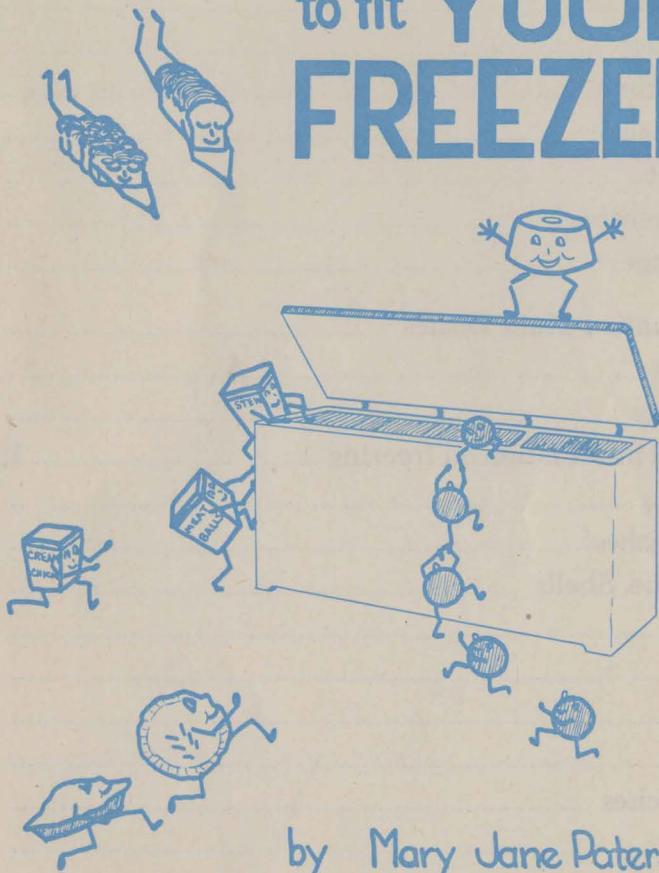




UNIVERSITY of IDAHO

A College of Agriculture Publication

prepared and cooked = **FOODS**
 to fit **YOUR**
FREEZER



by Mary Jane Paterson

30.711
d16
.206

✓ ✓
 IDAHO Agricultural
 Extension Service

✓ ✓ ✓
BULLETIN 206
 APRIL, 1954
 LIBRARY
 UNIVERSITY OF IDAHO

Here it is:

Breads

Quick Breads	10
Yeast Breads	9
Cakes	4
Angel	5
Butter	5
Chiffon	5
Chocolate	5
Fruit	6
Gingerbread	6
Sponge	5
Combination Main Dishes	12
Cookies	7
Frostings	6
General information on freezing	1, 15
Gravy	13
Meat Dishes	12
Meringue Shells	9
Pies	7
Purees	13
Rolls	9
Salads	14
Sandwiches	11
Sauces	13
Soups	13
Steam Pudding	6
Stews	12
Whipped Cream "Dollops"	9

Prepared—
and
Cooked—

Foods to Fit Your Freezer

by

Mary Jane Paterson,¹

The deep-freeze or home freezer is rapidly becoming one of the most popular pieces of equipment in many of our homes. Useful in various ways, its chief virtue to many homemakers is its ability to furnish families with even better, more nutritious foods and diets than they have had in the past. But full use of the freezer can come only when we know and use every method of storing foods in it.

Take advantage of any extra space in your freezer by freezing and storing prepared and cooked foods that appeal to your family. You can prepare many such foods in the usual way, wrap them, and freeze them either cooked or uncooked.

Save Time!

Make a double recipe of your family's favorite pie or stew. Serve one half, freeze the other.

Save Nerves!

already done much of your work.

Do your holiday baking 2 or 3 weeks ahead. When the festive season arrives, relax and enjoy your family and company. You've

Freeze a complete meal, large enough and grand enough for the family and unexpected guests. Then you can smile sincerely when young Bobbie invites the Joneses to stay to dinner 30 minutes before the meal hour.

Save Food!

food. Freeze it. Serve it tomorrow or next month.

You've cooked a complete meal and the family phones at the last minute to say they can't make it for dinner. Don't worry about lost

Save Your Family!

each day of your absence. Label each one with name, day to be used, and how long to thaw and heat. This has one disadvantage. Your family won't miss you so much as usual.

