FREEZER BOOK
Welcome . . .

to the wonderful world of freezer living with Ball!

Like the famous Ball Blue Book, your Ball Freezer Book is a practical guide. It is designed to make the preparation, storing, and serving of frozen foods a rewarding experience.

It is our hope that this handy little book will help you to feed your family better, save money, and discover new joys in being a homemaker.

Consumer Products Division
Ball Corporation

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Getting Started

Freezing has many advantages over other methods of preservation because frozen foods are more like fresh foods than those either canned or dried. Freezing keeps the natural color, fresh flavor and nutritive qualities of most foods better than any other known method of preservation. It also is one of the simplest and least time-consuming ways to preserve foods.

To be successful in freezing foods, start with a quality product that has been handled under the most sanitary conditions. The quality of the original product is the most important single factor in determining its quality when it is served.
Foods for freezing should be fully prepared for serving or cooking so that little or no preparation is required after they are taken from the food freezer.

For economical use of your freezer, all foods should be used within a year, and most of them should be held for much less time. By continuously using foods from the freezer, and replacing them with others in season, the space in the freezer may be used many times during a year. The higher the rate of turnover, the lower the cost per pound of frozen food.

Store like foods together; place most recently frozen foods at the bottom or back. At the same time move foods that have been in freezer storage longer toward the top or front.

It's a good idea to keep a record of the frozen foods that are in storage. If pasted near the freezer, a list can be easily kept up to date by regular posting as you put foods in or take them out. Such a list will let you know exactly what foods you have and how long they have been in storage—thus helping you use all frozen foods within the recommended storage period.

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**Equipment Needed for Freezing Foods at Home**

The equipment needed for freezing at home is little more than the pots, pans, strainers and other utensils required in the kitchen for preparing everyday meals.

**TIP:** as with all food storage methods, it is important to keep bacterial contamination to a minimum by using clean equipment and working surfaces.

**Boxes, Bags & Jars**

**Proper packaging** is very important to prevent:

1. **Chemical changes** which result from exposure to the air, thus causing loss of color, development of off-flavors, absorption of odors, and loss of vitamins.
2. **Physical changes** which result in loss of box weight and fresh appearance due to loss of moisture.

**Which to Use**

While it is not necessary for frozen foods to be hermetically sealed (as with canned foods), the package must be moisture/vapor-proof, odorless, tasteless, grease-proof, and capable of being tightly closed. There are two types of packaging materials for home freezing use—rigid containers and flexible bags or wrappers.

**Rigid containers** are: Ball Can-or-Freez Jars with large mouth and slightly tapering sides, and Ball plastic freezer boxes. Ball Can-or-Freez Jars may be purchased in three sizes: half-pint, pint and 1½-pint. Ball plastic freezer boxes may be found in pint, 1½ pint, quart and 2-quart sizes. Excellent results can be achieved in home freezing with either Ball Can-or-Freez Jars or Ball plastic freezer boxes. Both can be reused many times.

Rigid containers should be used for most frozen foods, and are recommended for all foods that are soft or "runny" at room temperatures, such as fruits packed in syrup or sugar, butter, eggs, stews, creamed foods, and meats with gravy.
Flexible bags are best for packaging roasting turkeys or hens, fish, all cuts of meat and other products with irregular shapes. They can be used for vegetables, some fruits—grapes, raspberries, blueberries without syrup or added sugar, and pre-cooked foods that are not liquid at room temperature.

Ball plastic freezer bags come in the following sizes: pint, 1½-pint, quart, two-quart, one gallon, and two gallon. These are closed by pressing out the air, then twisting the top, doubling it over, and wrapping it several times with the handy ties included in the package. If they contain no holes, these bags can be re-used after being washed and dried.

Wrapping materials are similar to flexible bags except they are available in rolls and are cut to the desired size as they are used.

Re-use of Containers. Wash Ball Can-or-Freez jars in hot, soapy water. Rinse and drain. Invert the containers on a clean towel to cool before filling them. Wash and rinse "Dome" lids.

Wash Ball plastic boxes in hot, soapy water, rinse well and drain.

The Freezer

There are three types of freezers on the market. The type you choose will depend on floor area available and the amount of freezer space you desire.

Any true freezer maintains zero degrees or lower, for fast freezing and proper low-temperature storage of foods.

The frostless feature eliminates the messy, tedious chore of defrosting, and frost doesn’t build up on food packages.

1. The upright freezer: Ranges in size from six to twenty-two cubic feet and has from three to seven shelves for storing food.

2. Chest freezer: Ranges in size from six to thirty-two cubic feet.
3. Refrigerator-freezer combination: The freezer space contains from two to sixteen cubic feet, has separate door and is located at top or bottom or side.

Regardless of the type of freezer selected, it should be placed in a convenient, cool, dry, and well-ventilated place. The temperature should be held at zero or lower at all times. Keeping the temperature at $-10^\circ$ F. will help keep the temperature below $0^\circ$ F. when unfrozen food is placed in the freezer. It's good insurance to use a freezer thermometer and check it often.

Defrost once each year (if not a frostless one) or as often as ice on the sides reaches a thickness of three-quarters of an inch. Defrosting is accomplished by turning off the current, opening the door or lid, removing all the food from the freezer (protecting frozen food by covering with a blanket or quilt), and turning an electric fan on the interior of the freezer for a few minutes. Or, place pans of hot water inside. The ice loosens and then may be scraped off. After thawing, wash the inside with a warm baking soda solution (three tablespoons baking soda with one quart water). Wipe dry and turn on electricity. Replace food.

Frostless freezers do not need defrosting. However, such a freezer should be cleaned at least once a year in the same way as above.

If odors develop in freezer, place charcoal on paper in freezer for several days.

Loading the Freezer

The quantity of food that can be frozen successfully at one time depends on the kind of food, its size, kind of package, and design of freezer. Put no more unfrozen food into a food freezer than will freeze within twenty-four hours (usually about two or three pounds of food per cubic foot of capacity). Overloading slows down the rate of freezing and foods that freeze too slowly may lose quality or spoil. Also, overloading can raise the temperature above $0^\circ$ F. and this affects the quality of the frozen food already in the freezer. Place each package in direct contact with a refrigerated surface and leave a little space between. The original fresh flavor, color, texture, and nutritive value of the frozen product will reach the table if it is properly prepared and protected at $0^\circ$ F. during storage.

The Basic Steps

1. Use only quality fresh products. Freezing retains quality, but can not improve it.
2. Work under the most sanitary conditions.
3. Have everything needed organized to save time and energy.
4. Use only approved packaging materials.
5. Be an expert. Follow your Ball Freezer Book and . . .
   (a) Blanch or scald all vegetables; cool quickly.
   (b) Use ascorbic acid for certain fruits to prevent discoloration.
   (c) Use dry sugar or syrup pack for fruits.
   (d) Keep meats cold while preparing for freezing.
6. Package to remove all air; fasten packages airtight.
7. Label with date and name of product.
8. Promptly place packages in food freezer in single layers.
9. Maintain $0^\circ$ F. temperature in freezer.
10. Keep an inventory.
11. Use all products within recommended storage period.
New England

1. CLAM CHOWDER

1 1/2 pint frozen clams from your freezer, thawed
1/4 cup finely diced salt pork
1 medium onion, thinly sliced
1 cup boiling water
1/2 teaspoon salt
speck pepper
1 cup raw potatoes cut in small cubes
1 tablespoon butter or margarine
1 tablespoon flour
1 1/2 cup milk

Drain clams (reserving liquor). Cut hard parts away and keep them separate. Cook salt pork in heavy kettle until golden brown, add onion and saute until light brown. Add hard parts of clams and boiling water, salt, pepper and potatoes. Cover and simmer gently until potatoes are tender. Combine butter and flour and add slowly to chowder, stirring. Add soft parts of clams and clam liquor. Add milk just before serving and heat thoroughly, but do not boil. Serve with oyster crackers. Serves 4-6.

2. BLUEBERRY MUFFINS

1 egg
1/2 cup milk
1/4 cup vegetable oil or melted shortening
1 1/2 cup flour
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup frozen blueberries "No-Sugar" Pack


3. SQUASH PUFFS

1 quart frozen yellow squash
1/4 cup milk
3 tablespoons flour
1 tablespoon light brown sugar
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
1/2 teaspoon ground black pepper
2 large eggs, beaten

Place 1 quart of frozen squash in a saucepan with 1/2 cup water and 1/2 teaspoon salt.

4. STUFFED LOBSTER

1 1/2 to 2 pound frozen lobster per person
2 cups finely crushed round buttery crackers
1/2 cup melted butter or margarine
Few grains pepper
2 1/2 tablespoons Worcestershire sauce
Melted butter

After lobster has thawed, place in large flat baking pan. Toss together cracker crumbs, the 1/2 cup melted butter, pepper, and Worcestershire sauce. Spoon stuffing lightly into body cavities. Heat oven to 375° F. Bake 35 to 40 minutes. Serve with melted butter.

5. CRANBERRY PIE

3/4 cup sugar
1 tablespoon flour
1 teaspoon vanilla
1 cup raisins
1 cup frozen, thawed cranberries
Pastry for two 9 inch crusts

Mix sugar with flour and vanilla; sprinkle over cranberries and raisins. Mix well. Use your favorite recipe for two-crust pie. Add cranberry mixture to pastry, cover with top crust. Bake 45 to 50 minutes in (350°) oven. Serves 6-8.

TIP: Leftover frozen cranberries may be used in relishes.
GENERAL INFORMATION

Most fruits are suitable for freezing in some form. Some may be frozen whole, requiring only to be properly ripened and washed. Certain fruits must be peeled and sliced; others may be made into puree; the juice of some may be frozen. Most fruits should be fully prepared and sweetened for serving or cooking before being packaged and frozen.

Selection

Select a variety of fruit for freezing that is recommended for eating fresh or a newer variety which has been found to be especially suitable for freezing. As a rule, fruits which have appealing color and pronounced flavor... evenly ripened and uniform in size and shape... are best for freezing.

Proper selection is very important. Immature or overripe fruits should not be frozen. Harvest or choose fruits when they are fully developed and well colored, but before they become soft.

Practically all fruits are improved for freezing if they are spread out in a clean place and allowed to mellow and ripen thoroughly. Peaches, plums, figs, and most berries are improved by storing overnight. Apples, pears and some peaches require storing several days. However, when final preparation for freezing is begun it should be completed as quickly as possible; usually, within an hour. For this reason, large quantities of fruits should not be prepared at one time. For best results, freeze only fruit that is ripe or just right for eating out of hand.
Utensils
Since iron causes many fruits to darken, knives, mixing bowls, pans, and other containers should be of stainless steel or other non-corrosive material.

Packaging
Since practically all fruits are packed with sugar or syrup, special precautions should be taken to see that the packages do not leak. For this reason only rigid containers are recommended, such as the Ball Can-or-Freez jars and Ball plastic freezer boxes. Flexible bags or bag-in-box packages are less suitable for fruits packed in syrup. Ball plastic freezer bags are excellent for "no-sugar" pack.

Ways to Pack Fruit
There are four ways to pack fruit for freezing: syrup pack, sugar pack, no-sugar pack, and non-caloric sweetener pack.

1. Syrup pack: To make a suitable syrup, dissolve sugar in lukewarm water (may use fruit juice) until the solution is clear. Use just enough cold syrup to cover the prepared fruit after it has been settled by jarring the container.

2. Sugar pack: Very soft sliced fruits, such as peaches, strawberries, figs, de-seeded grapes, plums, and cherries will yield sufficient syrup for covering if the fruit is layered with sugar and allowed to stand ten to fifteen minutes. Mix ascorbic acid with the sugar (if needed). Some whole fruits may be coated with sugar and frozen.

