The New Thrills of Freezing
with your
FRIGIDAIRE FOOD FREEZER

- Instructions for preparing, packaging, and freezing food the easy Frigidaire way.
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The New Thrills of Freezing

- The Frigidaire Food Freezer enables you to carry out an entirely new kitchen program—a much more interesting and convenient one too! With the Frigidaire Food Freezer there is no such thing as a season in foods. You can now enjoy any food at any season of the year. Your Frigidaire Food Freezer does for long-time storage of food exactly the same thing your Frigidaire Refrigerator does for short-time storage. It keeps food in a fresh state with flavor, appearance and form unchanged.

Now you will be able to keep on hand in your Freezer a larger variety and a greater quantity of foods. No longer will it be necessary to make hurried trips to the grocery when unexpected visitors drop in. All you have to do now is open your own convenient "store" and select the food you want. You can be selective in your buying, too, doing your marketing when you have the time—buying the foods your family likes—when you see what you want and can purchase it at a real savings.

Meal preparation becomes a pleasanter, easier task. Imagine the convenience of being able to prepare meals weeks in advance and store the cooked foods in the freezer ready for any emergency! With the Frigidaire Food Freezer at hand you can cook when you are in the mood—preparing a larger quantity of food than you would ordinarily use for one meal—and freeze the remainder for those busy days ahead when meal preparation must be accomplished with a minimum of time and effort.

Imagine being able to prepare lunch-box meals a week in advance and store them in your Frigidaire Food Freezer! Packing lunch-box meals will be a "breeze" instead of a "headache" now that you can reach into the Food Freezer and pull out ready-packed frozen sandwiches—fruits and beverages—and place them in the lunch box at the last minute.

Many people think that they must buy a side of beef—or raise a garden to justify the use of a Food Freezer. Nothing could be further from the
truth. There are many, many everyday
uses for the Frigidaire Food Freezer
which make marketing and cooking
easier and more convenient. Remem-
ber, many foods that are cooked to eat
can be successfully frozen for later use.
To become acquainted with your Frig-
idaire Food Freezer in a jiffy try these:

**10 EASY THINGS TO FREEZE**

1. **Orange Juice:** Buy oranges in
quantity. Squeeze all at one time. (Put
the family to work on this task—let
them, take turns at the squeezer!) Pour
juice into glass freezer jars. When
thawed, juice is just as fresh as when
squeezed. No confusion at breakfast
time.

2. **Ice Cubes:** Freeze as usual in
Quickube trays in your Frigidaire Re-
frigerator. Transfer cubes to big paper
bag—place in your Frigidaire Food
Freezer. Low temperature prevents
cubes from sticking together.

3. **Ice Cream:** Buy it by the gallon at
much lower price and keep it in the
freezer. Dessert always on hand!

4. **Restaurant Dishes** (Famous spe-
cialties, such as spaghetti, chili, etc.):
Buy a quantity, take it home, put it in
jars and freeze. Enjoy it often, at home.
Just heat and eat.

5. **Bread:** Buy bread for the week and
freeze in original wrapping. Always
fresh. (When stored for a longer pe-
riod, remove store or bakery wrap and
wrap with moisture-vapor-proof mate-
rial for better protection.)

6. **Frozen Bread:** Direct from freezer
to toaster. Place frozen bread slices in
toaster. They will toast beautifully
brown. Thin crust outside. Inside like
fresh baked bread.

7. **Canned Goods:** If only part of
canned food is needed for meal—use
what you need—put extra portion in
jar and freeze.

8. **Fresh Vegetables—Tray Pack:**
Wash, blanch, (see instructions for
blanching, page 30) place in Quickube
Tray, without grids. Freeze. Remove
frozen block from tray by holding un-
der cold tap water. Wrap frozen
vegetable block (see directions for
packaging page 6). Return to freezer,
store until needed. To cook: Break
block and place in sauce pan—season,
and add just enough boiling water to
cover the bottom of the pan. If whole
tray full is too much for one meal,
break off amount needed. Re-package
balance and return to freezer.

9. **Fresh Fruit:** Wash, peel, or stem,
slice larger fruits—leave smaller fruits
and berries whole. (To avoid darken-
ing of peaches, apricots, etc., see in-
structions page 22.)

10. **Extra Portions:** If there is cooked
food remaining after a meal, place extra
portion of each food in separate glass
freezer jars, freeze. When needed, just
heat and eat. (See page 15 for more
detailed instructions for “Freezing Ex-
tra Portions.”)

This book of practical suggestions
has been prepared to assist you in
taking advantage of these, and
many other similar conveniences.
To get the utmost satisfaction from
your new Frigidaire Food Freezer,
we suggest that you read this book-
let thoroughly and keep it handy
for future reference.
General Rules for Freezing

To obtain the best results in freezing

1. Select food of good quality: Freezing does not improve, but will retain the original quality, flavor, color, and nutritive value of the food to be frozen.

2. Speed the food to the freezer: "Let no time be wasted or your food may be" is good advice to follow when freezing. When food is brought either from the garden or the food market—prepare it quickly, package it immediately, and get it into the freezer without delay. Do not hold food packed for freezing at room temperature. If it is not possible to freeze food immediately, store it in your household refrigerator, then place in Food Freezer or Locker.

3. Freeze fresh fruits and vegetables in small quantities: Fresh vegetables lose much of their color, flavor and nutritive value when allowed to remain at room temperature for more than a short time. Peeled fresh fruits, such as peaches, pears, etc., discolor rapidly upon exposure to the air—so for best results it is essential to work quickly, and prepare only a small quantity at a time.

4. Cool foods quickly—do not overcook: In preparing foods for freezing be careful not to over-cook. Cool food quickly by partially submerging, or floating, tray containing food in cold running tap, or ice water. To complete cooling, place tray on shelf in the household refrigerator.

5. Package or wrap foods for freezing: To prevent loss of moisture during freezing and storing, wrap or package food in moisture-vapor-proof material, or pack in glass freezer jars, or other containers designed for freezing.

6. Keep frozen foods in the Freezer until you are ready to use them: Tests have proved zero or below satisfactory temperatures for freezing and storing home-size packages. Most foods will keep for approximately one year. Some foods, for example fatty fish, pork, butter and lard, should be used within the six-month storing period. Frozen cooked foods will keep satisfactorily from 1 to 3 months. For economical use of your freezer space, there should be a complete turnover of frozen foods within one year. For even more economical use, several turnovers a year are recommended.
1-2-3 - Glass freezer jars
4 - Folding carton - plastic liner
5 - Special paper freezer bag
6 - Plastic poultry bag
7-8 - Low-temperature sealing tapes
9 - Electric heat sealer
10 - Stockinette
11 - Marking pen
12 - Marking pencil
13-14-15 - Ascorbic acid preparations
16-17 - Waxed cups - snap-on lids

18-19 - End-opening cartons - insert bags
20 - Top-opening carton - overwrap
21 - End-opening carton - insert bag
22 - Pliofilm wrapping
23 - Aluminum foil wrapping
24 - Cellophane wrapping
25 - Plastic freezer box - lid
26 - Aluminum "Traypak" - lid
27 - Plastic "Freez-tainer" - lid
28 - Heavily waxed cardboard container with plastic lid
Important points to remember

Successful freezing depends in large measure on proper packaging of the food after it has been prepared for freezing. For best results:

Use moisture-vapor-proof materials and containers

Moisture-vapor-proof materials are those which have been scientifically designed to protect frozen foods from drying, and from loss or exchange of flavor. They form a protection which is proof against such moisture and vapor losses. Hence the term "moisture-vapor-proof." In addition, a good moisture-vapor-proof material should be impervious to grease, should be liquid- and stainproof, and not tear easily. It should adhere tightly to the surface of the food, yet be easily removed from it, whether the food is thawed or frozen.