When you're going away on a vacation, don't leave your husband and children to cope with a can opener. Freeze complete meals for

¹ Extension Nutrition Specialist, University of Idaho.



Cakes and Frostings

Butter Cakes

Preparation and Wrapping

Use any good standard recipe.

Best results usually come from cakes baked before freezing.

Batters **may** be frozen successfully. But they may lose volume if stored too long.

Use a double-acting baking powder when freezing cake batter.

Use pure vanilla extract. Synthetic vanilla may produce a bitter flavor.

Freeze cake batters in baking pans or in any moisture-vapor proof carton or container.

Cool baked cakes and freeze immediately. Before freezing, separate the layers with a sheet of cellophane, wrap in moisture-vapor proof paper, and seal. Protect by outer cardboard or plastic-box covering.

Freeze frosted cakes unwrapped until the frosting is hard. Then wrap and replace in freezer.

Storage Life

Batter—2 to 6 months

Baked—6 months to a year

Thawing

Batters: Thaw at room temperature in a pan. Thaw loaf cakes completely. Thaw layer cakes partially. If you find that layer cakes “hump” in the middle, thaw completely before baking.

Baked Cake: If wrapped in aluminum foil, thaw in wrapping in 300° oven for 20 minutes. If wrapped in cellophane, thaw in wrapping at room temperature 1 to 3 hours.

Frosted Cake: Thaw in wrapping in refrigerator. Cake frostings thawed at room temperature become grainy. Loosen wrapping from frosting while still frozen. See **Frostings** for more information on frosted cakes for freezing.

Chocolate Cakes

Preparation and Wrapping

Chocolate cakes, if baked before freezing, are best when they contain a combination of (about $\frac{1}{4}$ cup) butter and vegetable shortening (as the rest of the fat).

Frozen chocolate cake batters are best when made with commercial vegetable shortening and (when they contain) baking soda plus double-acting baking powder. The baking soda is alkaline and prolongs the keeping quality.

Leave baked cakes in aluminum or paper baking pans and wrap them as they are—or you may remove them from their pans and wrap them in the same way you wrap butter cakes.

Freeze batters in cartons or freezer jars. Don't store them in tin containers. The tin will cause the batter to darken and give it off flavors.

Use pure vanilla. Synthetic vanilla becomes bitter.

Storage Life

Batter—4 months (volume gradually decreases)

Baked—4 months

Thawing

Same as for butter cakes.

Sponge, Angel and Chiffon Cakes

Preparation and Wrapping

Cakes baked before freezing are excellent.

Sponge cakes frozen as batter generally yield poor products because the batter may break during freezer storage and cause the cake to be heavy, coarse-grained and small in volume.

Freeze Angel cakes in the batter stage if you like. Freeze the batter in baking pans immediately after mixing. Bake without thawing.

Use pure vanilla extract. Synthetic vanilla becomes bitter.

There is little specific information on freezing chiffon cakes. Greatest success will probably be obtained by baking before freezing.

Storage Life

Batter—Angel cake—1 month

Baked—Angel and Sponge cakes—1 year
Chiffon cakes—6 months to 1 year

Thawing

Batter: Do not thaw angel cake. Immediately place in oven and bake at usual temperature. Bake 5 to 10 minutes longer than freshly mixed batter.

Baked: Thaw in wrapping at room temperature for 1 to 1½ hours.

Fruit Cakes, Steam Puddings, Gingerbread

Preparation and Wrapping

May be frozen baked or as batter.

Best product usually results if baked before freezing.

Cool thoroughly after baking. Wrap in waxed paper, then in metal foil. Seal.

These products freeze well.

Storage Life

Baked—1 year

Batter—8 to 9 months

Thawing

Thaw in wrapping about 1 hour per pound of cake. Heat puddings in a steamer to serving temperature.

Frostings

Types That Freeze Successfully

Uncooked frostings freeze best. The fat in frostings helps to prevent crystal formation.

Candy-type frostings—fudge and penoche—freeze satisfactorily for not more than 3 weeks.

Boiled and soft frostings do not freeze well. Egg white frostings are also unsatisfactory. They dry out and crystallize.



Cookies

Preparation and Wrapping

Most cookies freeze well. Avoid the meringue type cookies such as macaroons.