3. "No-sugar" pack: Fruits such as raspberries, cranberries, blueberries, scalded apples, and rhubarb freeze successfully without the addition of sugar. No head space is left in this pack.

4. Non-caloric sweetener pack: Sugar substitutes are used for people on special diets. Consult your physician to be sure you are using the right kind. Most manufacturers have directions for using their product. Write them for information.

Preventing Discoloration
Light-colored fruits such as peaches, apples, and pears darken on exposure to air. To prevent this discoloration these fruits may be pre-treated. Dissolve one teaspoon of ascorbic acid and one tablespoon of citric acid in one gallon of cold water. As soon as the fruit is peeled, drop it into this solution before it is prepared for freezing. (If using an ascorbic acid mixture, follow manufacturer's recommendations as to amounts.)

To further reduce discoloration you may:

To Syrup Pack: Add one-half teaspoon ascorbic acid to each quart of syrup or four 100 milligram vitamin C tablets, or three tablespoons of lemon juice.

To Sugar Pack: Thoroughly mix one-half teaspoon ascorbic acid to each pound of sugar before mixing it with the prepared fruit.

Tip: To keep fruit under syrup, crumple a piece of freezer wrap and place it in top of the container. This prevents discoloration by keeping fruit under the syrup.

Preparation
Once preparation begins, work with small quantities and work rapidly.

Gently wash the fruit in several changes of cold water and drain. Prepare as for fresh. Use your favorite pack.

Filling Containers
Fill the container so as to leave no air pockets. For dry pack, fill the container full. For syrup pack, leave one-half inch head space in quart containers and one-fourth inch head space in pint containers. Ball plastic freezer boxes have the fill line marked for you. Wipe mouth of container with a clean wet cloth.
Seal: Remove all air and seal container so it is air-tight.

Label: With name of product, date and any other information needed.

Quick Freeze: Place sealed packages in food freezer in single layers, leaving one inch space between each package. They should freeze solid in less than twenty-four hours.

Store: Stack frozen containers compactly and keep stored at 0° F. or lower until ready to use.

**Apples**

Select full-flavored apples that are crisp and firm, not mealy in texture. Wash, peel, and core. Slice medium apples into twelfths, larger ones into sixteenths. Drop immediately into ascorbic acid—citric acid water.

**Syrup pack:** Use fifty per cent syrup and add one-half teaspoon ascorbic acid to each quart of syrup. Pour one-half cup cold syrup into a Ball Can-or-Freez jar or Ball plastic box. Press apple slices down in container and add enough syrup to cover, leaving head space. Seal, label, and freeze.

**Pie apples:** Place the apple slices in boiling water for two minutes and cool in ice water. Pack in Ball plastic freezer bag. Seal, label, and freeze.

**Applesauce:** Wash apples, peel if desired, core and slice. To each quart of apples, add one-third cup water and one-fourth teaspoon ascorbic acid. Cook apples until tender, puree and add one-fourth cup sugar to one quart of hot puree, stirring until dissolved. Cool and package in Ball Can-or-Freez jars or Ball plastic freeze boxes, leaving correct head space. Seal, label, and freeze.

**Apple juice:** Place freshly made, cool cider or juice in Ball Can-or-Freez jar or Ball plastic freezer box, leaving correct head space. Seal, label, and freeze.

**Blueberries, Huckleberries, Elderberries and Gooseberries**

Remove leaves, stems, and immature or defective berries. Wash thoroughly but quickly in ice water. Drain the berries. Pack in one of the following ways:

**Syrup Pack:** Same as berries above. Note: you may heat syrup to boiling, immerse berries for one minute, remove, cool, and package. Cool syrup and pour over berries.

**Sugar Pack:** One quart fresh berries (well washed and drained) and two-thirds cup sugar. Fill Ball Can-or-Freez jar or Ball plastic freezer box with alternate layers of berries and a sprinkling of sugar. Seal, label, and freeze.

**No-Sugar Pack:** Place the drained berries in Ball plastic freezer bags. Seal, label, and freeze.

**Cherries, sour**

Select tender-skinned, bright, red cherries with a characteristic tart flavor. Wash in ice water, stem and pit. Mix one part sugar to four parts fruit. Package in Ball Can-or-
Freez jar or Ball plastic freezer box, leaving correct head space. Seal, label, and freeze. These may also be frozen in a fifty per cent syrup.

**Cherries, sweet**
Select bright, fully ripened cherries of dark colored varieties. Wash, stem, and pit. To retain the natural fruit flavor, add one-half teaspoon ascorbic acid to one quart of the fifty per cent syrup. Package the same as berries (syrup pack).

**Coconut**
Grate the coconut by hand or in food blender. Prepare in one of the following ways:

**Method I:** Mix grated coconut with its own milk and pack in Ball Can-or-Freez jar or in Ball plastic freezer box, leaving head space. Seal, label, and freeze.

**Method II:** Mix one part sugar to eight parts shredded coconut. Pack in Ball plastic freezer bag. Seal, label, and freeze.

**Method III:** Pack grated coconut in Ball freezer container. Seal, label, and freeze.

**Cranberries**
Select deep red, uniform color, firm with glossy skins. Wash thoroughly in cold water, stem, sort, and drain.

**Berry sauce:** Prepare as for table; cool; pack in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

**Currents**
Select fully ripe berries. Sort, stem, wash carefully and drain. Prepare in one of the following ways:

**Sugar Pack:** Crush the fruit lightly and mix three parts fruit with one part sugar. Allow to stand until sugar dissolves. Package the same as peaches (sugar pack).

**Whole (no sugar):** Package the same as strawberries (whole).

**Figs**
Select fully ripe fruit, wash and hand peel. Prepare in one of the following ways:

**Sugar Pack:** Roll whole or halved figs in one part sugar to four parts fruit and pack in Ball plastic freezer bag. Seal, label and freeze.

**Syrup Pack:** Pack whole or halved figs in Ball Can-or-Freez jar or Ball plastic freezer box, and cover with fifty per cent syrup, leaving head space. Seal, label and freeze.

**Whole (no sugar):** Place the figs in Ball plastic freezer bag, attempting to fill all space. Seal, label and freeze.

**Fruit Juices**
Most fruit juices make excellent frozen products and retain their fresh flavor from one season to another.

Prepare the juice by your favorite recipe; cool, pack in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

**Grapefruit and Oranges**
Select firm, tree-ripened fruit. Heaviness indicates maturity. Wash the fruit; chill in refrigerator; peel; section, removing all membranes and seed.

**Syrup Pack:** Prepare a forty per cent syrup (using juice as part of liquid). Add one-half teaspoon ascorbic acid. Pack fruit in Ball Can-or-Freez jar or Ball plastic freezer box and cover with syrup, leaving head space. Seal, label, and freeze.

**Grapes, Bunch**
Choose fully ripe, firm sweet grapes. Sort, stem, wash, and prepare in one of the following ways:

**Whole Grapes:** Put grapes in Ball Can-or-Freez jar or Ball plastic freezer box and cover with forty per cent syrup, leaving head space. Seal, label, and freeze.

**De-seeded Grapes:** Heat grapes to boiling. Remove seed and hulls with food mill. Add one part sugar to five parts puree. Cool and package in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

**Grape Juice:** Prepare and heat grapes same as above, then press or strain out juice through cloth bag. Sweeten to taste with sugar. Package in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.
How to Freeze Apples (Syrup Pack)
(These instructions also apply to pears and peaches)

Vary the syrup as listed for each fruit. (See Index). Allow 2/3 cup of syrup for each pint container. For details of making syrup, see p. 10. (Apples are best packed in a 50% syrup.)

Light-colored fruits need ascorbic acid to prevent discoloration. Add ascorbic acid to syrup as described in "Fruits & Berries".

Select full-flavored apples that are crisp, firm, and sound, not mealy in texture. Allow 1 1/4 lbs. fresh apples for each pint to be frozen. Wash carefully in cold water and drain.

1. Dissolve 1 teaspoon of ascorbic acid or 1 tablespoon of citric acid in 1 gallon of cold water. Peel, core, and slice apples into this water.

2. Pour 1/2 cup cold syrup into Ball Can-or-Freeze jar. Pack the apple slices in the jar, leaving 1/4 inch head space.

3. Add more syrup to cover the apples, leaving 1/4 inch head space in pint container. Remove air bubbles.

4. Crumple a piece of freezer wrap and place on top of apples to keep them under the syrup. This prevents a change in color and flavor.

5. Wipe mouth of jar with a clean, wet cloth. Screw lid on air tight. Label with name of product, date frozen and type of pack.

6. Place sealed jars immediately in the coldest part of the freezer in single layers, leaving a little space between each jar. After fruit is frozen, store at 0° F. or lower. Keeping quality: excellent to 12 months.
Grapes, Muscadine
Select fully ripe firm sweet grapes. Sort, stem, wash, and prepare in one of the following ways:

Whole Grapes: Same as bunch grapes.

De-seeded Grapes: Separate pulps, heat to boiling, put through a food mill to separate seed. Mix juice and pulps with hulls and boil until the hulls are tender (fifteen to twenty minutes). Add one part sugar to six parts grapes, stirring until sugar is dissolved. Cool and package in Ball Can-or-Freez jar or Ball plastic freezer box.

Grape Juice: Same as bunch grapes.

Melons (Cantaloupe, Cranshaw, Honeydew, Persian, and Watermelon)
Select fully ripe but firm melons. Remove seed and peel. Cut into three-fourths inch cubes, slices, or balls. Place in Ball plastic freezer bag. Seal, label, and freeze. Serve before completely thawed.

Nuts (Pecans, Walnuts, Almonds and Others)
Select sound, well-filled fresh nuts, shell and dry thoroughly. Package in Ball plastic freezer bag. Seal, label, and freeze. These nuts may be removed from the freezer, thawed, then used as fresh shelled nuts in any recipe.

Peaches, Nectarines, and Apricots
Select well-ripened fruit and handle carefully to avoid bruising. Wash them in several changes of cold water. Peel the fruit by hand, and drop it into ascorbic acid—citric acid mixture. Prepare in one of the following ways:

Sugar Pack: Thoroughly mix two-thirds cup sugar and one-fourth teaspoon ascorbic acid for each quart of fruit. Pit the fruit, slice it into a bowl and sprinkle with the sugar—ascorbic acid mixture. Continue until you have one quart sliced fruit mixed with the two-thirds cup sugar. Allow these to stand until sugar dissolves (about ten minutes). Pack the sliced fruit into Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Crumple a piece of freezer wrap and place it in top of the container. Seal, label, and freeze.

Syrup Pack: Prepare a fifty per cent syrup and add one-half teaspoon ascorbic acid for each quart of syrup. Pour one-half cup syrup into a Ball Can-or-Freez jar or Ball plastic freezer box; pit the fruit; slice into the container, shaking container to fill all space; add more syrup if needed; leave head space. Seal, label, and freeze.

Puree: Pit and slice one pound fruit; add two tablespoons sugar and one-fourth teaspoon ascorbic acid. Place the mixture in a food blender and convert into a liquid. Pour the mixture into a pint Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Place a disc made from aluminum foil or plastic over the top of puree to prevent discoloration. Seal, label, and freeze.

Pears
Select full-flavored pears that are crisp and firm, not mealy in texture. Wash, peel, core, and drop into ascorbic acid—citric acid mixture. Leave in halves or cut in quarters or slice. Prepare a forty per cent syrup and boil. Blanch drained pears two minutes, cool and pack in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Cover with cool syrup. Seal, label, and freeze.

For Pies: Pack cooked filling in Ball plastic freezer bag. Seal, label, and freeze.