Ordinary waxed and kraft papers, and many so-called "locker papers," are not adequate for wrapping frozen foods. A wide variety of suitable moisture-vapor-proof wrapping materials and containers are now available. Your Frigidaire dealer can either supply you with them, or refer you to a place where proper materials can be purchased. See page 4 for illustrations of types and kinds of packaging materials available for freezing.

Be sure that package seal is tight

All frozen food packages must also be sealed tightly to prevent moisture-vapor-loss. Moisture-vapor-loss results in loss of color, flavor and texture of food and may result in exchange of flavor from one food to another.

NOTE the difference between the roasts pictured above. The properly wrapped roast (upper left), retained full moisture, flavor and quality (upper right). The improperly wrapped roast (lower left), has a dry surface resulting in loss of moisture, flavor and quality (lower right).
Use the Lock-Seal or "Drug-Store" Wrap. Fold edges of paper over several times in lock-seal or "drug-store" wrap. This fold-over-fold method expels the air, holds the wrapping tightly in place and eliminates heat sealing.

Now fold the ends over as you would in wrapping a package. Heat-seal the ends, or secure with special sealing tape designed for freezing, or use an outer wrapping of stockinette as illustrated. A label inserted under the stockinette makes identification easy. Tie ends of stockinette.

**Note:** The stockinette, or other outer wrapping, protects the inner wrapping from puncturing or tearing and holds the inner wrapping tight to the food. For short time holding (1 to 3 months), or where packages will not be jostled about, the outer wrapping need not be used.

**Individual Portions:** Separate individual portions by placing a double thickness of cellophane or other approved wrapping material between each portion. Wrap only the number of portions in each package that will be used at one time.
How To Heat-Seal: Cartons having liners of moisture-vapor-proof materials are especially convenient for packaging fruits and vegetables, and for foods containing liquids. Fill carton, press air from package before closing, then seal with heat sealer (there are several good makes on the market) or with warm, not hot, iron.

To seal other types of containers
When using other types of containers for freezing, such as heavily waxed cartons, glass freezer jars, plastic dishes, etc., always follow carefully the manufacturer's instructions for filling and sealing.

Remember...
Proper packaging is important!
MORE EASY THINGS TO FREEZE
The very low temperature of the Food Freezer makes possible the preparation of many foods in advance, thus saving time and confusion in getting foods ready to serve. For example:

Fresh Meat, Fish and Fowl can be bought in sufficient quantity to last for a period of 3 to 4 weeks or more, as desired. It should be wiped and trimmed, then cut ready for cooking, and packaged for freezing in quantities sufficient to serve one meal.

Steaks, Chops, Chicken (cut in frying pieces) may be packaged for freezing as suggested above. Separate
individual portions with a double thickness of cellophane, pliofilm or other approved wrapping material.

**Ground Meat Patties** should be mixed and shaped ready for cooking. Separate patties with double thickness of cellophane and package in quantities sufficient to serve one meal.

**Cooked Meat and Poultry** for stews, meat pies, and creamed meat dishes, etc., will keep for months in your Frigidaire Food Freezer. Cook meat until tender. Remove meat from bones, carefully discarding all undesirable portions and cut into 1—1½" pieces. Cool thoroughly and package in quart or pint glass freezer jars or in moisture-vapor-proof packages.

**Cooked Roasts, Fowl and Turkey:** All meats, with the exception of pork and pork products, freeze well already cooked as roasts. The meat from a roast chicken, duck, or turkey may be frozen into well-greased loaf pan. A sheet of moisture-vapor-proof material should be pressed down tightly over the top surface of the loaf to exclude the air, and the loaf frozen in the pan. When frozen remove from pan, wrap in moisture-vapor-proof material and return to freezer. Bake without thawing in a preheated oven at 325°F for approximately 2 hours.

Or meat loaf may be baked, cooled thoroughly, wrapped in moisture-vapor-proof material and frozen. To serve, thaw and warm in preheated oven 300°F for about one and one half hours.

**Meat Loaf** can be mixed ready for cooking, then shaped into one large loaf—or a number of individual loaves—and packaged for freezing. If desired, meat loaf may be packed firmly
for several weeks if properly wrapped in moisture-vapor-proof material for freezing. Remove greater portion of fat, slice the meat, arrange in layers separated by double thickness of cellophane, package or wrap well. Allow to thaw in the wrapping preferably on the shelf of your refrigerator.

With a Frigidaire Food Freezer, there is no need to eat turkey for days and days after Thanksgiving. Simply freeze the remaining turkey, and store in the freezer until you are hungry for it again; or pick the meat off the bones, package with, or without, the dressing; pour gravy into jar, or carton, and freeze. The latter method takes less space in the freezer and the advance preparation is done for several meals at one time.

**Smoked and Cold Meats:** Smoked meats and cold cuts may be frozen. Wrap in moisture-vapor-proof material, seal, and freeze. The storage period should be limited to several weeks, however, because cured meats, especially hams and bacon, tend to lose flavor and fats quickly become rancid.

**Soup Stock** may be prepared in quantity, then frozen in quart or pint containers, ready to use as a base for vegetable, or cream, soups or consomme. To prepare vegetable soup quickly, add a package of frozen mixed vegetables to the soup stock after it's entirely thawed and has reached cooking point.

**Cooked Foods:** Use your own favorite recipes for preparing combination dishes such as Chili, Spanish Rice, Spaghetti and Meat Balls, Pork and Beans, Chicken a la King, etc. Cool quickly, pour into glass freezer jars.

It's a real time-saver to prepare two or three times the quantity needed for one meal and freeze the remainder for one or two future meals. Work in your preparation for freezing right along
with your regular meal preparation on days when you have the time. It saves dishes, time, energy and fuel. Thus ready-cooked dishes are on hand in the freezer with little additional time spent in preparation.

**Cooked Vegetable Purees** for cream soups and baby foods can be frozen and stored in your Frigidaire Food Freezer.

**Pies:** Fruit pies freeze well. Pies may be frozen in the pan, either baked or unbaked. Freezing unbaked pies saves time in the long run for the thawing period for pre-baked pies is almost as long as the time required to cook the un-

baked pies. Frozen unbaked pies, when baked, taste like freshly baked pies.

_Bake_ pies (wrappings removed) without thawing in a preheated oven at the same temperature given for fresh-made pies and allow 10 to 15 minutes additional baking time to compensate for thawing.

_Thaw_ and warm pre-baked pies in moderate oven (375° F.) for about 45 minutes.

**Fresh Fruit Filling:** To keep fresh peaches, apples, etc., from turning brown in pie, sprinkle with lemon juice after peeling. For apple pies use a solution of ascorbic acid (crystalline vitamin C) as follows: Dissolve $\frac{1}{4}$ teaspoon of pure ascorbic acid in 2 cups of water. Slice the fruit directly into the solution, then drain quickly and place in pie. Ascorbic acid solution must be used the same day it is mixed. NOTE: Prepared ascorbic acid mixtures may also be used; follow manufacturer’s instructions carefully.

**Frozen Fruit Filling:** You don’t have to thaw frozen fruits completely before putting them in pie. Juices may make crust soggy. Loosely packed frozen
fruit may be used “as is” with sugar and flour, or cornstarch, or minute tapioca added. Fruits packaged with sugar or syrup may be thawed just enough to break up frozen block and distribute in pie shell.