Freeze cookies either baked or raw. Raw batters and dough may lose volume after long storage.

Unbaked cookies are easier to package and take less storage space.

Recipes that are high in fat and low in moisture are best for freezing.

Form ice-box cookie dough into rolls. Wrap and freeze.

Package drop cookie batter in cartons and freeze.

Wrap baked cookies after cooling thoroughly.

Pack in a top opening box with pieces of crumpled wax paper between.

Put layers of waxed paper between soft cookies to keep them from sticking.

Use pure vanilla. Synthetic vanilla becomes bitter.

Storage Life

Batters and Dough—6 months to a year

Baked—6 months to a year

Thawing

Batters: Thaw at room temperature only until soft enough to drop from a spoon.

Baked: Thaw in package at room temperature to keep crisp.

Ice Box Dough: Slice in frozen state and bake.



Pies

Preparation and Wrapping

Freeze pies baked or raw. In general, pies frozen unbaked produce a better flavored product and the crust will be more

tender and flaky. Pies frozen baked often develop a soggy undercrust.

Two crust pies freeze well. Others that freeze well are: fruit, squash, pumpkin, sweet potato, mincemeat, chocolate chiffon and lemon chiffon.

Custard and cream pies don't freeze well. Don't freeze meringue topping on pies.

Don't cut holes in top of two crust pies if you intend to freeze them unbaked.

Pie dough may be frozen, but it takes a long time to thaw before you can roll it.

Dough rolled and frozen is usually too brittle to handle without breaking. You can make it into shells and freeze it, but these take up a lot of freezer space.

Use spices lightly. Cloves may become bitter and discolor a filling.

Some fruits need special treatment before you put them into a crust—

Apples—Steam apple slices 2 minutes, cool and drain.

Or, dip raw apple slices into a solution of $\frac{1}{2}$ tsp. ascorbic acid to 1 cup water. One cup of this solution will treat enough apples for four or five pies.

Peaches—Peel without scalding. Slice. Mix with 1 tbsp. lemon juice or $\frac{1}{4}$ tsp. ascorbic acid in 1 tbsp. water per pie.

Berries and Cherries—Coat with mixture of sugar and flour. Use approximately 1 cup sugar and 2 tbsp. flour per pie.

Don't re-use paper pie plates in freezing.

Wrap in moisture-vapor proof paper, seal with tape, and then wrap in stockinet or place in paper box. Stack right side up in freezer.

A paper plate is good protection for the top crust.

It is easier to freeze unbaked pies before wrapping. Then wrap and store.

Storage Life

Baked—4 to 6 months

Unbaked—2 to 4 months

Pumpkin, chocolate and lemon chiffon—2 to 4 weeks

Mince (unbaked)—6 months to 1 year

Thawing

Baked: Thaw in wrapping at room temperature or remove wrappings and place pie in 375° oven for $\frac{1}{2}$ hour.

Unbaked: Thawing is unnecessary. Remove wrappings and bake at usual temperature for 10 minutes longer than usual. Cut slits in two crust pies after they have been in the oven for 10 minutes.

Meringue Shells

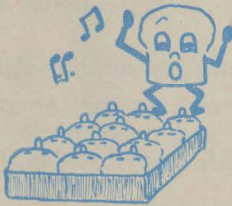
Meringue shells freeze well because they are baked dry before freezing. This is not true of other cooked meringue mixtures. Prepare as usual, bake, cook, and be careful about wrapping. Package in cellophane or plastic tubing, then wrap in aluminum foil or stockinet.

Storage Life

2 weeks

Whipped Cream "Dollops"

Whip and sweeten heavy cream. Drop by spoonfuls on wax paper. Freeze. When frozen, package in plastic bags in family size amounts. Store in freezers. Use to garnish individual desserts, pies, eclairs. To use, simply remove from freezer and place on dessert. The garnish or "dollop" will thaw by the time you've assembled and served the dessert, in about 10 minutes.



Bread and Rolls

Preparation and Wrapping

Unbaked dough requires a long thawing time and is generally impractical. If you do freeze it, use slightly more sugar than normal and coat all surfaces with fat to help prevent toughness.

Freeze brown 'n' serve rolls if you wish. However, it takes longer to complete browning after storage than if you completely bake and brown the rolls before freezing. This longer heating period causes the rolls to dry out.