Pineapple
Select fruit of bright appearance, dark yellow-orange color, with fragrant odor. If top pulls out easily, pineapple is ripe for freezing. Peel, core, dice, slice or cut in wedges. Prepare in one of the following ways:

Slices: Pack slices in Ball Can-or-Freez jar with two pieces of freezer paper between slices. Seal, label, and freeze.

Syrup Pack: Pack in Ball Can-or-Freez jar or Ball plastic freezer box and cover with a fifty per cent syrup, leaving head space. Seal, label, and freeze.

Sugar Pack: Mix one cup sugar to eight cups pineapple. Allow to set until sugar is dissolved. Pack in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze. Frozen fresh pineapple is not suitable for use in gelatin salad.
Plums
Select firm, ripe fruit, soft enough to yield to slight pressure. Wash, halve and pit. Prepare in one of the following ways:

Sugar Pack: Mix five parts fruit with one part sugar. Allow to set until sugar is dissolved. Pack in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

Syrup Pack: Prepare fifty per cent syrup. Pack the fruit in Ball Can-or-Freez jar or Ball plastic freezer box and cover with syrup, leaving head space. Seal, label, and freeze.

Whole (no sugar): Place the washed and drained plums in Ball plastic freezer bag, attempting to fill all space. Seal, label, and freeze.

Rhubarb
Select stalks that are crisp, tender, and well colored with red; early spring cuttings are best for freezing. Remove leaves and woody ends; discard blemished and tough stalks. Wash rhubarb well under running water and cut into one inch lengths. Prepare in one of the following ways:

Dry Pack: Pack in Ball plastic freezer bag. Seal, label, and freeze.

Sugar Pack: Mix one cup sugar to four cups rhubarb. Allow to stand until sugar is dissolved. Pack in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

Syrup Pack: Pack rhubarb in Ball Can-or-Freez jar or Ball plastic freezer box. Cover with fifty per cent syrup, leaving head space. Seal, label, and freeze.

Stewed: Stew or steam rhubarb according to your favorite recipe, sweeten to taste, cool, and package according to syrup pack above.

Strawberries
Select fully ripe, firm berries with a deep red color. Sort out immature and defective fruit. Gently wash the berries in several changes of cold water. Remove caps and place berries in a colander to drain. Prepare in one of the following ways:

Sugar Pack: Slice the berries in halves or thirds, lengthwise. Mix six parts sliced berries with one part sugar. Allow to stand until sugar dissolves (about ten minutes). Gently stir. Package the same as peaches.

Syrup Pack: Leave the berries whole or slice. Pack in Ball Can-or-Freez jar or Ball plastic freezer box. Cover with fifty per cent syrup, leaving head space. Seal, label, and freeze.

Whole (no sugar): Pack berries in Ball plastic freezer bag. Seal, label, and freeze.

Puree: Put one pint strawberries, four tablespoons sugar and one teaspoon lemon juice in food blender and convert into a liquid. Package the same as peach puree.

Thawing and Preparing Fruits
When serving frozen fruits for dessert, open the package just when you are ready to serve while there are still a few ice crystals in the fruit. Frozen fruits may be used the same as fresh fruits in most recipes. When using frozen fruits in cooking, allowance should be made for any sugar that was added at the time of freezing.

Some fruits, especially youngberries and boysenberries, make better jellies when frozen than when fresh because freezing and thawing cause the juices to be released from the cells and the natural fruit color dissolves in the juice. Freshly made jellies, jams, marmalade, and preserves from frozen berries, are superior in flavor, color, and texture to those made from fresh berries.
How to Freeze Strawberries (Sugar Pack)

A treasure in any freezer...strawberries...sliced, sweetened with sugar, packaged and frozen. The Ball 1 1/2-pint plastic freezer box is shown here. You could also use the Ball Can-or-Freez jars.

Strawberries do not require ascorbic acid.

1. Gently wash the berries in several changes of cold water to remove all dirt. Lift the berries out of the water. Drain in a colander.

2. Remove caps and place berries in colander to drain. Slice berries lengthwise 3/8 inch wide into a pint measurer.

3. Sprinkle sugar over berries, using 1/2 cup sugar to 1 1/2 pint sliced berries. Let stand while you slice another 1 1/2 pint and continue for three 1 1/2 pints. Allow to stand until sugar dissolves. Gently stir as juice is formed.

4. Pack berries and juice to "fill line". Crumple a piece of freezer wrap and place on top of berries. Press berries down into juice.

5. Wipe rim of box clean and dry. Seal with lid.

6. Label box with name of fruit, date frozen and type pack. Freeze quickly. Store at 0°F. or lower. Keeping quality: excellent to 12 months.

Select fully ripe, firm, sound berries with a deep red color. Allow 1 quart of fresh berries for each 1 1/2 pints to be frozen. It's best not to work with more than 2 quarts at a time.
Approximate Yields
selected frozen fruits from fresh

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>FRESH, AS PURCHASED OR PICKED</th>
<th>FROZEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>1 bu. (48 lb.)</td>
<td>32 to 40 pt.</td>
</tr>
<tr>
<td></td>
<td>1 box (44 lb.)</td>
<td>29 to 35 pt.</td>
</tr>
<tr>
<td></td>
<td>1½ to 1¾ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Apricots</td>
<td>1 bu. (48 lb.)</td>
<td>60 to 72 pt.</td>
</tr>
<tr>
<td></td>
<td>1 crate (22 lb.)</td>
<td>28 to 33 pt.</td>
</tr>
<tr>
<td></td>
<td>⅝ to ⅞ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Berries ¹</td>
<td>1 crate (24 qt.)</td>
<td>32 to 36 pt.</td>
</tr>
<tr>
<td></td>
<td>1½ to 1¾ pt.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Cantaloupes</td>
<td>1 dozen (28 lb.)</td>
<td>22 pt.</td>
</tr>
<tr>
<td></td>
<td>1 to 1¼ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Cherries, sweet or sour</td>
<td>1 bu. (56 lb.)</td>
<td>36 to 44 pt.</td>
</tr>
<tr>
<td></td>
<td>1¼ to 1½ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Cranberries</td>
<td>1 box (25 lb.)</td>
<td>50 pt.</td>
</tr>
<tr>
<td></td>
<td>1 peck (8 lb.)</td>
<td>16 pt.</td>
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<tr>
<td></td>
<td>½ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Currants</td>
<td>2 qt. (3 lb.)</td>
<td>4 pt.</td>
</tr>
<tr>
<td></td>
<td>¾ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Peaches</td>
<td>1 bu. (48 lb.)</td>
<td>32 to 48 pt.</td>
</tr>
<tr>
<td></td>
<td>1 lug box (20 lb.)</td>
<td>13 to 20 pt.</td>
</tr>
<tr>
<td></td>
<td>1 to 1½ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Pears</td>
<td>1 bu. (50 lb.)</td>
<td>40 to 50 pt.</td>
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<tr>
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<td>1 western box (46 lb.)</td>
<td>37 to 46 pt.</td>
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<tr>
<td></td>
<td>1 to 1¼ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Pineapple</td>
<td>5 lb.</td>
<td>4 pt.</td>
</tr>
<tr>
<td>Plums and prunes</td>
<td>1 bu. (56 lb.)</td>
<td>38 to 56 pt.</td>
</tr>
<tr>
<td></td>
<td>1 crate (20 lb.)</td>
<td>13 to 20 pt.</td>
</tr>
<tr>
<td></td>
<td>1 to 1½ lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 crate (24 pt.)</td>
<td>24 pt.</td>
</tr>
<tr>
<td></td>
<td>1 pt.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>15 lb.</td>
<td>15 to 22 pt.</td>
</tr>
<tr>
<td></td>
<td>⅝ to 1 lb.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1 crate (24 qt.)</td>
<td>38 pt.</td>
</tr>
<tr>
<td></td>
<td>⅝ qt.</td>
<td>1 pt.</td>
</tr>
</tbody>
</table>

¹Includes blackberries, blueberries, boysenberries, dewberries, elderberries, gooseberries, huckleberries, loganberries, and youngberries.

Timetable*
for cooking selected frozen vegetables in a small amount of water.

Use 1/2 cup of lightly salted water for each pint of vegetable with these exceptions: lima beans, one cup; corn on the cob water to cover.

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Minutes to allow after water returns to boil</th>
<th>Minutes to allow after water returns to boil</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>5 to 10</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>15 to 20</td>
<td>Chard</td>
</tr>
<tr>
<td>Beans, snap, green or wax</td>
<td>12 to 18</td>
<td>Corn on the cob</td>
</tr>
<tr>
<td>1 inch pieces</td>
<td>6 to 12</td>
<td>Kale</td>
</tr>
<tr>
<td>Beet greens</td>
<td>5 to 8</td>
<td>Mustard greens</td>
</tr>
<tr>
<td>Broccoli</td>
<td>4 to 9</td>
<td>Peas</td>
</tr>
<tr>
<td>Brussel sprouts</td>
<td>5 to 10</td>
<td>Spinach</td>
</tr>
<tr>
<td>Carrots</td>
<td>5 to 10</td>
<td>Squash, summer</td>
</tr>
</tbody>
</table>

*At sea level. Longer times required at higher altitudes.
Heritage Foods... Today's Easy Freezer Way

Deep South

1. EASY SOUTHERN PECAN ROLLS

1 can (8 oz.) crescent dinner rolls
2 tablespoons butter or margarine
\( \frac{1}{4} \text{ cup granulated sugar} \)
\( \frac{1}{4} \text{ teaspoon cinnamon} \)

Separate dough into 4 rectangles. Firmly press perforations of each rectangle to seal. Brush with melted butter. Sprinkle with granulated sugar and cinnamon mixture. Starting at shorter side, roll up each rectangle, pressing edges to seal. Cut each roll into 3 pieces, forming 12 rolls. Place cut-side down in prepared 8-inch pan.

PREPARING PAN

\( \frac{1}{4} \) cup butter or margarine
1 tablespoon light corn syrup
\( \frac{1}{2} \) cup brown sugar
1 tablespoon hot water
\( \frac{1}{2} \) teaspoon cinnamon
\( \frac{1}{4} \) cup chopped nuts

Combine all ingredients in saucepan. Heat over low heat, stirring until all ingredients are combined.

Bake at 375° for 25 to 35 minutes. Allow baked product to stand for 3 minutes; invert pan to remove rolls. YIELD: 12 rolls.

2. BROILED QUAIL

1 prepared frozen quail, thawed, per person

Preheat broiler as the range manufacturer directs. Broiler pan should be approximately 10" from source of heat. Split the quail in half lengthwise (as with broiler chicken). Sprinkle with salt and spread with soft butter or margarine. Place with skin sides up on heated broiler pan. Broil 5 minutes. Turn over. Quail may need to be brushed with additional butter. Game birds are usually lacking in fat. Broil 6 to 7 minutes. Remove to heated platter.

*To prepare as shown, follow your favorite recipe for whole roasted chicken, but baste more frequently. Stuff with cooked rice.

3. SHRIMP GUMBO

2 1/2-pint packages frozen shrimp, thawed
4 strips bacon
1 large onion, minced
1 garlic clove, minced
\( \frac{1}{2} \) cup diced green pepper
\( \frac{1}{2} \) cup diced celery
3 cups consomme (or 3 bouillon cubes dissolved in hot water)

1 cup home canned tomatoes
1 pint package frozen okra (preferably cut)
\( \frac{1}{2} \) teaspoon powdered thyme
1 bay leaf
1 teaspoon Worcestershire sauce
2 tablespoons cornstarch
\( \frac{1}{4} \) cup water
2 cups cooked rice

Dice bacon and cook until crisp. Add onion, garlic, green pepper and celery and cook slowly about 5 minutes. Add consomme, tomatoes, okra (thawed or frozen), thyme, bay leaf and Worcestershire sauce. Blend cornstarch and water to a smooth paste and add slowly to other ingredients. Cover and simmer about 45 minutes. Add shrimp and continue to cook slowly, but only until shrimp are thoroughly heated (about 10 minutes).