Pastry circles for 8- or 9-inch pies, or smaller circles for individual tarts, meat pies and the like, may be made up in advance. To freeze, separate circles with double thicknesses of moisture-vapor-proof material, then package for freezing. To bake: Pastry for 8- or 9-inch pies should be thawed completely before placing in pie pans.

Smaller circles for individual tarts, meat pies, etc., need not be thawed before baking. Bake frozen circles for tarts on individual baking tins, turned upside down.

Cakes: Butter, chocolate, spice, fruit, and angel cakes can be frozen successfully. Bake cakes before freezing. Cakes may be either iced or un-iced. Cool cakes completely before packaging. Iced cakes should be on a flat plate or cardboard covered with cellophane. Wrap closely with cellophane to exclude air, then freeze. Thaw without removing the wrapping, otherwise beads of moisture will collect during thawing and icing will lose quality.

To Serve: Thaw cakes and other baked products (except pies) in their original wrappings to retain moisture. If only part of the frozen cake is to be served at one time, wrap accordingly—in half
Yeast Bread and Rolls: All breads, including breakfast and dinner rolls, taste as though freshly made if they are baked, cooled to room temperature, wrapped in moisture-vapor-proof material, sealed and frozen.

To Serve: Thaw in wrappings at room temperature, or place in warm oven (175°F) for 30 to 45 minutes.

Note: Commercially baked bread and rolls may be frozen in the original, unbroken wrapper and can be stored satisfactorily for one week. If frozen for longer storage time the original wrapping should be replaced with moisture-vapor-proof material. To Serve: Follow suggestions given above.

Party Sandwiches and Hors d'Oeuvres: Fancy party sandwiches and hors d'oeuvres can also be frozen. Although the fillings and spreads will be different from those used in lunch sandwiches, the rules for making, packaging, freezing, and storing are the same. (See suggestions for “Freezing Lunch Box Meals,” pages 18-20.)

Cookies: All kinds of cookies freeze well, baked, or unbaked. However, unbaked dough is easier to package and takes less freezer space.

To Freeze Unbaked Refrigerator Cookies shape dough into rolls; wrap in moisture-vapor-proof material. To serve, slice without thawing; bake at usual temperatures.

REMEMBER: PROPER PACKAGING IS IMPORTANT!
To Freeze Unbaked Drop Cookies
package dough in moisture-vapor-proof cartons, seal. To serve, allow dough to partially thaw in cartons at room temperature; bake as usual.

To Freeze Baked Cookies, cool thoroughly, stack in moisture-vapor-proof cartons. To serve, thaw in wrappings at room temperature.

Ice Cream: Your favorite commercial ice cream and sherbets may be purchased in bulk quantities at considerable savings and kept in your Food Freezer always ready for use. Homemade ice cream made in the old-fashioned ice cream freezer, or frozen creams made in the electric refrigerator may also be packed in moisture-vapor-proof containers and stored in the Food Freezer. Limit the storage period of homemade frozen desserts to several days or a week. They do not retain quality over longer storage periods as do commercial ice creams.

Butter may be stored in the original carton if it is over-wrapped with moisture-vapor-proof material. Or better yet, remove butter from original package, wrap in moisture-vapor-proof material, seal and freeze.

Cheese should be wrapped in moisture-vapor-proof material. It is best to cut the cheese into desired amounts be-
before freezing. In this way you can thaw just the amount you want for serving at one time. To serve, thaw in the unopened package, in refrigerator or at room temperature.

**Freezing Extra-Portions:** Freezing will maintain the quality in food—either fresh or cooked food (people without Food Freezers sometimes call them "left-overs")—better than will normal refrigerator temperatures. If, therefore, you have an extra portion of food (either fresh food that has been cooked or frozen food that has been cooked) the best and easiest way to save it is to freeze it. Glass jars, especially designed for freezing, are ideal for freezing these extra portions. Simply put the food in the jar, screw the lid on, and store in freezer. Length of storage time varies with different foods.

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**Commercially frozen foods**

The story of preparing foods in advance would not be complete without a word or two about the convenience of buying and storing commercially frozen foods in your Frigidaire Food Freezer.

A wide variety of frozen food, including vegetables, fruits, fruit juices, meats, fowl, fish, pastries, and even ready-cooked dishes—such as Chicken a la King, Chili, Chop Suey, candied sweet potatoes, etc.—are now available at many food stores. Because all preparation for cooking has been done in advance, every bit of the frozen packaged food is edible—there is no waste. Cooking times are shortened too, because preparation for freezing usually does part of the cooking job.
Frozen foods versus fresh foods

To shop economically it is necessary to consider the cost of food per serving—not the cost of food per pound. For example, a 12 oz. package of frozen peas is equal to 2 lbs. of the fresh vegetable. Because frozen foods are prepared ready to serve, there is no waste. Preparation and cooking times are also shortened. When you buy a pound of frozen food you have a full pound of that food ready to serve. Frozen foods therefore are cheaper than they seem. The following table shows the equivalent weights of frozen and fresh foods.

<table>
<thead>
<tr>
<th>Item</th>
<th>Frozen</th>
<th>Fresh</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGETABLES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>12 oz.</td>
<td>1 lb. 10 oz.</td>
</tr>
<tr>
<td>Green Beans</td>
<td>10 oz.</td>
<td>14 oz.</td>
</tr>
<tr>
<td>Wax Beans</td>
<td>10 oz.</td>
<td>14 oz.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>10 oz.</td>
<td>1 lb. 6 oz.</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>10 oz.</td>
<td>1 lb. 4 oz.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>10 oz.</td>
<td>Med. Head</td>
</tr>
<tr>
<td>Cut Corn</td>
<td>12 oz.</td>
<td>6 ears</td>
</tr>
<tr>
<td>Lima Beans</td>
<td>12 oz.</td>
<td>2 lbs.</td>
</tr>
<tr>
<td>Peas</td>
<td>12 oz.</td>
<td>2 lbs.</td>
</tr>
<tr>
<td>Peas and Carrots</td>
<td>12 oz.</td>
<td>2 lbs.</td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>12 oz.</td>
<td>2 lbs.</td>
</tr>
<tr>
<td>Spinach</td>
<td>14 oz.</td>
<td>2 lbs. 8 oz.</td>
</tr>
<tr>
<td>Squash</td>
<td>16 oz.</td>
<td>1 lb. 6 oz.</td>
</tr>
<tr>
<td>POULTRY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broilers and Fryers</td>
<td>2 lbs.</td>
<td>3 lbs. Undrawn</td>
</tr>
<tr>
<td>Roasters</td>
<td>3 lbs.</td>
<td>4 lbs. Undrawn</td>
</tr>
<tr>
<td>Fowl</td>
<td>2 1/2 lbs.</td>
<td>3 1/4 lbs. Undrawn</td>
</tr>
<tr>
<td>Turkeys</td>
<td>9 lbs.</td>
<td>12 lbs. Undrawn</td>
</tr>
<tr>
<td>FISH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cod and Haddock</td>
<td>1 lb.</td>
<td>3 lbs. Whole</td>
</tr>
<tr>
<td>Mackerel</td>
<td>1 lb.</td>
<td>1 3/4 lbs. Whole</td>
</tr>
<tr>
<td>Flounder (Sole)</td>
<td>1 lb.</td>
<td>4 lbs. Whole</td>
</tr>
<tr>
<td>Ocean Perch</td>
<td>1 lb.</td>
<td>5 lbs. Whole</td>
</tr>
</tbody>
</table>

Quick Frozen Food Association of Chicago
**Quick Meals**

MENU #1

- Hot Consomme
- Broiled Sirloin Steak
- Corn on cob
- Peas
- Fruit Salad
- Hot Rolls
- Ice Cream
- Cake

MENU #2

- Cream of Mushroom Soup
- Broiled Lamb Chops
- Corn and Lima Beans
- Frozen Tomato Salad
- Hot Rolls
- Angel Food Cake
- Fruit Sauce

*See Frigidaire Refrigerator recipe book.*

- A variety of quick meals can be prepared from commercially frozen foods stored in your Frigidaire Food Freezer. Such quick meals are a real boon for the woman who works and keeps house; when unexpected guests arrive; during those busy days when time is at a premium.
Freezing lunch box meals...