Baked bread and rolls will generally freeze better than unbaked. Bake and cook, wrap in moisture-vapor proof paper and freeze.

Frozen rolls stale quickly after thawing and reheating, therefore package in meal or family-size amounts.

Storage Life

Dough—1 to 3 months

Baked Products—up to 1 year

Thawing

Dough: Thaw in wrapping in warm, moist place. Shape, let rise and bake as usual.

Brown 'n' Serve: Thaw and brown for 15 minutes at 400°.

Baked Rolls: Thaw and reheat while still wrapped at 300° for 15 minutes.

Baked Bread: Thaw in wrapping at room temperature. This doesn't take long because of the low moisture content of the bread.



Quick Breads

Preparation and Wrapping

Unbaked doughs and batters may lose volume on long storage.

Muffins and biscuits can be made quickly and easily from mixes. They take up valuable space in the freezer and many people say that for these reasons there is little point in freezing them.

Freezing is a good way to save left over muffins and biscuits.

If you wish to freeze quick breads, you will get better results by freezing the dough for biscuits and most muffins and by freezing the baked product for bran muffins, doughnuts, and fruit and nut breads.

Freeze muffin batter directly in muffin tins or in individual paper cups and then wrap and store.

Storage Life

Biscuits—baked, 3 months
unbaked, 2 months

Muffins—baked, 2 months
unbaked, 2 months

Fruit and nut breads—baked, 2 months.

Thawing

Biscuits: baked—Thaw in 300° oven for 20 minutes (unwrapped).

unbaked—Bake without thawing at 425° for 20 to 25 minutes.

Muffins: baked—Thaw at 400° for 10-15 minutes (unwrapped).

unbaked—Bake without thawing at 425° for 20 to 25 minutes.

Fruit and Nut Breads: baked—Thaw in wrapping at room temperature.



Sandwiches

Preparation and Wrapping

Use butter, margarine, or cream cheese to spread on bread. Spread evenly to edge of slice.

Use little mayonnaise and salad dressings in fillings or on bread because they may separate or soak into the bread after thawing and cause sogginess. Salad dressing with a binder is more satisfactory than one without.

Many fillings freeze well in sandwiches. Combinations of any meat, cheese, fish, cooked egg yolk, catsup, peanut butter, pickle, olive, bacon, chicken, dates, and prunes will freeze successfully.

These fillings do not freeze well: raw vegetables, cooked egg white, lettuce and other greens, jelly and too much mayonnaise or salad dressing. Cooked egg white becomes tough and the others become soft and soggy.

Wrap sandwiches separately in moisture-vapor proof paper and label.

To help prevent sogginess, keep sandwiches away from side walls and bottom of freezer. When placed in contact with metal freezing surfaces, ice crystals form on the coldest surface of the bread, which becomes soggy when defrosted. This recommendation for sandwiches is contrary to the general freezing rule that food be frozen in contact with the side walls of the cabinet.

Open-faced sandwiches freeze well. Place them in layers in a container. Separate layers with wax paper. Overwrap container with moisture-vapor proof paper.

Storage Life

2 weeks

Thawing

Regular Sandwiches—

Thaw in wrapping at room temperature for 3 to 4 hours.

Open-faced Sandwiches—

Remove wrapping. Will thaw on serving plate in 10 to 15 minutes.



Combination and Meat Dishes

Preparation and Wrapping

Many main dishes and casseroles keep well when frozen. It is best to undercook the food slightly. Always cool quickly and completely before freezing.

Waxed tubs and glass jars are good packaging materials for combination dishes.

Prepare, cook, cool, and freeze complete meals and casserole dishes. When they are frozen, remove them from their dishes, wrap them in moisture-vapor proof paper, and store them in your freezer.

Products we recommend for freezing are baked beans, chicken a la King, Spanish sausage, meat balls and tomato sauce, Swiss steak and sauce; beef pot roast and vegetables covered with broth; fish dishes, meat loaf and gravy, chow mein, chili con carne, stews.

Don't freeze potatoes. They become soggy when frozen. Freeze stews without potatoes and then cook the potatoes separately while thawing stew.

Gravies and white sauces may separate during thawing but usually recombine if stirred while heating.