Serve in soup plates, topped with rice. YIELD: 8 servings.

4. OKRA

Place 1 1/2-pint frozen okra in a saucepan with \( \frac{1}{2} \) cup water. Add \( \frac{1}{2} \) teaspoon salt. Bring water quickly to boil, reduce heat and cook approximately 10 minutes. (Important: cook only until tender). Drain, add 2 tablespoons butter, and serve while hot. SERVES: approximately 6.

5. ORANGE CUPS

Cut a thick slice from navel end of orange (slice should be approximately \( \frac{1}{4} \) of the orange). With a sharp knife and a teaspoon, scoop out orange pulp into a bowl. Prepare one orange cup per person.

FROZEN MELON BALLS

Remember to serve frozen melon balls before completely thawed. If desired, the orange pulp may be mixed with the melon balls before filling cup. A small amount of confectioners sugar may be dusted onto the cap of each orange cup as a decorative touch.
Excellent frozen products may be had from most vegetables when: (a) the proper varieties are used; (b) they are harvested at the right time; (c) they are adequately scalded and cooled; and (d) they are packaged correctly. Many frozen vegetables are fresher than those purchased on the "fresh market." Practically all frozen vegetables may be stored for one year.

Choose a variety that is recommended for eating fresh, or a newer variety which has been found to be especially suitable for freezing. Do not depend too heavily on the variety for quality in frozen vegetables, because other factors are equally important.

If you grow your own, harvest tender vegetables at the best stage to be eaten fresh, or slightly younger. Process on the day harvested or bought and never use if allowed to become over-mature either before or after harvesting. The fresher the vegetables when frozen, the more satisfactory the product.

If it is necessary to store vegetables for a short time, spread them in a cool, well-ventilated place or in the refrigerator. Prompt cooling in ice water followed by storage in the refrigerator will help retain flavor and other qualities.

Scalding or Blanching
Scalding is a critical step in preparing vegetables for freezing and must be done carefully. This is a "must" for all vegetables to be stored frozen for more than four weeks, except those used exclusively for their flavor such as green onions, hot peppers, and herbs.) Scalding cleanses the surface of dirt and organisms, brightens the color, helps retain vitamins, and reduces the action of enzymes which otherwise would destroy the fresh flavor after about four weeks. It also shrinks the product, making packing easier.

Immediately before scalding, wash, drain, sort, trim, and cut the vegetables as for cooking fresh. Use one gallon water per pound vegetable—two gallons for leafy greens. Put vegetables into blancher (wire basket, coarse mesh bag, or perforated metal container) and lower it into vigorously boiling water. Begin counting the time as soon as vegetable is placed in the boiling water. Keep the heat on high and stir water, or keep container covered during blanching. Follow the scalding time given for each vegetable. This is very important because underscalding stimulates the activity of enzymes and is worse than no scalding. Prolonged scalding causes loss of vitamins, minerals, flavor, and color.
Cooling

As soon as scalding is complete the vegetables should be cooled quickly to stop the cooking process. This may be done by immersing the vegetables in ice water or spreading them thinly on a wet cloth in front of a fan. They should be stirred several times during cooling which should not be longer than the scalding time. If water is used it should be as cold as possible in order to reduce the time of immersion. Otherwise nutrients, flavor, and color will be lost. To aid cooling, pour hot vegetables into a cool colander—leaving hot basket to scald more vegetables.

With a large quantity, determine how many vegetables can be blanched in fifteen minutes. Prepare this amount, leaving the others in the refrigerator; blanch and cool these before packaging. Package, label, and place in freezer. Continue until all vegetables are frozen. The same scalding water may be reused for the same product, but keep the water at the proper level.

Packaging

Vegetables usually are packaged loose without seasoning. Immediately after scalding and cooling, pack the vegetables in meal-size, air-tight, moisture-vapor-proof containers. Quart or pint size Ball plastic freezer bags have been found most suitable for home packaging of many frozen vegetables. After placing the vegetables in bag, press out all of the air possible, twist the top of the bag so as to form a spiral, bend spiral back to form a gooseneck, and then wrap it with a fastener. Bags closed in this manner need not be sealed and can therefore be used again. Ball Can-or-Freez jars and Ball plastic freezer boxes also are excellent.

Labeling

Label with name of product and date frozen. Ball freezer boxes have a Date Patch on lid.

Freeze Quickly

Place sealed packages in freezer in single layers, leaving one-inch space between packages. Use coldest part of freezer for freezing foods. Foods should freeze in twelve to twenty-four hours.

Storage

When completely frozen, packages may be compactly stacked. Keep the freezer at 0° F. or lower at all times.

Artichoke, Globe

Select those with uniformly green color, compact globes, and tightly adhering leaves. Size has little to do with quality or flavor. Remove outer bracts until light yellow or white bracts are reached. Cut off tops of bud and trim to a cone. Wash the hearts in cold water as soon as trimming is completed. Drain.

Scald seven minutes. Cool, drain, and package in Ball plastic freezer bag or Can-or-Freez jar or plastic freezer box. Seal, label, and freeze.

Artichoke, Jerusalem

Handle like Irish potatoes.

Asparagus

Select young tender tips. Wash thoroughly and sort into sizes. Trim stalks by removing scales with a sharp knife. Cut into even lengths to fit freezer containers. Scald small spears one and one-half minutes, medium spears two minutes, and large spears three minutes. Cool, drain, and package in Ball plastic freezer bag, Can-or-Freez jar, or plastic freezer box. Seal, label, and freeze.

Beans, Snap

Select young tender pods when the seed is first formed. Wash in cold water, snip, and cut two to four inch lengths or lengths to fit freezer container. The longer cuts are best quality. Scald three minutes. Cool, drain, and package in Ball plastic freezer bag, or Can-or-Freez jar, or plastic freezer box. Seal, label, and freeze.
How to Freeze Snap Beans

The beans must be heated in boiling water, using 1 pound snap beans to 1 gallon water . . . then quickly cooled before they are packaged for freezing.

1. Select young, sound, tender pods when the seed is first formed. Prepare while fresh as possible. Allow ¾ pound of fresh beans for 1 pint frozen. Wash thoroughly in several changes of cold water, then drain.

2. Cut beans to fit container. For Ball pint freezer bag, cut 4 inches long. TIP: Use top edge of Ball freezer box as ruler. To cut French Style, slice lengthwise.

3. Put beans in blanching basket, lower basket into boiling water (1 lb. snap beans to 1 gal. water), start counting time, keep beans stirred, blanch 3 minutes. Keep heat on high during blanching period.

4. Empty hot beans into colander. Immerse beans in water cooled with ice cubes. They should be cold in about 3 minutes.

5. Pack cooled beans into Ball plastic freezer bag tightly, attempting to fill all spaces. Do not leave head space.

6. Press out all air, twist the top, double it over and wrap it several times with fastener. Label with name of product and date frozen. Freeze quickly. Store at 0°F. or lower. Keeping Quality: Excellent to 12 months.
Beans, Lima
Harvest while the seed is in the green stage. Wash in cold water, shell, wash, and sort according to size. Scald small beans one minute, medium beans two minutes, and large beans three minutes. Cool, drain, and package in Ball plastic freezer bag or Can-or-Freez jar or plastic freezer box. Seal, label, and freeze.

Beans, Soy
Harvest when the beans are just newly-formed and in the green stage. Wash in cold water. Boil pods five minutes. Cool, squeeze the beans out of the pod, rinse and drain. Package same as lima beans.

Beets
Select deep, uniformly-red, tender, young beets. Remove tops, wash and cook until tender. Cool and remove skins. Leave whole, quarter, slice or dice. Package same as lima beans.

Broccoli
Select firm, young, tender stalks with compact heads. Wash and remove leaves and woody portions. Separate heads into convenient-size sections and immerse in brine (one cup salt to one gallon water) for thirty minutes to remove insects. Rinse and drain. Scald medium-size sections three minutes and large size sections four minutes. Cool, drain, and package same as lima beans.

Brussels Sprouts
Select dark green, compact heads. Remove coarse outer leaves, wash and sort into small, medium, and large sizes. Scald small size three minutes, medium size four minutes, and large size five minutes. Cool, drain, and package same as lima beans.

Cabbage
Select solid, green heads with crisp leaves. Wash, discard the coarse outer leaves and cut the head into wedges or shred rather coarsely. Scald wedges three minutes; shredded cabbage one and one-half minutes. Cool, drain, and package the same as lima beans.

Frozen cabbage is not suitable for use in coleslaw or salad.

Carrots
Select young, tender, coreless, medium length carrots. Wash, scrape, wash, and dice or section lengthwise. Small carrots may be frozen whole. Scald carrot sections three minutes and whole carrots five minutes. Cool, drain, and package same as lima beans.

Cauliflower
Choose compact heads. Trim, break into flowerets of uniform size, about one inch across; wash carefully and drain. Prepare and package same as broccoli.

Corn
Select only tender, freshly-gathered corn in the milk stage. Husk and trim the ears, remove silks and wash.

Corn-on-the-cob: Scald ears one and one-half inches in diameter six minutes; two inches in diameter eight minutes, and larger ears ten minutes. Cool, drain, and wrap individually tightly in moisture-vapor-proof film and place in Ball plastic freezer bag. Seal, label, and freeze.

Whole grain cut corn: Scald five or six minutes, depending on size of ears. Cool, drain, and cut from cob. Package same as lima beans.

Cream style corn: Scald ears the same as for whole grain. Cool and drain. Cut kernel tips and scrape rest of kernels from cob. Package in Ball Can-or-Freez jar or Ball plastic freezer box, leaving ¼ inch head space. Seal, label, and freeze.

Pre-cooked corn: Cut and scrape the corn from the cob without blanching. Put small amount of water in sauce pan, add cut corn, and cook over low heat (stirring constantly) for about ten minutes or until it thickens. Pour in a pan, set in ice water to
You’ll do better with Ball!
A totally new and superior line of plastic Freezer Boxes & Bags

Ball

Plastic Freezer Bags

25 BAGS • 1½ PINT SIZE
7-IN. x 6-IN.

Twist-Ties Included

Ball makes it better!
Look for Ball Bags & Boxes in these sizes

<table>
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<tr>
<th>BAGS</th>
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<tr>
<td>1-PINT</td>
<td>1-PINT</td>
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<tr>
<td>1½-PINT</td>
<td>1½-PINT</td>
</tr>
<tr>
<td>1-QUART</td>
<td>1-QUART</td>
</tr>
<tr>
<td>2-QUART</td>
<td>2-QUART</td>
</tr>
<tr>
<td>1-GALLON</td>
<td></td>
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<tr>
<td>2-GALLON</td>
<td></td>
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</tbody>
</table>
You’ll do better with Ball Freezer Boxes . . .

because Ball makes a better box, with a better lid!
cool. Do not cook more than three quarts at a time. Package same as cream style corn.

**Eggplant**

Harvest before seeds become mature and when color is uniformly dark. Wash, peel, and slice one-third inch thick. Prepare quickly; just enough eggplant for one scalding at a time. Scald four minutes in one gallon boiling water containing four and one-half teaspoons citric acid or one-half cup lemon juice. Cool, drain, and package the same as lima beans.

**For frying:** Pack the drained slices with freezer wrap between slices. Seal, label, and freeze.

**Greens**

Pick young, tender, green leaves. Wash thoroughly and cut off woody stems. Scald two minutes and avoid matting of leaves. Cool, drain, and package same as cream style corn.