... for picnics, motor trips, school, and work

Something cold, and something hot,
Something crisp to hit the spot,
Something flavorful and filling,
These four make the packed lunch thrilling!

• Food for the lunch-box meal can be prepared in advance and stored in the Frigidaire Food Freezer, ready to pack in the lunch box at the last minute. No more early-morning rushing about—no more nightly struggles—to get the packed meal ready for the "lunch-box-toter"! With the Frigidaire Food Freezer you need only devote an hour or so one day each week to preparing and freezing enough sandwiches and desserts to last for the entire week.

With a store of packable foods on hand in the Frigidaire Food Freezer, the impromptu picnic becomes a reality. Frozen lunches for long motor trips are another inviting possibility. Packed in a well-insulated box (insulated boxes and bags are now available in most stores) frozen lunches will keep well for 5 or 6 hours, or longer, depending on the surrounding temperature and the amount of frozen food in the container.

Frozen lunch-box meals keep better, too! Frozen sandwiches thaw gradually and, after the average 4- to 5-hour holding period, have the cool, fresh taste of sandwiches just newly made. Frozen fruit, fruit juices and purees, remain refreshingly chilled. Cake, either iced or un-iced, pie and cookies, freeze well and are as moist as those just freshly baked. The low temperature provided by the frozen food helps keep lettuce and other fresh vegetable garnishes, added at the last minute, crisp and appetizing, too.
Sandwich Fillings that freeze best are those made of sliced cooked meat, meat loaf, chicken or cheese. Sandwich spreads made of chopped or ground meat, chicken, canned fish (tuna, salmon, etc.), jelly, peanut butter, marmalade, also lend themselves to freezing. All sandwich fillings should be thoroughly chilled before being used.

Sandwich Bread may be fresh or frozen. (See page 13 for instructions on freezing "Yeast Bread and Rolls.") Frozen bread slices speed sandwich making for the slices stay whole and firm for spreading. To retain maximum freshness—for frozen bread slices dry out quickly when exposed to the air—remove bread from package a slice or two at a time. Make sandwich, wrap and seal. Repeat process until all sandwiches are made.

How to Wrap Sandwiches: Wrap each sandwich separately in moisture-vapor-proof material and seal with low-temperature sealing tape. Or slip one or more sandwiches into a pint-sized moisture-vapor-proof bag. Press air from package, fold ends and sides of bag over and under so that it fits snugly around the sandwich, and seal. Label clearly, then freeze and store in Frigidaire Food Freezer.

Raw Vegetable Garnishes: For best results, lettuce, and and other raw vegetable garnishes with high water-content, should never be frozen. Such vegetables should be stored in the Hydrator until lunch is packed. Wrap in moisture-vapor-proof bag and tuck into the lunch box.

Fruit Desserts and Sauces: Fresh, canned, or stewed fruits may be frozen in individual containers and added to the lunch box. Add sugar to taste, seal and freeze. Apple, rhubarb and cranberry sauce also freeze and carry well.

A small jar of frozen apple, or rhubarb sauce, packed with beef or lamb sandwiches; cranberry, with chicken or veal, are refreshing additions to the lunch box. Fruits and sauces already frozen need not be thawed before packaging. Break the frozen fruit into a block that will slip into the individual container, then return remainder of package to freezer and store until needed.

Cake, Pie, Cookies: Individual portions of cake, several cookies, or a fruit tart may also be frozen. Tarts carry best if packed in the tin, or paper plates in which they were baked. Wrap and seal in moisture-vapor-proof material. Or slip into pint-size moisture-vapor-proof bag. Remove as much air as possible, then fold ends of bag over and under so that it fits snugly around the container, and seal.

Beverages: You can pack containers of frozen fruit juices, too. The juice will thaw, yet be chilled and ready to drink by lunch time. Milk, chocolate-milk, eggnog, fruit puree and milk combi-
nations, are other refreshing and nourishing beverages which may be frozen and packed in the lunch box. Small mayonnaise jars with screw-top lids, or 1/2-pint glass canning jars are excellent for this purpose. **Paper containers** especially designed for serving both hot and cold foods and beverages are also ideal for use in packing the frozen lunch-box meal. While paper containers of this type are not suitable for long-time holding they are entirely satisfactory for short-time holding (4 to 5 days). There is also the added advantage of being able to discard the paper containers and so have nothing to "tote" home. **Important note:** At least one hot food or beverage should be included in the lunch box meal summer and winter. If your "lunch-box-toter" cannot buy hot coffee, soup, etc., at school or work, it is a good idea to invest in a vacuum bottle with wide top-opening so that a hot drink, soup, or hot, hearty main dish, such as chili, beef or lamb stew (vegetables and meat diced small) may be included in the lunch-box meal.

### Tips on packing

1. Keep the lunch box in mind when planning menus for the week. Often you can prepare enough dessert or other food to include in several lunch-box meals.
2. Be sure to choose foods which the luncher can handle easily and eat quickly, especially if his lunch period is short.
3. To add variety to meat sandwiches and to keep them from seeming dry, blend butter with mayonnaise, or, salad dressing, prepared mustard, horseradish, catchup, chili sauce, or pickle relish, before spreading generously on the bread. But don’t let filling ooze over edges of sandwich. Or add mayonnaise, relish, or seasonings to ground meat, chicken, etc., before spreading.
4. Keep on hand a supply of moisture-vapor-proof wrapping material, or bags, to package each frozen food, or container of frozen food. Moisture condenses on containers as frozen foods thaw. Moisture-vapor-proof wrappings protect the foods and the outer bag, or box, from becoming soaked.
5. In packing the lunch, put the heavier things, such as frozen fruit, etc., at the bottom so that sandwiches and cake will not be crushed.
6. If the weather is exceptionally warm, or if you wish to hold the frozen lunch for longer than 4 or 5 hours, pack in insulated lunch box, or bag, or wrap lunch box in several thicknesses of newspaper.
Freezing foods in season
for out of season use
Preparing and freezing fruits

- Most fruits commonly grown in the United States will freeze satisfactorily when properly handled. Blueberries, blackberries, cherries, cranberries, currants, gooseberries, peaches, pears, raspberries, rhubarb and strawberries are especially desirable.

Fruits are prepared in the same manner as for the table or other use. Briefly—sort; wash and drain; pack dry, or with sugar, or syrup; seal; freeze and store. Each step is important for best results. Prepare only a sufficient quantity for one carton at a time. Handle fruit gently and quickly for best results.

6 Simple Steps

1. Sort: Any selection of fruit should be sorted for uniform ripeness and size for freezing. Portions that are too bruised or too ripe for processing may be used immediately for dessert or pie or made into butter or preserves. Handle fruits gently, they can very easily become bruised in the handling.