Whites of hard-cooked eggs become tough when frozen.

Rice, macaroni and spaghetti tend to become mushy in frozen storage. Rice dishes will freeze satisfactorily for short periods of time.

Most flavorings and spices tend to lose flavor during storage. Exceptions to this rule are black pepper, onion, garlic and cloves, all of which may become bitter after a month or two. Curry becomes off-flavored or "musty" when used in foods stored over 4 months. On the whole it is best to spice lightly before freezing and re-spice while heating.

Cheese may tend to produce a rough texture in frozen dishes with a cheese sauce. Adding whole eggs to the cheese sauce helps to offset this.

Package in family-size servings.

Storage Life

The storage life of these foods varies. In general, we recommend keeping them not over 6 months and preferably only 2 to 4 months. Some recommendations stretch the time to 7 or 8 months.

Thawing

Thaw from frozen stage while reheating. Use the method of reheating that will best affect its appearance and texture. Stir several times during the heating process. Add more seasonings if necessary.

To prevent separation of creamed sauce and gravy while reheating—

Try stirring as mentioned above.

If stirring doesn't help, beat with electric mixer.

Save out $\frac{1}{4}$ -cup flour when preparing sauce. Add after sauce is cooked. Freeze. When you are reheating, the $\frac{1}{4}$ cup of flour will cook and absorb any extra moisture.

Add $\frac{1}{4}$ tsp. gelatin to each quart of white sauce.



Soups, Sauces, Purees

Preparation and Wrapping

Make thick soups. Thin with milk or water when reheating. This takes up less freezer space.

Vegetable soups are more successful when made from purees rather than from vegetable pieces.

Lentil soups, dried legume soups, and meat broths freeze well.

Freeze sauces, purees and stocks in ice cube trays, wrap them individually and place them in large containers. As only a small amount is usually needed at one time, this method is handy. Use as many cubes as desired. The small size of the cubes makes reheating faster.

Storage Life

About 1 to 2 months

Thawing

Thaw in saucepan while reheating. You may wish to use a double boiler for creamed soups.



Salads

Preparation and Wrapping

Freeze mixtures of raw fruit for salad and salads with a base commonly frozen in ice trays.

When freezing fruit mixtures, combine some citrus fruits with low acid fruits to prevent darkening.

Don't freeze raw grapes as they become flabby. Frozen raw apples become pithy.

Mayonnaise, salad dressing and gelatin will freeze with more success if you incorporate them in mixtures, such as cream cheese or whipped cream.

Test Salad Dressings and Mayonnaise

Meats and poultry for salads may be cooked, wrapped and frozen. Thaw and use in main-course salads by combining them with raw vegetables and mayonnaise.

Storage Life

Depends on ingredients used. Do not store too long, preferably not over 4 to 6 weeks.

Thawing

Serve while still frozen, or mellow in refrigerator for an hour or more before cutting and serving.

Thaw fruit mixtures in wrapping until almost thawed.

Don't Forget

- Freeze only high quality foods. Freezing will not improve low-grade food.
- Package in individual or family-size portions which you can use soon after thawing.
- Use only moisture-vapor-proof paper and containers. Don't skimp on wrapping material—it doesn't pay.
- Cool foods thoroughly. Wrap and freeze quickly.
- If you need to freeze a food before you package it, leave it in the freezer only until it becomes firm. Package quickly and return it promptly to the freezer.
- Make your freezer save you time and energy. Don't freeze foods that require much additional preparation after storage.
- Use a storage temperature of zero or lower for most foods.
- Label all foods as to kind, amount, and date prepared.
- Keep an inventory and check off withdrawals.
- Don't keep food over a year.
- Use your freezer as a checking account, not as a savings account.

Have You Seen These?

“Chicken in the Freezer”

“Home Freezing of Fruits and Vegetables”

“Problems in Home Food Preservation”

“Holiday Baking”

“Recipes to Fill Your Freezer With Idaho Foods”

“Freezing Eggs at Home”

“Freezing Foods for Use in the Home”

**Your county extension office has
a copy for you**

Cooperative Extension Work in Agriculture and Home Economics,
D. R. Theophilus Director, University of Idaho College of Agriculture
and United States Department of Agriculture Cooperating.

Issued in furtherance of the acts of May 8 and June 30, 1914.