**Herbs, Garden**

Many garden herbs may be frozen. Wash, drain, but do not scald. Wrap a few sprigs or leaves in freezer film and place in a Ball plastic freezer bag. Seal, label, and freeze. These usually are not suitable for garnish, as the frozen product becomes limp when it thaws. It can be chopped and used in cooked dishes.

**Kohlrabi**

Select stems when fully grown but tender. Trim top and bottom, wash, peel off the tough bark and wash. Slice the tender centers crosswise one-fourth inch thick. The small roots may be left whole. Scald slices two minutes; whole ones three minutes. Cool, drain, and package same as lima beans.

**Okra**

Select young tender pods. Wash, and separate into two sizes: four inches or under, and larger. Remove stems at the end of the seed cells. Scald the small pods three minutes, cool, drain, and package same as lima beans.

Scald the larger pods five minutes. Cool, cut into one-inch lengths and package same as lima beans.

**Onions**

Choose mature bulbs and clean as for eating. Scald for three to seven minutes, or until the center is heated. Cool, drain, and package same as lima beans. These are suitable for cooking only.

Young green onions may be washed and chopped for salads and sandwiches and frozen without scalding. They will not be crisp. These will be highly flavored but may be slightly tough.

**Parsnips**

Choose smooth, firm roots free from woodiness. Remove tops, wash thoroughly and peel. Slice, dice, or cut lengthwise. Scald three minutes, cool, drain, and package same as lima beans.

**Peanuts, Green in the Shell**

Select fully mature peanuts, thoroughly wash and clean. Leave in shell. Scald ten minutes, cool, drain, and package same as lima beans.

**Peanuts, Shelled**

Select fully mature peanuts, shell, and package same as lima beans. These peanuts may be removed from the freezer, thawed, then used as fresh shelled peanuts in any recipe.

**Peas, Green or Garden**

Harvest when pods are filled with young tender peas that have not become starchy. Wash, shell, wash, scald two minutes. Cool, drain, and package same as lima beans.

**Peas, Field (Blackeyed)**

Select pods when seeds are tender and barely grown. Wash, shell, and discard over mature and immature seeds and those injured by insects. Wash and scald smaller sizes one minute and larger sizes two minutes. Cool, drain, and package same as lima beans.

**Peppers, Sweet**

Select crisp, tender, green or bright red pods. Wash, cut out stems and remove seeds. Freeze whole, as halves, strips or diced. Do not scald. Package same as lima beans.
Peppers, Pimientos
Select well-ripened pods of deep red color. Wash, cut out stems and remove seeds. Peel by roasting in oven 400° F. or cover with water and boil until peppers are tender. Cool and package same as cream style corn.

Peppers, Hot
Select crisp, tender, green or bright red pods. Wash and drain. Package same as lima beans.

Potatoes, Irish
Select smooth new potatoes directly from the garden. Wash thoroughly, peel or scrape, wash, scald three to five minutes, depending on the size. Cool, drain, and package same as lima beans.

Potatoes, Sweet
Allow potatoes to cure for at least one week. Wash thoroughly, drain, and sort for sizes.

Baked: Grease surface with fresh cooking oil, bake in a pre-heated oven (350° F.) until slightly soft. Cool. Wrap potatoes individually in freezer film or foil and place in Ball plastic freezer bag. Seal, label, and freeze.

Sliced: Preheat the unpeeled potatoes in water at 130° F. for thirty minutes. Peel and cut lengthwise into one-half inch slices. Scald three minutes in boiling syrup (made with one and one-half cups water to one cup sugar and one tablespoon lemon juice—prepare enough syrup to cover the slices). Cool quickly (slices and syrup). Pack closely in Ball Can-or-Freez jars or Ball plastic freezer boxes. Cover with syrup, leaving head space. Seal, label, and freeze.

Puree: Bake the potatoes in a pre-heated oven (350° F.) until soft. Remove peel and put potatoes through a food mill. For each five pounds of pureed potatoes, add one-half cup sugar, one-half cup cold water and one tablespoon lemon juice. Cool and pack closely in Ball Can-or-Freez jars or Ball plastic freezer boxes, leaving head space. Seal, label, and freeze.

Pumpkins
Pick at optimum maturity, indicated by good color and stem that breaks loose easily. Wash thoroughly, peel, remove seeds, cut into sections, steam until soft, put through a food mill, and add one part sugar to six parts puree. Cool and package same as pureed sweet potatoes (sugar may be omitted).

Squash, Summer
Choose young squash with tender skin. Wash, slice, scald three minutes. Cool, drain, and package same as lima beans.

Precooked: Wash, slice and cook in a very small amount of water until just tender. Mash. Pour into a bowl, set in ice water to cool quickly. Package same as pureed sweet potatoes.

Squash, Winter
Harvest fully mature squash with a hard rind. Wash, cut in halves and scoop out seeds and membrane. Place cut side down on baking sheet and bake at 375° F. until tender. Scoop out pulp, put through a food mill, cool, and package same as pureed sweet potatoes.

Tomatoes, Cooked
Select firm, sound, ripe tomatoes. Wash, core, cut, and cook until soft. Put through a food mill, cool and package same as pureed sweet potatoes.

Puree may be concentrated by boiling to one-half volume; cool and package.

Tomato Juice
Select firm, sound, red ripe tomatoes. Wash, core, and cut into pieces. Simmer about five minutes, put through a food mill. Cool and package same as pureed sweet potatoes.

Tomatoes, Green Slices
Select firm, sound green tomatoes. Wash, core, and slice one-fourth inch thick. Pack the slices with freezer wrap between slices. Seal, label, and freeze.

Turnips
Select young, tender turnips. Remove tops, wash, peel, slice, or dice. Scald three minutes. Cool and package same as lima beans.
Thawing and Preparing Vegetables

Most vegetables can be cooked without thawing. The exception to this is corn-on-the cob, the only vegetable which should be completely thawed before being cooked. All greens should be partially thawed so as to separate them before cooking. Pre-cooked vegetables should also be partially thawed.

To maintain quality, cook frozen vegetables as you would fresh ones—but cook them for a shorter period of time because they were blanched before freezing. Use the smallest amount of water possible. Time the cooking so the vegetables may be served immediately, because nutrients are lost if the vegetable is allowed to stand after cooking. Cook only the amount that can be consumed at one meal.

Approximate Yields

selected frozen vegetables from fresh

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>FRESH, AS PURCHASED OR PICKED</th>
<th>FROZEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>1 crate (12 2-lb. bunches)</td>
<td>15 to 22 pt. 1 pt.</td>
</tr>
<tr>
<td>Beans, lima (in pods)</td>
<td>1 bu. (32 lb.) 2 to 2½ lb.</td>
<td>12 to 16 pt. 1 pt.</td>
</tr>
<tr>
<td>Beans, snap, green, and wax</td>
<td>1 bu. (30 lb.) ½ to 1 lb.</td>
<td>30 to 45 pt. 1 pt.</td>
</tr>
<tr>
<td>Beet greens</td>
<td>15 lb. 1 to 1½ lb.</td>
<td>10 to 15 pt. 1 pt.</td>
</tr>
<tr>
<td>Beets (without tops)</td>
<td>1 bu. (52 lb.) 1¼ to 1½ lb.</td>
<td>35 to 42 pt. 1 pt.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>1 crate (25 lb.) 1 lb.</td>
<td>24 pt. 1 pt.</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>4 quart boxes 1 lb.</td>
<td>6 pt. 1 pt.</td>
</tr>
<tr>
<td>Carrots (without tops)</td>
<td>1 bu. (50 lb.) 1½ to 1½ lb.</td>
<td>32 to 40 pt. 1 pt.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>2 medium heads 1¼ lb.</td>
<td>3 pt. 1 pt.</td>
</tr>
<tr>
<td>Corn, sweet (in husks)</td>
<td>1 bu. (35 lb.) 2 to 2½ lb.</td>
<td>14 to 17 pt. 1 pt.</td>
</tr>
<tr>
<td>Greens</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chard</td>
<td>1 bu. (12 lb.) 1 to 1½ lb.</td>
<td>8 to 12 pt. 1 pt.</td>
</tr>
<tr>
<td>Collard</td>
<td>1 bu. (12 lb.) 1 to 1½ lb.</td>
<td>8 to 12 pt. 1 pt.</td>
</tr>
<tr>
<td>Kale</td>
<td>1 bu. (18 lb.) 1 to 1½ lb.</td>
<td>12 to 18 pt. 1 pt.</td>
</tr>
<tr>
<td>Mustard</td>
<td>1 bu. (12 lb.) 1 to 1½ lb.</td>
<td>8 to 12 pt. 1 pt.</td>
</tr>
<tr>
<td>Peas</td>
<td>1 bu. (30 lb.) 2 to 2½ lb.</td>
<td>12 to 15 pt. 1 pt.</td>
</tr>
<tr>
<td>Peppers, sweet</td>
<td>½ lb. (3 peppers)</td>
<td>1 pt. 2 pt.</td>
</tr>
<tr>
<td>Pumpkin</td>
<td>3 lb.</td>
<td>2 pt. 2 pt.</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 bu. (18 lb.) 1 to 1½ lb.</td>
<td>12 to 18 pt. 1 pt.</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>1 bu. (40 lb.) 1 to 1¼ lb.</td>
<td>32 to 40 pt. 1 pt.</td>
</tr>
<tr>
<td>Squash, winter</td>
<td>3 lb.</td>
<td>2 pt. 1 pt.</td>
</tr>
<tr>
<td>Sweet potatoes</td>
<td>½ lb.</td>
<td>1 pt. 1 pt.</td>
</tr>
</tbody>
</table>
**1. GOLDEN OVEN-FRIED CHICKEN**

- 2½ to 3 lb. frozen frying chicken, cut into pieces, thawed.
- 1 cup bread crumbs
- ¼ cup grated Parmesan Cheese
- ¼ cup finely chopped blanched almonds
- ⅛ teaspoon pepper
- ⅛ teaspoon crushed dried thyme

Combine bread crumbs, cheese, almonds, parsley, salt, thyme, and pepper. Melt butter with garlic in shallow baking pan. Dip thawed chicken pieces in garlic butter, then in crumb mixture. Place in baking pan. Bake at 400° F. until tender (45 to 60 minutes). Baste occasionally with pan drippings. Do not turn chicken pieces.

Serves 4.

**2. ASPARAGUS SPEARS**

Empty 1½ pint freezer bag of frozen asparagus spears into small amount of water. Add ⅓ teaspoon salt. Bring water quickly to a boil, reduce heat and cook approximately 12 to 15 minutes (cook only until the asparagus is tender). Drain and serve with 2 tablespoons butter. Pimiento slices add a bright decorative touch.

TIP: Cooking in a coffee pot helps prevent breakage of spears.

**3. BUTTERED WHOLE KERNEL CORN**

Frozen whole kernel corn may be prepared by saucepan or oven method.

(A.) Oven - Place 1½ pint of frozen corn in a baking dish, add—
- ⅛ cup water
- ⅛ teaspoon salt
- 2 tablespoons butter

Bake at 350° 45-50 minutes

(B.) Saucepan - Place 1½ pint of frozen corn in saucepan with—
- ⅛ cup water
- 2 tablespoons water
- ¼ teaspoon salt

Start vegetable cooking on high until water boils, then reduce cooking temperature to low. Remember cook the corn only until tender. Garnish with crumb topping.

**CRUMB TOPPING**

Saute 1 cup of fresh bread crumbs (use blender for bread crumbs) in 4 tablespoons butter or margarine until light brown. To vary crumb topping—grated cheese or paprika may be added to crumb topping.