2. Wash and Drain: To wash fruit, use cold running tap, or ice water. Cold water helps to retain the firmness of the fruit. After washing spread fruit, especially berries and cherries, on a tray lined with several thicknesses of absorbent paper toweling to remove excess moisture. Remove stems or caps from fruits and berries after washing to prevent them from absorbing the washing water.

Other fruits, such as peaches and apricots, etc., should be washed, then peeled, or blanched, to remove skins. Do not over blanch. Well ripened peaches and apricots can very easily be cooked during blanching, giving a dark layer just below the skins. Blanch lightly and cool immediately in ice water. Blanch only a few at a time.

NOTE: To avoid discoloration: Fruits, such as apples, peaches, pears and apricots, discolor rapidly when peeled, or cut, and exposed to air. To avoid this discoloration, the following suggestions
are applicable to various types of pack:

(a) * For sugar pack, add \( \frac{1}{2} \) teaspoon pure ascorbic acid (crystalline Vitamin C) to one pound granulated sugar. Mix as needed; do not hold over for second day use. Usually \( \frac{1}{4} \) cup sugar is sufficient for one pint or pound package of fruit.

(b) * For syrup pack, add \( \frac{1}{2} \) teaspoon of pure ascorbic acid (crystalline Vitamin C) dissolved in a little water, to one quart of syrup. Mix as needed; do not hold over for second day use.

(c) Halve or slice fruit directly into the syrup in the freezing container (\( \frac{1}{4} \) cup of syrup is usually sufficient for one pint or pound package of sliced fruit.

(d) Whole fruit, after peeling, before cutting into the carton is started, may be dipped in a solution of lemon juice and water (3 tablespoons lemon juice to one quart water). Just dip, do not allow fruit to remain in the solution or fruit will soon become water soaked and lose an appreciable amount of its juices and flavor.

(e) Commercially packaged ascorbic citric mixtures are widely distributed. Follow directions for using these preparations as given by the manufacturer.

*Ascorbic acid is a concentrated natural constituent of fruit. It should be mixed well with sugar and the sugar evenly distributed with the fruit; otherwise, the delicate flavor may be masked. In combining with syrup, it should be stirred in gently to eliminate incorporating air.

3. Pack: Peaches, apricots, apples, etc., should be cut in halves or sliced directly into the carton. Blackberries, blueberries, dewberries, raspberries, etc., may be left whole; strawberries may be left whole, cut in halves, or sliced, according to personal preference.

Sugar Pack: Fill the carton, alternating fruit and sugar. Add sugar sparingly at first and more generously toward the top. Shake container gently to distribute sugar evenly. Use \( \frac{1}{4} \) cup to one pint or pound package of fruit; or sweeten according to your own personal preference.

Syrup Pack: Syrup is also a good sweetening and protective agent for fruits. Fill container with fruit, then cover with cold syrup. (For proportions see "Handy Table for Preparing Sugar Syrup" on page 27.) Allow sufficient
head-room in each container for expansion during freezing, in accordance with manufacturer's directions.

**Dry Pack:** Some fruits, rhubarb, blackberries, blueberries, raspberries, strawberries, etc., can be frozen successfully as a dry pack—that is without sugar, syrup, or ascorbic acid solution.

**4. Seal:** Before sealing the moisture-vapor-proof carton, exclude as much air as possible. Seal the carton according to manufacturer's directions. When using glass freezer jars, or other types of containers especially designed for freezing, always be sure to follow manufacturer's directions carefully for filling and sealing.

**5. Freeze:** Place the packages or jars in contact with the freezer shelf, the walls, or bottom of your Food Freezer. For foods to be taken to the locker plant for freezing, place each container, as it is filled, in the refrigerator until all are ready to take to the locker.

**6. Storing:** Tests have proved zero F. or below satisfactory for freezing and storing home-size packages for long-time holding (6 months to one year).

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**Thawing and serving**

Frozen dessert fruits are best in flavor and appearance when they are only partially thawed. To thaw, allow fruit to remain in the unopened carton on the shelf in your household refrigerator, or at room temperature on table or work surface.

Most quick thawing methods suggested for dessert fruits, etc., are unsatisfactory because the exterior is completely thawed before the interior has had opportunity to thaw likewise. In other
words, *even* thawing is most desirable for best retention of quality, appearance and flavor of the fruit. This explains the method suggested of allowing the package to thaw on the shelf of the refrigerator, which gives even thawing.

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**Freezing fruit juices**

Frozen fruit juices are delicious and are easy to prepare for freezing. Extract the juices, pour into glass freezer jars, and place in your Food Freezer. Fruit and fruit juices for jellies and jams may be frozen in quantity for later preparation. Flavor is much fresher when fresh juices are frozen and jams and jellies are made up from them rather than when jams and jellies are made up immediately and then held on the pantry shelf for six months or a year.
Handy table for preparing fruits

**Dry pack:** Without the addition of sugar or syrup.

**Sugar pack:** Alternate fruit and sugar. Usually ¼ cup to pint or pound package.

**Syrup pack:** Add syrup to cover fruit, allowing head space for expansion during freezing. Choose density of syrup desired unless preference is indicated on chart below.

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>METHOD OF PREPARATION</th>
<th>HOW TO PACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Wash, peel, slice in 1/12ths, blanch in steam for 1 1/2 minutes</td>
<td>Dry, (no sugar or syrup)</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Clean, wash, discard red and green berries</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Stem, wash, drain</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Cherries, sour</td>
<td>Wash, chill, pit</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Cherries, sweet</td>
<td>Stem, wash, pit</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Stem, wash, discard poor berries</td>
<td>Dry, (no sugar or syrup)</td>
</tr>
<tr>
<td>Currants</td>
<td>Wash, stem</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Dewberries</td>
<td>Clean, wash, discard red and green berries</td>
<td>Dry, sugar or 40% syrup</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>Stem, wash</td>
<td>Dry, or with sugar</td>
</tr>
<tr>
<td>Grapes</td>
<td>Stem and wash</td>
<td>Crushed with sugar or 40% to 50% syrup</td>
</tr>
<tr>
<td>Peaches</td>
<td>Wash, peel, pit, slice</td>
<td>Sugar or 40% to 50% syrup</td>
</tr>
<tr>
<td>Pears</td>
<td>Wash, peel, core, quarter</td>
<td>40% to 50% syrup</td>
</tr>
<tr>
<td>Plums and Prunes</td>
<td>Wash, pit, quarter</td>
<td>With sugar or 40% to 50% syrup</td>
</tr>
<tr>
<td>Raspberries, crushed</td>
<td>Clean, wash in ice water, discard unripe berries, crush with sugar</td>
<td>With sugar</td>
</tr>
<tr>
<td>Raspberries, whole</td>
<td>Clean, wash in ice water, discard unripe berries</td>
<td>Dry or with sugar or 40% syrup</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Wash in ice water, cap, cut in halves or slices</td>
<td>Sugar</td>
</tr>
<tr>
<td>Strawberries, whole</td>
<td>Wash in ice water, cap</td>
<td>Dry, sugar or 40% to 50% syrup</td>
</tr>
</tbody>
</table>
Handy table for preparing syrups for freezing

### SUGAR SYRUPS

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Syrup Composition</th>
</tr>
</thead>
<tbody>
<tr>
<td>30%</td>
<td>2 cups sugar—4 cups water</td>
</tr>
<tr>
<td>40%</td>
<td>3 cups sugar—4 cups water</td>
</tr>
<tr>
<td>50%</td>
<td>4 cups sugar—4 cups water</td>
</tr>
</tbody>
</table>

Dissolve sugar in boiling water and cool thoroughly before adding to fruit. Syrup can be made a day or so in advance and stored in the refrigerator for convenient use.

