in freezer tins for 30 to 40 minutes at same temperature.

III MEAT LOAVES OR MEAT BALLS

Use any good meat loaf or meat ball recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves or balls. For a change from the usual meat loaf, try this cheese meat loaf.

CHEESE MEAT LOAF

(Bulletin No. 40 USDA)

(Serves 25)

2-1/2 lb. ground beef	1 tbsp. salt
1 c. chopped cheese	1/2 small bay leaf,
3 tbsp. chopped green pepper	crushed
2/3 chopped onion	1/4 tsp. thyme
2-1/2 c. dry bread crumbs.	Dash of garlic salt
3 eggs, beaten	
2-1/2 c. tomato puree	

Mix the beef, cheese, green pepper, onion, crumbs, and seasonings thoroughly. Combine eggs and tomatoes, and blend into meat mixture.

To serve immediately. Place meat mixture in loaf pan. Bake at 350°F. (moderate oven) for about 1 hour.

To Freeze

Meat loaf may be frozen unbaked or baked. Wrap unbaked meat loaf in moisture-resistant packaging material. Or put mixture in metal freezer containers or loaf pans; cover with lids or wrap in packaging material. Seal and freeze. For frozen baked meat loaf, bake mixture in metal freezer containers or loaf pans at 350°F. (moderate oven) for about 1 hour. Cool quickly. Cover or wrap as above. Seal and freeze.

To Prepare and Serve

Bake frozen uncooked meat loaf uncovered at 350°F. (moderate oven) for about 1-1/2 hours or until done. Cover frozen baked meat loaf with tomato sauce or gravy made from meat drippings and reheat at 400°F. (hot oven) for about 1 hour. or, if preferred, thaw frozen baked meat loaf in the refrigerator, slice, and serve cold. Or cover slices with gravy or sauce and reheat in a saucepan over low heat.

MENU

Cheese Meat Loaf*	Mushroom Sauce
Stuffed Baked Potatoes*	Creamed Green Beans*
Melon Balls* on Lettuce - French Dressing	
Strawberry Pie*	Whipped Cream*
Coffee	Milk

*Frozen Food

Time:

Meat Loaf - Bake 1-1/2 hours in 350°F. oven.

Stuffed Baked Potatoes - If potatoes are frozen in individual servings in aluminum foil, place the wrapped frozen potatoes directly in pre-heated 350°F. oven for 1/2 hour to heat through - may take longer if large potatoes. Remove foil and place potatoes on cookie sheet under broiler to brown before serving.

Melon Balls - Allow about 1 hour to thaw. Serve in lettuce leaf with French salad dressing. Melon balls are best when eaten cold or partly frozen.

Strawberry Pie - Allow 1 hour to thaw at room temperature, serve cold. Place frozen whipped cream on each piece before serving.

IV BROILER MEAL

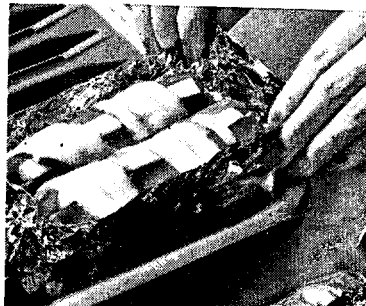
Split frankfurters and insert a strip of cheese in each frank. Wrap each one with a slice of bacon. Keep ends of bacon on frank with tooth pick. Be sure to push the toothpicks all the way in so they won't poke holes in the freezer wrappings.

To Prepare and Package for Freezing

For each serving put two "pups" together and wrap in aluminum foil. Freeze.

To Prepare and Serve

Open a package of Cheese Pups for each person, but leave the frankfurters in it. Place frankfurters, cheese side down, in these individual foil pans on broiler. Broil 7 minutes, turning once.



MENU

Frosted Melon Balls*- in Gingerale	
Cheese Pups*	Potato Chips
Broiled Corn*	Glazed Apple Slices
Ice Cream*	Cake*
Coffee	

* Frozen Food

Time

Allow 30 minutes to defrost for a 1 lb. pack of melon balls if package is placed in cold water. Serve melons when still a bit icy. Place in sherbet glasses (about 4 to 5 balls). Cover with cold gingerale and garnish with fresh mint leaves.

Take cake from freezer when removing melon balls. Thaw in wrappings unless frosted. If frosted, remove wrappings and thaw.

Line the bottom of the broiler pan with foil; place the whole kernel frozen corn on foil. Dot with butter, salt, and pepper. Broil for 5 minutes. Remove broiler and set rack in place over corn. Put Cheese Pups in foil pans, (See picture) on rack leaving room at one end for slices of unpeeled apple (slices are 1/2 inch thick). Brush apple slices with melted butter and sprinkle with brown sugar. Return all to broiler and broil 7 minutes, turning "cheese pups" and apple slices once. Corn continues to heat while "pups" broil. Serve on each plate - 2 cheese pups with corn, glazed; slice of apple, and a few potato chips. (Place potato chips under the broiler for a few minutes to crisp if needed).