**4. RACK OF PORK CHOPS**

To select pork roast: Allow 3 to 3½ pounds with bone for each serving. Place roast fat side up on rack in open, shallow roasting pan. Season the rack of pork chops with salt and pepper, if desired. You may also wish to add the following to the roast:

- 4 to 6 thin onion slices
- 4 to 6 lemon slices

Wrap the bone ends of the roast in aluminum foil to prevent excessive browning. Roast uncovered in oven at 325° or until meat thermometer registers 170°. (Do not add water)

Loin 30-35 min. per lb.

To Serve: Remove foil wraps on the rack of pork chops. The platter may be garnished with fresh apple rings which have been cut crosswise of the apple. When using fresh apple rings sprinkle the rings with a small amount of lemon juice or ascorbic acid to prevent browning. The skin of the apple should not be removed as it adds a bright color note to the dish.

**5. ICE CREAM BALLS WITH FROZEN PEACHES & STRAWBERRY TOPPING**

To save time, ice cream balls may be formed, packaged and frozen in advance. Allow the ice cream to set at room temperature for a few minutes so it will be easier to handle. To shape the balls, use an ice cream dipper or scoop. As quickly as balls are made, place in freezing compartment to harden.

To serve, use sliced peaches from your freezer. Open the package when just ready to serve, while there are still a few ice crystals in the fruit. The strawberry topping may be obtained from frozen sugar pack strawberries. Remember the topping should not be served completely thawed.
GENERAL INFORMATION

Freezing preserves the natural fresh qualities of meat better than any other method of preservation. Freezing may tenderize meat slightly, but it will not make tough meat tender.

While beef, lamb, pork, chickens, and turkeys may be produced on the farm and frozen in the home, it is necessary for slaughtering, chilling, and preparation of beef, lamb and pork to be done in commercial establishments. The advantages are that animals may be slaughtered at any time of the year, and the meat can be handled under sanitary conditions, controlled temperatures and inspected by local authorities.

Equipment for handling meat products should be as free of seams and cracks as possible and should be scrubbed in hot water with a good detergent and sanitizer after each use.

Many families prefer to select cuts of their choice from the market and freeze these at home. All store-packaged fresh meats should be repackaged in freezer materials at home, since "butcher paper" usually is not moisture/vapor-proof and contains air pockets.

Meats

Beef, Lamb, Mutton, Veal, and Venison

Cuts: Roasts, rolled roasts, steaks, chops, stew meat, frying meat, and ground meat. All may be stored frozen for one year if desired. (Three months is the maximum time to freeze liver. Three to four months is the maximum time to freeze ground meat.)

Preparation: Use only good quality meat from carcasses that have been aged about one week, in a relatively dry room, at about 35° F. Cut meats as for cooking, removing
as much bone and other waste as possible, and package in family-size servings. Keep meat cold while it is being cut and wrapped. Large pieces should be wrapped individually in freezer foil, film, or paper. Steaks or chops should be wrapped the same way except a double layer of moisture/vapor proof material should be placed between each piece of meat to make separation for cooking easier. Ground meat should be packaged in family-size servings and wrapped as large pieces. For short storage periods, the cuts may be frozen in Ball plastic freezer bags.

Pork, Opossum, Rabbit, and Squirrel Cuts: Suitable for roasting, broiling, frying, or stewing; and ground meat. Use frozen pork and opossum in about six months; after that long, it could become rancid. Preparation: Pork meat products should be frozen or prepared for curing as soon as chilled. That is, second day after slaughter.

Fresh meat: All of the cuts of this type should be frozen fresh except hams, bacon, jowls, and sausage, which may be cured instead. While cutting into cooking-size pieces, as much bone and fat should be removed as possible. Wrapping should be the same as for beef.

Cured pork: Freshly cured pork loses desirable color and flavor during freezer storage. Therefore, it has a very short shelf life in the freezer.

Sausage: Make sausage from trimmings of lean portions of pork. Sausage to be frozen should contain approximately three times as much lean as fat. Prepare the sausage, using your favorite recipe. Pack sausage tightly in Ball Can-or-Freez jar or Ball plastic freezer box. Seal, label, and freeze. It may also be stuffed into casings and smoked. For country-style flavor, cure stuffed sausage for five days at 35° F. before freezing. Wrap tightly in family-size servings in freezer foil, film, or paper. Seal, label, and freeze.

Thawing and Preparing Beef-Pork-Lamb-Mutton- Veal-Venison

Leave package wrapped until ready to cook. The refrigerator is the best place to thaw meats. Slow thawing allows the meat to absorb the thawed ice crystals. Also the meat is less likely to spoil and develop off-flavor. If you must thaw meat fast, use the electric fan.

Thaw frozen meats just long enough for the ice to disappear in the center. Never thaw meat and allow it to return to room temperature. It is best to put meat on to cook while it still contains a few ice crystals. Usually roasts and steaks over one and one-half inches thick should be thawed before cooking. Thin steaks, chops, or patties may be cooked from the frozen stage, but the cooking time must be longer to allow for thawing the meat.

Use a recommended meat cooking chart for accurate times and temperature for completely thawed meats. Add from twelve to twenty-one minutes per pound for roasting meats that are still frozen.

Poultry

Chicken (Fryers, Broilers, Roasters, and Hens) Selection: Select choice birds that have grown rapidly and are well fattened. If practical, starve birds overnight before killing.

Preparation: Kill by cutting throat while hanging from the feet. Scald fryers thirty seconds in water at 128° F. to which a little soda or a little detergent has been added; older birds require much longer for scalding. After picking, singe pin feathers in a smokeless flame and wash thoroughly before eviscerating. Chill carcasses in refrigerator below 40° F. for twelve hours before freezing to insure maximum tenderness. Fresh chickens bought at the market have already been chilled.

Fryers and broilers—(Whole): For short storage, pack the whole bird in Ball plastic freezer bag, and seal air tight. For long storage wrap the bird in a freezer film and overwrap with a freezer paper. Seal, label, and freeze.
Cut Up: Disjoint or otherwise cut birds suitable for cooking and pack closely in Ball Can-or-Freez jar or Ball plastic freezer box. Seal, label, and freeze. If several birds are prepared at one time, package the various pieces separately. Place livers in a separate package and use within three months.

Halves: Split the birds in halves, package in family-size packages with a double layer of moisture/vapor-proof material between each piece. Package same as whole birds.

Roasters and Hens: Prepare same as whole fryers.

Turkeys
Preparation: Allow carcass to chill two days then prepare same as whole fryers.

Thawing and Preparing Chickens and Turkeys
Frying Chicken: Thaw cut-up fryers in the refrigerator until the pieces can be separated easily. They should then be prepared and cooked as fresh.

Roasting Chickens and Turkeys: Thaw unwrapped roasters completely either in refrigerator or closed brown paper bag or cold water—never at room temperature. They should then be prepared and cooked as fresh.

Dairy Products

Eggs
Selection: Select eggs as fresh as possible.
Preparation: Wash eggs, then break each egg separately into a clean, small bowl and examine by smell and appearance before mixing with others.

Whole Eggs: Gently mix the whites and yolks by putting them through a sieve or colander without forming air bubbles. Package in Ball tapered half pint jars or Ball Can-or-Freez jars or Ball plastic freezer cartons, leaving head space. Seal, label, and freeze.

Yolks: Gently mix the yolks without forming air bubbles. To each six yolks, add one teaspoon sugar or one-half teaspoon salt to reduce coagulation. Package same as whole eggs.

Whites: Gently mix whites, without forming air bubbles. Package same as whole eggs.

MEASURING EGGS
(Use these measurements for frozen eggs.)
3 tablespoons of whole eggs = 1 egg
2 tablespoons of egg white = 1 egg white
1 tablespoon of egg yolk = 1 egg yolk

Milk
Preparation: Freeze only pasturized milk. Package in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

Cream
Preparation: Freeze only heavy cream containing forty per cent or more of butterfat. Heat to from 170 to 180° F. for fifteen minutes. Add three tablespoons sugar per pound of cream. Cool quickly and package in Ball Can-or-Freez jars or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

Butter
Preparation: Freeze only high quality butter made from pasturized cream. Mold into desired shapes. Wrap tightly in freezer film and package in Ball plastic freezer bags. Seal, label, and freeze.

Ice Cream and Sherbet
Home Made: Prepare your favorite recipe and freeze it in a hand or electrically turned ice cream freezer. Package in Ball plastic freezer box. Seal, label, and freeze.

Commercially Made: Place original carton in a Ball plastic freezer bag. Seal, label, and freeze.
Cheese
Preparation: Hard or semi-hard cheese—Cut in one-half to one pound pieces. Wrap tightly in a freezer film and package in Ball plastic freezer bag. Seal, label, and freeze. Soft Cheese: Wrap tightly in a freezer film and package in Ball plastic freezer bag. Seal, label, and freeze. Cottage cheese: Use uncreamed cheese. Package in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

Thawing and Preparing Dairy Products
Place the frozen product in the refrigerator to thaw. After thawing, it may be used as fresh.

Fish
Selection: Select any kind of desirable fish, as fresh as possible.
Preparation: Prepare fish for freezing the same as for cooking. Freeze small fish whole. Large fish may be cut into steaks or fillets or left whole. Steaks and fillets need a thirty-second dip in a five per cent salt solution (two-thirds cup salt in one gallon water). Wrap each fish tightly in a freezer film, foil, or paper, then place in a Ball plastic freezer bag. Seal, label, and freeze. Fish may also be frozen by placing them in a Ball plastic freezer box and covering with water, leaving head space. Seal, label, and freeze.

Oysters
Preparation: Prepare the oysters as for using fresh. Package in meal size Ball Can-or-Freez jars or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

Shrimp
Preparation: Several methods are recommended for freezing shrimp:
1. Remove the shrimp head and freeze. 2. Remove the shrimp head, shell, clean, and freeze. 3. Cooked shrimp—Boil five minutes in salt solution (two and one-half ounces salt per gallon of water). 4. Breaded shrimp—Peel the raw shrimp, de-vein it, bread with your favorite breading method, and freeze. 5. Pre-cooked shrimp.
Methods 1 and 2: Package in Ball Can-or-Freez jar or Ball plastic freezer box. Cover with water, leaving head space. Seal, label, and freeze. Methods 3, 4, and 5: Package in Ball plastic freezer bags. Seal, label, and freeze.

Crab
Preparation: Prepare crabs as for using fresh. Grade the meat by size. Package in meal-size Ball Can-or-Freez jar or Ball plastic freezer box. Seal, label, and freeze.

Fish Roe
Preparation: Thoroughly wash roe, package same as crab meat.

Lobster
Same as crab.

Fish, Oysters, Shrimp, Crab, Fish Roe, and Lobsters
It is important that only strictly fresh products be used for freezing. Being a perishable commodity, it should be kept under refrigeration at all times. The freezing of these products shortly after catching is very important.

