

# Helps for Freezing Foods



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Place chicken on cardboard before slipping into plastic bag for freezing. Press bag to exclude air; then twist the top and fasten with rubber band.

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## HINTS FOR PACKAGING

For a small family, chicken can be cut in serving pieces, thoroughly dried, placed on a tray and frozen. Leave in freezer for one hour; remove, loosen pieces, drop into plastic bag, and wrap tightly. Remove only the pieces you want to use. You do not have to use the entire bag of chicken.

Package food in serving sizes suitable for your family needs.

Cover sharp bones with extra patches of wrapping material to pad them before wrapping.

To prevent fruits from floating and to be sure syrup covers the fruit while it is freezing, crush a piece of moisture-proof material and place it over the fruit before putting on the cover.

Use ascorbic or citric acid when preparing fruits to prevent discoloration.

Wrap each cup cake, chop, meat ball, or stuffed baked potato separately. Slip into stockinette and form knots between each piece until you have a string of packages. Cut off the number you want when ready to use. These may be frozen unwrapped, then placed in plastic bags.

Whipped cream can be placed in serving portions, on wax paper on a cookie sheet and frozen; then package frozen pieces in plastic bag. Remove only what you need for a topping for a dessert.

Package each food in family quantities for a meal. Freeze separately; then place all packages in a plastic bag with the menu. These bags are handy to leave when Mother is away at meal time.

Always package pieces of chicken or meat, or corn on the cob, with sheets of moistureproof material between the pieces so the frozen foods can be removed for quick thawing. You can then use just what you need for that one time.

Freeze frosted cake or cookies until frosting is hard before wrapping them.

Pack ice-box cookie dough in small, well-greased soup cans; store in freezer until ready to bake. Then cut out bottom of can; push out dough and slice it. Makes perfectly round cookies.

- Mrs. Ernest Miller, Michigan.

For soup, pour soup into ice cube trays to freeze. Remove cubes of soup and place in plastic bags, fasten tightly. Use as many cubes as desired without defrosting all cubes.

Double layers of aluminum foil or polyethylene between layers of chilled chowder or stew will speed removal and thawing.

### SCHOOL DAY BAKED APPLES

Fix apples the way you usually do. Slip each apple into a plastic-coated freezer container, pour in a little water.

All ride into the oven on a shallow pan. Bake, cool, pop on covers, label, and freeze.

In a lunch box, apple will thaw by noon. Or let it thaw an hour, slide into moderate oven (350°) 15 minutes. - by Doris Adams



Brown and serve rolls may be made at home. Make rolls as usual bake at 275° until done but not brown (40 minutes). Remove, cool, wrap and freeze. Rebake at 425° for 10 minutes or until brown.

Cream puffs filled with ice cream may be wrapped in foil and frozen for a ready dessert. Let stand 30 minutes at room temperature before serving (For short storage only)

### LEST WE FORGET

#### Facts About Freezing Foods

1. Chill and age meat before freezing. Freezing tenderizes meat but not enough for good eating.
2. Many freshly picked garden products lose vitamin C value and crispness rapidly when left around at room temperature. Freeze such foods at once after gathering.
3. Shelled peas and beans lose vitamin C value more quickly than when left in the pod. Store in refrigerator and pod just before freezing.
4. Sliced strawberries lose vitamin C faster than whole berries. Sugar helps retard loss of vitamin C.
5. Baked goods have a longer storage life than unbaked doughs and batters.

6. Store baked bread unsliced for long storage.
7. Cool all cooked foods quickly before freezing.
8. Do not store ice cream in too large quantities, to avoid flavor loss.
9. Omit lettuce in sandwiches to be frozen, as it wilts.
10. Cooked egg white toughens when frozen.
11. Butter - powdered sugar frostings freeze better than egg white frostings.
12. Fruits and vegetables good for eating are good for freezing,
13. Occasionally rolls of pliofilm or cellophane may become dry. Leave them in your refrigerator for 48 hours and they will regain their original softness.
14. "Off flavors" result during storage if vegetables are not scalded or are improperly scalded during preparation for freezing.
15. Seasoning must be used with care when freezing. Experiments show that red pepper, sage and black pepper kept pork sausage from becoming rancid. Cloves, onions, synthetic vanilla, become bitter; pure flavors did not. Salt loses flavor.
16. Freezing will not freshen bread. Food comes out of the freezer as it goes in, providing it is carefully wrapped.
17. Don't stuff uncooked turkey before freezing. Freeze stuffing separately.
18. Smoked meats have a short freezer life.
19. Certain foods are best if frozen after cooking. They are squash, potatoes, lobster, crab, bread, cakes and cookies.
20. Custards and many egg products coagulate and "weep" when frozen and thawed.
21. Monosodium glutamate is added to foods before freezing to improve flavor and to retard rancidity (meats and fish).