### SUGAR SYRUP AND CORN SYRUP COMBINATIONS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>For Two Pints Fruit</th>
<th>For Twelve Pints Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Medium Syrup</td>
<td>Heavy Syrup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cold water</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Sugar</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Corn syrup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td></td>
<td>5 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td></td>
<td>2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td></td>
<td>2 cups</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

Make syrups for freezing before preparing fruit.

Combine water and sugar; stir until sugar is dissolved. Then add corn syrup and mix well. No cooking is required.

Use 1½ to 1¾ cups prepared fruit and ½ to ¾ cup syrup for packing each pint container.
Preparing and freezing vegetables

Excellent results are obtained with vegetables which are ordinarily cooked before being eaten, provided that proper care is used in their selection, preparation, and packaging. Vegetables which are ordinarily eaten raw, and which should be crisp and firm—such as lettuce, cabbage, celery, tomatoes, cucumbers, onions and radishes—do not give good results.

Vegetables selected for freezing should be fully ripe, just as you would like to have them if you were going to cook them for your table. Likewise, they are prepared for freezing the same as you would prepare them for cooking. They should be carefully washed to remove all sand and dirt—and unripe, damaged or discolored portions should be sorted out.

Blanching is Essential: Blanching (lightly cooking, or scalding) is absolutely essential for best results in preparing vegetables for freezing. Blanching retards the natural growing processes (enzymatic action) in vegetables. When these processes have been effectively checked, vegetables retain natural color, flavor and texture. Vegetables may be blanched by either the boiling water, or the steam method. (See pages 28 and 29.)

Freezing: Use the Tray Pack method for freezing vegetables as explained on page 2, or use the Dry Pack method as follows: After blanching is completed, cool, drain and pack vegetables in glass freezer jars or cartons. Seal. Place jars or cartons in Food Freezer immediately to retain original freshness and quality.

Packaging: Vegetables may be wrapped in materials similar to those used for meats (see page 6) when Tray Pack method is used. Glass freezer jars or moisture-vapor-proof cartons are excellent when using the Dry Pack method. Label and date containers for convenience in storing and ready identification. When using cartons, press as much air as possible from the package before closing, for air causes food to discolor. Seal bag, or other containers, according to manufacturer’s directions.

The size container you wish to use will be determined by the number of servings you need at one time. A pint or pound package or jar will serve from three to four persons.

How to Blanch

THE BOILING WATER METHOD

For the home preparation of most vegetables, the boiling water method of blanching is more commonly used than the steam method, although steam blanching is preferable for most vegetables. All that is required for blanching with boiling water is a large covered utensil for holding the water, a source of heat for boiling the water, a wire basket or strainer, and a large pan of cold water for cooling the vegetables after they are blanched.

1. Heat an ample quantity of water until it is boiling vigorously. In general, about 6 to 8 quarts of boiling water should be in the kettle when "blanching" one pound of vegetables.
2. Place vegetables in suitable wire basket or strainer and completely immerse in boiling water. Cover utensil.

3. After the vegetables are placed in the water, do not start counting "blanching" time until the water again begins to boil vigorously. Small vegetables should be agitated with a wooden spoon to make sure that the boiling water comes in contact with those in the center of the basket.

4. As soon as "blanching" is completed, cool the vegetables as rapidly as possible by immersing them in pan of cold running tap or ice water. Package and freeze immediately.

THE STEAM METHOD

As indicated in the "Handy Table For Preparing Vegetables" on pages 30 to 32, the steam method is considered preferable for apples, asparagus, sweet corn, and turnips—and may be used for beans, mushrooms and other foods. When using steam blanch, a longer blanching time is required than for water blanch.

1. Fill utensil about one-third full of water and bring to an active boil. (You don’t need as much water with the
steam method as for the boiling method because in the steam method the vegetables should never touch the water.)

2. Place vegetables in wire basket and place in kettle. Suspend basket above boiling water, cover the utensil with tight fitting lid.

3. Count the "blanching" time from the moment steam begins to escape from under the lid of the kettle. Consult chart on pages 30 to 32 for approximate blanching time.

4. Most vegetables can be cooled faster by immersing them in ice water, or in cold running tap water. However, to prevent corn on the cob from becoming soggy, it is best to use ice water and plenty of chipped ice.

---

### Handy table for preparing vegetables

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>MATURITY DESIRED</th>
<th>HOW PREPARED</th>
<th>BLANCHING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Tender tips best</td>
<td>Cut to 6&quot; length</td>
<td>Steam* small stalks—3½ min. Steam* large stalks—4½ min.</td>
</tr>
<tr>
<td>Beans, green shell</td>
<td>Before pods dry</td>
<td>Shell</td>
<td>Boiling water—1 min. Steam*—1¼ min.</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>Green beans best</td>
<td>Shell</td>
<td>Water Steam Small beans—1 min.—1½ min. Med. beans—1½ min.—2 min. Large beans—2 min.—2½ min.</td>
</tr>
<tr>
<td>Beans, snap</td>
<td>Small beans best</td>
<td>Snip, cut into ¾&quot; lengths</td>
<td>Boiling water—2 min.</td>
</tr>
<tr>
<td>Beets</td>
<td>Young and tender</td>
<td>Cut off tops, peel, slice. Mature beets should be cooked, peeled and sliced.</td>
<td>Boiling water—1½ in. diam.—2½ min. Over 2 in. diam.—cook until tender</td>
</tr>
<tr>
<td>VEGETABLE</td>
<td>MATURITY DESIRED</td>
<td>HOW PREPARED</td>
<td>BLANCHING</td>
</tr>
<tr>
<td>--------------------</td>
<td>------------------</td>
<td>----------------------------------</td>
<td>----------------------------</td>
</tr>
<tr>
<td>Beet greens</td>
<td>Young and tender</td>
<td>Eliminate all course leaves</td>
<td>Boiling water—2 min.</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Compact heads</td>
<td>Cut into pieces no thicker than 1&quot;</td>
<td>Boiling water—2 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Small pieces—3 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Medium pieces—4 min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Large pieces—5 min.</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>Dark green, compact heads</td>
<td>Cut sprouts from main stem</td>
<td>Boiling water—4 min.</td>
</tr>
<tr>
<td>Carrots, sliced</td>
<td>Young and tender</td>
<td>Top, scrape, cut into ¼&quot; slices</td>
<td>Boiling water—3 min.</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Solid heads</td>
<td>Cut into pieces no thicker than 1&quot;</td>
<td>Boiling water—4 min.</td>
</tr>
<tr>
<td>Chinese Cabbage</td>
<td>Solid heads</td>
<td>Cut individual leaves from stem</td>
<td>Boiling water—70 sec.</td>
</tr>
<tr>
<td>Corn, on cob**</td>
<td>Before starchiness develops</td>
<td>Husk, eliminate under- and over-mature ears</td>
<td>Boiling water—70 sec.</td>
</tr>
<tr>
<td>Corn, cut</td>
<td>Before starchiness develops</td>
<td>Blanch on cob, cool and cut off whole kernels</td>
<td>Boiling water—70 sec.</td>
</tr>
<tr>
<td>Egg Plant</td>
<td>Mature</td>
<td>Peel, slice in ½&quot; slices</td>
<td>Boiling water—70 sec.</td>
</tr>
<tr>
<td>Kale</td>
<td>Young and tender</td>
<td>Cut off and discard main stem</td>
<td>Boiling water—70 sec.</td>
</tr>
<tr>
<td>Kohlrabi, diced</td>
<td>Young and tender</td>
<td>Cut off tops, peel, dice in ½&quot; cubes</td>
<td>Boiling water—1 min. Steam*—100 sec.</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Small size with white tight caps</td>
<td>Cut off base of stems</td>
<td>Steam*—100 sec.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Small size—3½ min.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Large size—4½ to 6 min.</td>
</tr>
<tr>
<td>Mustard, curly</td>
<td>Young and tender</td>
<td>Cut off and discard main stem</td>
<td>Boiling water—50 sec.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Steam*—90 sec.</td>
</tr>
<tr>
<td>New Zealand Spinach</td>
<td>Young</td>
<td>Cut off and discard main stem</td>
<td>Boiling water—70 sec.</td>
</tr>
<tr>
<td>Peas</td>
<td>Sweet, not starchy</td>
<td>Shell, discard starchy peas</td>
<td>Boiling water—70 sec.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Steam*—2 min.</td>
</tr>
<tr>
<td>Rhubarb***</td>
<td>Early spring, best</td>
<td>Eliminate leaves cut stems into 1&quot; lengths</td>
<td>No blanching necessary</td>
</tr>
<tr>
<td>Spinach</td>
<td>Young</td>
<td>Cut and discard thick stems</td>
<td>Boiling water—70 sec.</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>While tender, before rind hardens</td>
<td>Slice in ½&quot; slices</td>
<td>Boiling water—2 min.</td>
</tr>
</tbody>
</table>
**Vegetable Maturity Desired**