Thawing and Preparing Fishery Products
Fish, Oysters, Shrimp, Crab, and Lobsters Place the unopened package in the refrigerator until thawing begins and the product softens slightly, then remove the food and cook as fresh.
## Length of Storage

<table>
<thead>
<tr>
<th>Product</th>
<th>Recommended Length of Storage at 0° F. (Months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef-Lamb-Mutton-Veal-Venison</td>
<td>8-12</td>
</tr>
<tr>
<td>Breads, Quick, baked</td>
<td>2</td>
</tr>
<tr>
<td>Breads, Yeast, baked</td>
<td>4-8</td>
</tr>
<tr>
<td>Breads, Yeast, unbaked</td>
<td>1/2</td>
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<tr>
<td>Butter</td>
<td>5-6</td>
</tr>
<tr>
<td>Cakes</td>
<td>6</td>
</tr>
<tr>
<td>Cakes, Fruit</td>
<td>12</td>
</tr>
<tr>
<td>Candies</td>
<td>12</td>
</tr>
<tr>
<td>Cheese, cottage</td>
<td></td>
</tr>
<tr>
<td>Cheese, hard or semi-hard</td>
<td>6-12</td>
</tr>
<tr>
<td>Cheese, soft</td>
<td>4</td>
</tr>
<tr>
<td>Cookies, baked</td>
<td>6</td>
</tr>
<tr>
<td>Cookies, unbaked</td>
<td>4</td>
</tr>
<tr>
<td>Eggs</td>
<td>12</td>
</tr>
<tr>
<td>Fish</td>
<td>2-3</td>
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<tr>
<td>Fruits, Citrus</td>
<td>3-4</td>
</tr>
<tr>
<td>Fruits, except citrus</td>
<td>12</td>
</tr>
<tr>
<td>Gravy</td>
<td>2</td>
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<tr>
<td>Ground Meat</td>
<td>3-4</td>
</tr>
<tr>
<td>Ice Cream, Sherbet</td>
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<tr>
<td>Liver</td>
<td>3</td>
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<tr>
<td>Milk</td>
<td>1</td>
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<tr>
<td>Onions</td>
<td>3-6</td>
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<tr>
<td>Opossum-Rabbit-Squirrel</td>
<td>6-8</td>
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<tr>
<td>Oysters, Crab-Fish, Roe-Lobster</td>
<td>3-4</td>
</tr>
<tr>
<td>Pastry, unbaked</td>
<td>2</td>
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<td>Pies, baked</td>
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</tr>
<tr>
<td>Pies, unbaked</td>
<td>3</td>
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<tr>
<td>Pizza</td>
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<tr>
<td>Pork Cured</td>
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<tr>
<td>Pork Fresh</td>
<td>6-8</td>
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<tr>
<td>Poultry, Turkeys</td>
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<tr>
<td>Prepared Main Dishes</td>
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<tr>
<td>Salads</td>
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<tr>
<td>Sandwiches</td>
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</tr>
<tr>
<td>Sausage</td>
<td>4-6</td>
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<tr>
<td>Shrimp</td>
<td>6</td>
</tr>
<tr>
<td>Soups, Stews</td>
<td>6</td>
</tr>
<tr>
<td>Vegetables, cooked</td>
<td>1</td>
</tr>
<tr>
<td>Vegetables, except onions</td>
<td>12</td>
</tr>
</tbody>
</table>
Far West

1. WESTERN STEAK
1 frozen steak, thawed, cut 1 to 2 inches thick
Salt and Pepper
(To select steak—allow \( \frac{1}{3} \) to \( \frac{2}{3} \) lb. with bone or \( \frac{1}{2} \) to \( \frac{1}{2} \) lb. boneless per serving.)

Slash fat edges of steak at 2-inch intervals to prevent curling. Grill until lightly browned; sprinkle with salt and pepper and turn and broil other side. Season second side with salt and pepper before serving.

2. BROILED TROUT
6 frozen pan-dressed brook trout (about \( \frac{3}{4} \) pound each) thawed
12 slices bacon

Brush insides of fish with lemon juice and sprinkle with salt and pepper. Wrap 2 slices of bacon around each fish and secure with toothpicks. Place on well-greased barbecue grill and cook over hot coals 10 to 15 minutes on each side, or until lightly browned and fish flakes easily. Trout may be placed in preheated broiler 3 to 4 inches from heat and broiled 8 to 10 minutes on each side. Garnish with lemon, parsley and cherry tomato. Serves 6.

3. CHILI CON CARNE
2 pounds frozen chuck, thawed
1 tablespoon shortening
1 cup fresh or frozen diced green pepper
3½ cups home canned tomatoes
½ cup fresh or frozen chopped onion


4. FROZEN COOKED VEGETABLES
(Carrots, Cauliflower, Lima Beans and Peas)

Frozen vegetables can be prepared by micro-wave oven or the usual methods.

If the frozen vegetable is to be prepared by the saucepan method—place the package of frozen food in the saucepan with 1 to 2 tablespoons butter or margarine, \( \frac{1}{4} \) teaspoon salt and about \( \frac{1}{4} \) cup of water. Be very careful to only cook until just tender.

To avoid "pot watching", oven-bake vegetables. Simply place the contents of a 1½ pint package of frozen food in a covered casserole with 1 or 2 tablespoons of butter or margarine and \( \frac{1}{4} \) teaspoon salt and bake.

Oven Cooking Time

<table>
<thead>
<tr>
<th>Frozen Vegetable</th>
<th>Oven Cooking Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>350° F. 55-60 min.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>50-55 min.</td>
</tr>
<tr>
<td>Green Limas (baby)</td>
<td>55-60 min.</td>
</tr>
<tr>
<td>Peas</td>
<td>45-50 min.</td>
</tr>
</tbody>
</table>

Instead of the usual salt and pepper, try adding seasoned salt, garlic or onion salt, seasoned pepper, or a pinch of herbs. AMOUNTS: usually 6 servings per 1½ pint.

5. GUACAMOLE
2 ripe avocados
1 bunch green onions or scallions, finely chopped
2 medium-sized tomatoes
½ teaspoon Tabasco
2 tablespoons salt
2 tablespoons lemon juice

Peel avocados; remove pits. Mash pulp with a fork into fairly small pieces. Place tomatoes in boiling water for 1 minute, rinse in cold water, peel off skin, and chop finely. Combine all ingredients. Spoon into 1½-pint Ball Can-or-Freeze jar. Seal tight. When ready to serve, thaw and stir thoroughly. Makes 3 cups, or enough to serve 12.
Prepared Foods

GENERAL INFORMATION
Most cooked or prepared foods may be preserved by freezing, but some do not justify the labor and expense of packaging, freezing and reheating. In general, it is preferable to freeze the ingredients separately and prepare the foods immediately before serving. This is because: (a) freshly prepared dishes are more flavorful; (b) some added flavors change during freezer storage; and (c) the storage life of cooked foods is shorter than that of raw foods.

Freeze only those cooked or prepared foods that retain normal flavor, texture, and appearance after thawing. To prevent staling and bacterial spoilage, chill and freeze cooked foods as quickly as possible and prepare for serving immediately after thawing. It is most important to work under sanitary conditions to avoid contamination. Pre-cooked foods may be cooled quickly by; (a) putting product in a cool container and set in ice water; or (b) placing in front of an electric fan.

Advantages of Freezing
It will be to your advantage to freeze those prepared foods which: (a) are seasonal and/or plentiful; (b) require a little more time to prepare in quantity than in small amounts; (c) require a long time to prepare or to cook; (d) use a variety of ingredients; (e) demand certain skills and care in preparation; (f) demand little time and attention from freezer to table; and (g) maintain their quality for a reasonable storage period.

Use Standard Recipes
No special recipes are necessary; use your favorite or a standard one. If you increase
a family-size recipe two or four times, the proportions may differ slightly. 
Do not cook the food completely done if it must be reheated when served.

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**Breads—Quick**

Biscuits, bake to light brown. Cool. Package in Ball plastic freezer bags. Seal, label, and freeze. 

Fruit and nut breads, Muffins, and Waffles—Prepare and cook as usual. Cool. Package same as biscuits.

**Breads—Yeast**

Loaves and rolls, baked—Prepare as muffins.

"Brown and serve" rolls—Bake twenty minutes at 275°F. Cool. Package same as biscuits.

**Rolls, unbaked**

Shape rolls. Freeze on baking sheet. Put in Ball plastic freezer bags for storage.

**Pizza:**

Prepare. Do not bake. Freeze. Wrap in freezer film, foil or paper. Seal, label, and freeze.

**Cakes—Baked**

Layer, Loaf, Cupcakes, Angel, Chiffon, Sponge, and Fruit—Prepare, bake and cool. May be frozen whole or in meal-size portions or slices. Package in Ball plastic freezer bag. Seal, label, and freeze.

**Frosted Cakes:**

Prepare, bake and cool. Place in freezer to harden the frosting. Then remove and place in Ball plastic freezer bag. Seal, label, and freeze.

**Candies**

All homemade candies such as fudge, divinity, brittle, taffy, creams and caramels may be frozen. Wrap each piece individually in freezer film and pack in Ball plastic freezer box to avoid crushing. Allow to thaw in the package.

**Chicken** (also Turkey and Fish)

Frozen creamed chicken, chicken a la King, pies, baked chicken, broth, chicken chopped for salad, barbecued . . . all keep well. Do not freeze stuffed poultry. Cover chicken with a cream sauce or gravy if possible. Cool the product and package in Ball Can-or-Freez jar or Ball plastic freezer box.

**Combination Dishes**

Creamed meat, poultry and fish: Prepare product. Cool quickly. Package in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

Baked beans, stew, ravioli, and meat sauce casseroles: Prepare as usual, keeping fat to minimum. Cool quickly and package same as creamed meat.

**Cookies**

**Baked:** Prepare, bake and cool quickly. Package in Ball plastic freezer bag or box, using moisture-vapor resistant paper between layers. Seal, label, and freeze.

**Unbaked:** For bar or refrigerator cookies, form into long roll. Wrap in freezer film and put in Ball plastic freezer bag. Seal, label, and freeze.

**Doughnuts:** Fry in high quality fat and cool. Package as baked cookies.

**Desserts**

**Mousse:** Needs only to be mixed and poured into Ball Can-or-Freez jar, leaving head space. Seal, label, and freeze.

**Cheese cake, baked:** Cool and wrap in freezer film and store in Ball plastic box. Seal, label, and freeze.

**Pudding, steamed:** Cool and package in covered can or baking mold and seal with freezer tape; or put into Ball plastic freezer bag. Seal, label, and freeze.

**Fruits**

Such cooked fruits as baked apples, baked pears, and applesauce may be prepared
for the freezer. Cool quickly and package in Can-or-Freez jar or Ball plastic freezer box. Seal, label, and freeze.

**Gravy**

It is better to freeze broth and thicken while heating. Pour cool broth into Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

**Meats**

Stews, creamed meats, meat sauces, casseroles, meat with vegetables, pies, roasted and baked meats, meat balls, and meat loaf may be frozen. Package the same as chicken.

**Pastry Circles**

Roll out circles large enough for pie or tart shells. Place on a cardboard circle covered with foil or film. Separate circles with double thickness of freezer paper. Freeze, then package in Ball plastic freezer bags.

**Pies**

Double-crust fruit and mince pies, raw or cooked, as well as single-crust, coconut, nut, potato, and similar pies may be frozen. The filling for pies to be frozen should be slightly thicker than usual. Freeze pies before packaging. Package the same as breads.

**Potatoes, Irish**

**Baked or Stuffed:** Prepare as usual, top with melted cheese. Cool quickly. Wrap individually in freezer foil or film. Freeze. Put in Ball plastic freezer bag.

**French Fried:** Cut and scald potatoes two minutes, cool, and dry in clean cloth. Fry in fresh, first grade fat (370°F.) until a very light brown. Drain. Cool quickly and package in Ball plastic freezer bag. Seal, label and freeze.

**Scalloped:** Prepare and bake as usual until pale in color and not quite done. Leave in baking dish and cool quickly. Slip dish into a Ball plastic freezer bag. Seal, label, and freeze.

**Salads**

**Fruit:** Salads which freeze well are those served frozen with a base of cream or cottage cheese, whipped cream, mayonnaise or gelatin combined with one of these. Prepare in large or individual molds. Fit a piece of freezer paper over the top and wrap in freezer paper. Muffin tins can be lined with a freezer film, fill with mixture, freeze, wrap individually and store in Ball plastic freezer bag. Pour mixture in Ball Can-or-Freez jar, leaving head space. Seal, label, and freeze.

**Meat, poultry, and shell fish:** Prepare the meat. Cool. Package in Ball Can-or-Freez jar or in Ball plastic freezer box. Seal, label, and freeze. When ready to use, thaw meat and mix with other ingredients.

**Sandwiches**

Sandwiches suitable for freezing include those made with cheese, chicken, meat, peanut butter, nut pastes, egg yolk mixtures and fish. Use day old bread spread with butter. Wrap sandwiches individually in freezer film or foil. Freeze and store in Ball plastic freezer bag.

**Open-face canapes:** Make as usual. Be sure to spread to very edge. Space out and freeze. Pack in layers in top-opening box separating layers with freezer paper.

**Sauces**

Both dessert sauces and meat sauces freeze successfully. Package in serving portions in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

**Soups**

Most soups freeze well. These include dried beans, split pea, oyster, and those made from chicken, meats, and vegetables. They should be concentrated before freezing to about one-half the strength at which they are to be served. Cool. Package in Ball Can-or-Freez jar or Ball plastic freezer box, leaving head space. Seal, label, and freeze.

**Vegetables**

Some fully-cooked vegetables, such as baked beans and candied sweet potatoes, when frozen, keep in excellent condition for many months; but most fully-cooked vegetables lose flavor rapidly and should be stored for only a few days. Loss of flavor may be retarded by covering the vegetables with a cream sauce.
These Do Not Freeze Well

Cake icings made with egg whites become frothy or "weep" when thawed. Cream fillings and soft frostings are unsatisfactory when frozen. Custards and cream pie fillings become watery and lumpy.

Egg whites become cracked, tough and rubbery when frozen.

Fat may separate from gravy if too much is used in proportion to the starch or flour. Use less fat when making gravy to be frozen. Stir it well when reheating.

Foods fried lose their crispness and become soggy. (Exceptions are French fried potatoes and onion rings.)

Fruit jelly in sandwiches may soak into the bread.

Macaroni, spaghetti and some rice (frozen separately) has a warmed-over flavor and often is mushy.

Mayonnaise (not in salads) separates during freezing and thawing.

Meringue toughens and sticks to paper after a few days of freezing.

Pepper, onion, cloves and synthetic vanilla become strong and bitter when used in frozen prepared food.

Potatoes (Irish) cooked in stews and soups become mushy and may darken.

Salt loses flavor.

Sauces tend to separate unless beaten or stirred when reheated.

Vegetables (raw) lose their crispness.

Special Foods and Baby Foods

I. Foods for diabetics can be prepared and frozen without sugar or sweetened with a non-caloric sweetener. Consult physician and follow manufacturer's instructions.

II. Dietetic. It is often a convenience to freeze individual portions without salt or without fat for persons on special diets. These can be frozen in ice trays, then removed and stored in Ball Plastic freezer bags or boxes.

III. Purees of vegetables and fruits and meats for babies and convalescents may be made and frozen when the foods are in season. The Ball 1/2 Pint Can or Freez Jars are excellent containers for storing these items in the freezer.

Thawing and Preparing

Prepared or cooked foods may be thawed and made ready for serving by either one of the following ways:

(a) Served while still frozen: layer cakes, fruit pies, cookies, candies, ice cream, salads, and similar foods.

(b) Served immediately after thawing (at room temperature): cakes, sandwiches, and similar foods.

(c) Heated only to serving temperature: soups, meat dishes, stews, and similar dishes.

(d) Cooked frozen: Uncooked pies, rolls, and combination dishes.
Thawing and Preparing Foods for Serving

By careful thawing and serving at exactly the right stage, it is possible to prepare attractive servings of products that would be rejected if served without thawing or if completely thawed. Do not thaw more food at one time than is actually needed because once frozen food is thawed it spoils more readily than fresh foods. Thaw each product to the desired point by placing it (in the unopened package): (a) in the refrigerator (this is the best method); (b) on a table in the kitchen for three to four hours; (c) before an electric fan for one-half to one hour; or (d) place sealed package in cold water. Never thaw by holding product in hot water. In most cases the thawed product can be used the same as the fresh.

Care of Foods in Emergencies

If you know or suspect that power will be off in your house, set the freezer control at its coldest setting right away. The lower temperature of freezer and food will delay thawing if power does go off.

If the freezer stops operating because of power outage or any other reason, try to find out how long it will be inoperative.
If normal operation will not be resumed before the food will thaw, use dry ice to keep the food cold or transfer the food in insulated boxes to a freezer plant or other low-temperature storage space. If the trouble is freezer breakdown, your neighbors may have enough space in their freezers to solve your problem.

A fully loaded freezer at 0°F. usually will stay cold enough to keep foods frozen for a couple of days; in one with half a load, food may not stay frozen for more than a day.

If dry ice is put in the freezer soon after power goes off, fifty pounds should keep the temperature of food in a twenty-cubic-foot cabinet below freezing for three to four days; in a cabinet with half a load or less, for two or three days. Tip: Keep the phone number and address of a source of dry ice handy.

Work quickly when you put in dry ice. Place it on thick cardboard or boards on top of the frozen food or on shelves—not directly on the packages. Handle dry ice with care. Be sure the room is well ventilated when you use it. Never touch it with bare hands.

Do not open the freezer door while the freezer is not operating, except as part of food-saving procedure.

**Refreezing**

Occasionally, foods are partially or completely thawed before it is discovered that the freezer is not operating.

If foods have thawed only partially and there are still ice crystals in the package, they may be safely refrozen. Even this partial thawing reduces quality. If some of the high quality has already been lost during previous partial thawing, the additional loss may result in very low quality. Refrozen foods should be used as soon as possible.

If foods have slowly thawed and have warmed gradually over a period of several days to a temperature of 40°F., they are not likely to be suitable for refreezing. Under these conditions meats, poultry, fish, most vegetables, and some prepared foods may become unsafe to eat; most fruits and fruit products soon develop an undesirable flavor.

If in doubt about any thawed foods, it is better not to take any chances with them. Eating spoiled food can be very dangerous.

Preservation by freezing is based on the principle that extreme cold retards growth of micro-organisms and slows down enzyme activity and oxidation. Freezing does not sterilize food.

Testing has been done by researchers to determine effective and safe methods for freezing fruits, vegetables, meats, and pre-cooked foods. Directions for each product have been established to prevent changes in frozen food caused by: (a) bacteria, yeast, and molds; (b) enzymes; (c) "freezer burn"; and (d) formation of large ice crystals; and, (e) oxidation.

**Bacteria, yeasts, and molds:** All fresh foods contain bacteria, yeasts and molds. These will multiply rapidly and cause spoilage if not stopped. This can be accomplished by (a) using only quality products; (b) preparing the food under the most sanitary conditions; and (c) storing the food at a specific low temperature.

**Enzymes:** Foods contain enzymes which cause chemical changes in them. Some of these changes are desirable. Beef, for example, is aged in a Chill Room about a week to give the enzymes a chance to make the meat more tender. Enzymes can cause an off-color product and destroy the fresh
flavor in vegetables if they are not inactivated before food is frozen. Enzyme control is easiest obtained by a short heat treatment (blanching) prior to freezing and storage. Since blanching may have a softening effect on the texture of fruits, control of enzyme activity is usually accomplished by the addition of sugar and antioxidants after blanching.

"Freezer Burn": This condition occurs when food is improperly wrapped. Dry air in freezer circulates over exposed surfaces, removing moisture from the food and causing a dry, pithy, tough surface to develop. Moisture/vapor-resistant packaging materials prevent drying and protect from contact with air. Be sure package is free of air and sealed air tight.

Formation of large ice crystals: Freeze the packages as quickly as possible. When foods are frozen quickly, at 0°F or lower, the cells in the fiber retain their normal places. Slower freezing causes moisture from the fibers to form ice crystals between the groups of fiber and the product will lose liquid and may darken.

Oxidative changes: are commonly encountered chemical changes in frozen foods. If the product is exposed to oxygen as the result of storage in direct contact with air or in packages permeable to air, it may suffer losses in quality as the result of direct participation of the oxygen in chemical reaction with other substances in the product.

Time and Temperature: The relationship between temperature of storage and the length of time foods are frozen is highly important. Deterioration in frozen foods accelerates rapidly with a rise in storage temperature. This chart shows the effect.

### Periods of Time at Various Temperatures That are Approximately Equivalent in Their Effect on Quality Loss of Frozen Foods

<table>
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<td>2 months</td>
<td>1 month</td>
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<td>15°F</td>
<td>3 weeks</td>
<td>2 weeks</td>
<td>3 months</td>
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<tr>
<td>20°F</td>
<td>1 week</td>
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<tr>
<td>25°F</td>
<td>2 days</td>
<td>3 days</td>
<td>—</td>
</tr>
<tr>
<td>30°F</td>
<td>1 day</td>
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* Where discoloration occurs, such as in peaches and cauliflower.

** Where discoloration is not as critical, but does occur and flavor changes take place.

***Whole chicken is more stable than turkey.

For trouble-free freezing: package so as to leave no air pockets. For dry pack, leave no head space. For packs that are "runny" at room temperature, leave one-half inch head space in quart containers and one-fourth inch head space in pint containers. (Ball plastic freezer boxes have the fill line marked.) Wipe mouth of container with a clean wet cloth. Seal container so it is air-tight. Keep record of storage times. Label with name of product, date and any other information needed.

### Organic Gardening:

For those who grow their own fruits and vegetables by the organic method, the freezing techniques recommended in this book are equally good with organic foods.
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*Note: The page numbers indicate the page on which each topic is discussed.*
Frozen Food Facts

1. The home freezer should be placed in the most convenient, coolest, driest, best-ventilated place and defrosted or thawed at least once each year.

2. Foods must be in the best condition. If not, they are not worth freezing.

3. Vegetables must be properly blanched* to preserve quality. Exceptions are rhubarb and those used exclusively for flavoring, such as peppers, onions, horseradish, mint, sage, and thyme.

4. For best quality, all meats and poultry must have been chilled quickly after killing. Beef must be aged about a week at 33 to 38° F. to become tender and flavorsome.

5. Everything must be properly packaged. Fruits in syrup, stews, and other “runny” products should be tightly closed in rigid freezer containers such as Ball Can-or-Freez jars and Ball plastic freezer boxes. Vegetables packed “loose” should be in moisture/vapor-resistant containers such as Ball plastic freezer bags or boxes or Can-or-Freez jars. Meats should be wrapped “skin tight” as nearly as possible in moisture/vapor-proof materials.

6. Freezing must be rapid to preserve the natural color, flavor, and texture of delicate fruits and vegetables, and to prevent spoilage of meats and prepared foods.

7. Frozen foods must be stored at 0° F. or lower. Only in rare cases should they be refrozen if allowed to thaw out. Meats and cooked foods may be refrozen if it is certain that the temperature did not rise above 32° F. nor remain at this point longer than a few hours.

8. Frozen foods must be used within a reasonable time since there is gradual loss of quality of all frozen foods. Most cooked foods have a relatively short shelf life.

Pork should be used within six months; ground meat and liver should be used within three months; while most fruits, vegetables, and other meats may be held in good condition for almost a year.

9. Frozen foods must be cooked and served properly. For best quality, meats and vegetables must be cooked and served immediately upon thawing; most vegetables (and some meats) are cooked in the frozen stage; fruits to be eaten as dessert should be served while in the sherbet stage; and precooked main dishes should be thawed, reheated, and served in rapid succession.

*If you live 5000 feet or more above sea level, blanch one minute longer than times specified.