<table>
<thead>
<tr>
<th>VEGETABLE</th>
<th>MATURITY DESIRED</th>
<th>HOW PREPARED</th>
<th>BLANCHING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swiss Chard</td>
<td>Small leaves</td>
<td>Cut off and discard main stem</td>
<td>Boiling water—2 min.</td>
</tr>
<tr>
<td></td>
<td>best</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnips, diced</td>
<td>Young and tender</td>
<td>Cut off tops; peel, dice in ½” cubes</td>
<td>Steam*—70 sec.</td>
</tr>
<tr>
<td>Turnip, greens</td>
<td>Young and tender</td>
<td>Eliminate all coarse large leaves</td>
<td>Boiling water—1 min.</td>
</tr>
</tbody>
</table>

* Times refer to the ordinary kettle method of steam blanching, as described on pages 29 and 30. They do not refer to steam blanching times in a pressure cooker.

** It is difficult to secure a good frozen product with corn on the cob. However, by steam-blanching, then thawing and heating for serving by steaming, a fairly good flavor is retained.

*** Cool in 2 per cent citric acid solution (1 tablespoon citric acid to 1 quart of water) or lemon juice in water (3 tablespoons lemon juice to 1 quart of water) then cold water.

**** May also be packed without blanching, either with or without sugar or syrup.

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**Cook vegetables from frozen state**

The secret of good vegetable cookery is to cook them as rapidly as possible in a small quantity of water (just enough to cover the bottom of the pan) in a tightly covered utensil, until they are tender—but not soft and flabby. This quick cooking method helps to retain the natural color, flavor and nutrients in the vegetable.

Since frozen vegetables are blanched during their preparation for freezing, they have been partially cooked and therefore need a much shorter cooking time than fresh vegetables. As a general rule a frozen vegetable requires from one-half to one-third less cooking time than the corresponding fresh product. All vegetables, except corn on the cob, should be cooked from the frozen state. Corn on the cob cooks more quickly and evenly if it is allowed to thaw in the package before cooking.

To cook all other frozen vegetables, have the water boiling actively, then add the vegetable, breaking the frozen block up into several pieces before replacing the lid. Bring the water to the boiling point as quickly as possible. Just after the vegetable starts steaming briskly, break up any remaining frozen portions of the pack with a fork and distribute the vegetable evenly over the bottom surface of pan. Count the cooking time from the time the frozen block is completely broken up and the water starts to boil again. Seasonings may be added before or after cooking, as desired.

Schedule the cooking time so that the vegetable can be served immediately; nutrients are lost if the vegetable is allowed to stand for too long a time before serving.
How to freeze and store meats

- Meats are perhaps the most popular of all frozen foods. In addition to the common cuts of beef, pork, veal and lamb, many of the other meat products—such as ground meats, liver, sweetbreads, heart and tongue—are preserved better by freezing than by any other method if they are to be held for any extended period of time.

Select Good Meat: It should always be remembered that freezing will not make good meat (or any other food) out of bad. If you want to make sure that the frozen meats you cook and place on the table two or three months from now will be tasty and tender, you must select and freeze meats of good quality.

Cut the Meat into "Table Sizes:"
The slaughtering and cutting of meat for freezing should be done by someone with experience, in accordance with accepted local practices. Roasts and other large cuts should be of the size that is ordinarily cooked and placed on the table in your home. Steaks and chops should be cut to the thickness your family prefers. Miscellaneous pieces may be ground and made into patties or cut up for stew meat before freezing. Seasonings containing salt should not be added to pork sausages or ground beef, as they tend to turn the frozen product rancid more rapidly, particularly if the fat content is high.

Carefully Wrap and Seal the meat to prevent drying. With the proper materials, meat can be wrapped and sealed easily and quickly. See page 6 for steps which should be followed in wrapping and sealing a typical cut of beef. Improperly wrapped meat will dry out rapidly and the fat will turn rancid rapidly, so it pays to use extra care and proper materials in this important step of the freezing process.

1. Select a wrapping material that is made especially for protecting meat during frozen storage. Ordinary kraft or waxed papers and many so-called locker papers, are not satisfactory. (See Page 4 for suggested packaging materials.)

2. Always use plenty of material for wrapping each cut of meat. The material should be of sufficient size so that the ends can be folded over several times to provide a tight seal that will prevent drying of the meat. Material should adhere to the surface of the meat. Eliminate as much air from package as possible.

3. Fold the material so that the open ends are tightly sealed—then wrap the...
package with string or low temperature tape to hold the folded ends in place. (Many gummed tapes are not satisfactory for holding the folded ends in place, either because they lose their adhesive qualities when cold or will not adhere to the moistureproof coating on the paper.) With some materials, such as cellophane, the ends may be sealed with a hot curling iron or flat iron.

4. A "stockinette" (like that shown in the picture above) or a cheese-cloth bag, is handy for holding the wrapping material in close contact with the meat—and also helps protect the material against damage. "Stockinette" is a tubular, elastic-woven material. With some of the stronger wrapping materials, a "stockinette" or cheese-cloth is unnecessary. Paper overwrap may also be used.

5. Steaks, chops and ground meat patties may be wrapped in the same way as roasts, except that double pieces of wrapping material should be placed between the individual steaks, etc., to prevent them from freezing together. Pack only the number of pieces in each package for one serving for your family. Do not roll steaks to package for freezing, rather cut into serving pieces if steak is too large when left whole.

Meats may be thawed before cooking—or cooked from the frozen state

Some people thaw meat before cooking, whereas others cook meat from the frozen state. If meats are cooked from the frozen state, they should be cooked for a longer time than usual at a slightly lower temperature. For example, an average size beef roast should be cooked an extra 15 or 20 minutes per pound—at approximately 300°F. The length of time you cook meat will depend, of course, on whether you want it rare, medium, or well done. See "Meat Cooking Guide," Page 35.

If meat is to be thawed, remove from freezer 24 to 48 hours before it is to be cooked. It may be thawed slowly by placing it on one of the shelves of a household refrigerator, or more rapidly by placing it in the open room. Do not use water to hasten thawing of meats or poultry. If the meat is first thawed, it should be cooked just as soon as thawing is completed to prevent the loss of valuable juices.

A meat roasting thermometer is the most accurate method of judging degree of doneness. If cooking is started before thawing, place thermometer in roast near completion of roasting period.
## Meat cooking guide

For approximate cooking times

<table>
<thead>
<tr>
<th>CUT</th>
<th>METHOD OF COOKING</th>
<th>MINUTES PER POUND</th>
<th>TOTAL TIME MINUTES</th>
<th>MINUTES PER POUND</th>
<th>TOTAL TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standing Rib Roast</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare</td>
<td>Roasting at</td>
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<td>43</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td></td>
<td>22</td>
<td>47</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well-done</td>
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<td>30</td>
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<td>53</td>
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<tr>
<td>Rare</td>
<td></td>
<td>32</td>
<td>57</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium</td>
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<td>40</td>
<td>65</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Rump</td>
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<tr>
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</tr>
<tr>
<td>1 Inch</td>
<td>Broiling</td>
<td>8 - 10</td>
<td>21 - 33</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 Inches</td>
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<td>10 - 15</td>
<td>23 - 38</td>
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<tr>
<td>2 Inches</td>
<td>(Rare to Medium)</td>
<td>20 - 30</td>
<td>33 - 43</td>
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<td></td>
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<tr>
<td>Club Steak</td>
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<td></td>
<td></td>
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<tr>
<td>3/4 Inch</td>
<td></td>
<td></td>
<td>16 - 20</td>
<td>24 - 28</td>
<td></td>
</tr>
<tr>
<td>1 Inch</td>
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<td>20</td>
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<td>Chuck Steak</td>
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<td>1 Inch</td>
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<td>Lamb Chops</td>
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<tr>
<td>1 1/2 Inch</td>
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<tr>
<td>Boneless Lamb Shoulder</td>
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<tr>
<td>Leg of Lamb</td>
<td>Roasting</td>
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<td>40 - 45</td>
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<tr>
<td>Pork Chops</td>
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</tr>
<tr>
<td>3/4 Inch</td>
<td>Braising</td>
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<td>45</td>
<td>55</td>
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<tr>
<td>Pork Loin</td>
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</tr>
<tr>
<td>Center Cut</td>
<td>Roasting</td>
<td>30 - 35</td>
<td>50 - 55</td>
<td></td>
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<tr>
<td>Rib or Loin End</td>
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<td>50 - 55</td>
<td>70 - 75</td>
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<tr>
<td>Sausage Patties</td>
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<tr>
<td>1/2 Inch</td>
<td>Panbroiling</td>
<td></td>
<td>10</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>1 Inch</td>
<td>Panbroiling</td>
<td></td>
<td>15</td>
<td>23</td>
<td></td>
</tr>
</tbody>
</table>

* Adapted from "Food and Nutrition News" National Live Stock and Meat Board, Vol. X, No. 4, Dec., 1939

** See Page 34 regarding the thawing and cooking of meat
How to freeze and store poultry

Poultry of one kind or another is usually available at all seasons of the year, and when properly prepared provides a highly desirable frozen food product.

Like beef, pork and other meats, poultry for freezing should be of good quality. In order to be sure of the best possible taste and appearance, the bird should be carefully cleaned, thoroughly drawn and properly dressed.

Different types of poultry should be packaged in different ways. For greatest convenience in cooking, broilers, fryers and roasters should be cut and packaged in different ways, as shown in the pictures. While chickens are used to illustrate the different ways of cutting and wrapping poultry, the same methods apply to ducks, turkeys and other fowl.

Be sure to use wrapping materials that will prevent the poultry from drying out. Materials that are satisfactory for meats are also recommended for poultry.

**Roasters:** Wrap giblets separately and place on the outside of the cleaned chicken. Wrap and seal chicken in suitable materials (like those used for wrapping meats).

**Broilers:** Cut in half and place a double piece of suitable wrapping material between halves to prevent them from freezing together. Completely enclose and seal both halves in proper type of wrapping material.

**Fryers:** Cut or disjoint into desired pieces. Pack choice pieces in glass freezer jars or use moisture-vapor-proof cartons or wrapping materials. Pack bony pieces separately for stewing, soup stock, stew, etc.
Poultry should be thawed before cooking

It is best to thaw poultry in the original container or wrapping on a shelf in the household refrigerator. Poultry may be thawed at room temperature but it should always be left in the original wrapping until thawing is completed.

You can speed thawing, if necessary, by placing the carton or container under cold running tap water.

A roast turkey may be placed in the oven before it is completely thawed if a low temperature of 250° F. or 275° F. is used throughout the roasting time.

For pan frying or broiling, it is best to complete thawing first. When thawing is completed before cooking, there is less danger of toughening the meat and more even browning may be obtained while cooking to desired doneness.

Label and date the packages for easy identification

Packages of poultry should be labeled and dated for easy identification. They should then be frozen and stored in the Food Freezer.

After a package of food has been frozen and kept in storage for a time, it is often difficult to remember exactly what kind of food is in the package until the wrapper is removed. An identifying label may be tied to the package or inserted inside the "stockinette." Certain types of wrapping material can be marked with a soft pencil or a wax pencil.
In addition to meat, poultry, fruits and vegetables, there are many other foods which you may want to freeze and store in your Frigidaire Food Freezer. Besides the foods that are suggested here, there are probably many other items which you will want to keep in your Frigidaire Food Freezer as you use it from day to day.

**Fish**: Both fresh and salt-water fish may be packaged by following the same methods used for meat. To protect quality, fish should be frozen as soon as possible after they are caught. If freezing is delayed, wrap, and keep at low temperature or pack in ice, but only for a short time. Before freezing, fish should be cleaned ready for eating. After cleaning, the quality of lean fish can be improved by immersing them about one-half minute in a solution of salt water (1-1/3 cups of salt to 1 gallon of water). Caution: Do not use this treatment with fatty fish for salt water tends to hasten rancidity of fat.

**Shell Fish**: Shrimp and scallops should be washed in a solution of salt water (1/2 cup of salt to 1 gallon of water), then packaged in suitable containers and frozen. Steam lobsters and crabs until cooked, then wrap in suitable packages or containers and freeze.

**Game Birds**: Should be prepared, packaged and frozen as soon as possible after killing, by following the same methods suggested for poultry.

**Game**: Rabbits, deer and other game should be cut into pieces ready for cooking, then wrapped and frozen as suggested for meats.

* In some states, game laws prohibit the storage of fish and game out of season. Be sure to check game laws before freezing and storing these items.
The suggestions given in this book are "thought-starters" to show you some of the many ways in which you may use your Frigidaire Food Freezer to best advantage. Don't be afraid to experiment! You will discover many other ways to use freezing as an advanced means of food preservation. Use your own recipes in preparing cooked foods for freezing. Try various ways of preparing and packaging your favorite foods to discover which is easiest and most convenient for you. Keep in mind, however, these fundamental principles of freezing:

1. Prepare food to your taste but do not over-cook.
2. Cool food quickly.
3. Package it properly.
4. Seal it tightly.
5. Freeze it promptly.
6. Store at zero, or below, until you are ready to use it.

Freezing will retain the original quality of the food, but it will not improve it!
NOTES...
Division of General Motors Builds a Complete line of Dependable Products for farm and city homes, stores, restaurants, offices and factories.