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## EC9979 Revised 1954

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Nebraska  
COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS  
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. V. Lambert, Director, Lincoln

Extension  
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## FREEZING COOKED AND PREPARED FOODS\*

With the coming of the home freezer there has been a lot of interest on the part of homemakers in freezing cooked or prepared foods. One of the important reasons for freezing these foods in the home is to have food that is almost ready to serve when needed. For this reason, it is wise to freeze only those foods that require little time or attention between freezer and table. If the time and attention required for final preparation cannot be short, the chief objective of freezing is defeated. It is practical also, to freeze foods that are seasonal, dishes that require long preparation, foods that require very little more work when prepared in quantity than they do when prepared in small amounts and dishes that require only slight thawing before serving.

Some foods freeze better than others. Experiment a little and find out what your family likes and what you find most practical in your home.

### Breads

FOOD	CONDITION WHEN FROZEN	PREPARATION AND PACKAGING	STORAGE TIME AT 0°F	HOW TO PREPARE FOR SERVING
Baking powder biscuits	Baked	1 or 2 dozen in folding waxed cartons, label and over-wrap, or in moisture proof paper or plastic bag.	2 to 8 weeks	Do not remove wrap- pings until warmed nearly to room tem- perature. Thaw and heat in oven at temperature of 250°F.
	Unbaked	Round containers in which they just fit. Place 2 layers of cellophane or waxed paper between each 2 biscuits.	2 or 3 weeks	May be baked at 425°F on a greased baking sheet while still frozen or may be partially thawed.
Muffins	Baked	Moisture-vapor-proof bags or cartons.	3 months	Do not remove wrap- pings until warmed nearly to room temperature. Thaw and heat in oven at temperature of 250°F.
	Unbaked	Batter may be frozen in pint size waxed contain- ers; or to prevent loss of leavening gas in con- tainers in which they are to be baked, such as, paper muffin cups. Use a double-acting baking powder. Wrap after freezing same as baked.	2 weeks	Best to thaw before baking.  Bake at 425°F for 20 minutes.



## Breads, continued

FOOD	CONDITION WHEN FROZEN	PREPARATION AND PACKAGING	STORAGE TIME at 0°F	HOW TO PREPARE FOR SERVING
Quick loaf breads	Baked	Those served cold, such as nut breads, orange bread, etc. Wrap in moisture-vapor-proof paper.	3 months	Do not remove wrappings until they have warmed. Thaw at room temperature for 3 hours.
		Those served hot, such as, Boston brown bread, etc. Wrap in moisture-vapor-proof paper.	3 months	Thaw at room temperature then reheat in oven in wrappings 15 to 20 minutes at 300°F.
Yeast bread	Baked, preferred	Cool quickly, package in moisture-vapor-proof paper and freeze	3 to 6 months	Thaw at room temperature in original wrappings to prevent moisture on crust.
	Unbaked	May be allowed to rise once before freezing. Grease whole surface before freezing to keep from drying. Separate loaves and wrap in moisture-vapor-proof paper.	2 to 3 weeks	Thaw wrapped dough in warm place. Shape into loaves, let rise until double in bulk. Bake as usual.
Yeast rolls	Baked preferred	Moisture-vapor-proof paper.	3 to 6 months	Reheat in sealed wrappings in a 250° to 300°F. oven for 15 minutes or remove to a roll warmer and heat.
	Unbaked, too long storage may inactivate yeast and weaken gluten.	Permit dough to double in bulk. Shape rolls, grease surface, place close together in shallow packages. Put layer of cellophane or waxed paper on top. Wrap in moisture vapor-proof paper. May be frozen before it is shaped.	2 to 3 weeks	Place in warm greased muffin tins over hot water to rise. (1 to 2 hours.) Bake at 400°.
	Partly Baked	Shape and bake at 250° F. until done but not brown. Wrap in plastic bags or moisture-vapor-proof paper.	3 months	Unwrap and put on baking sheet. Brush with melted butter and brown at 450°F about 7 minutes.



Cakes

FOOD	CONDITION WHEN FROZEN	PREPARATION AND PACKAGING	STORAGE TIME AT 0°F	HOW TO PREPARE FOR SERVING
Butter Cake	Baked	Remove from pan and cool to room temperature. If icing cake, use confectioner's sugar icing or cooked candy type with sirup or honey in the latter. Box cake, cover with freezer paper or wrap cake in cellophane, seal and then box.	4 months	Thaw baked, unfrosted cakes in original wrapping at room temperature. Thaw frosted cakes in original package in the refrigerator.
	Unbaked	Use double action baking powder. Fill pan 1/2 to 2/3 full. Wrap pan in moisture-vapor-proof paper. If frozen in carton, package and freeze.	2 weeks	Thaw cakes in pan at room temperature. If in cartons, thaw only until soft enough to transfer to pan to prevent loss of gas.
Sponge cake	Baked, preferred	Thoroughly cool cake. Place in sturdy outer package to prevent it from being smashed. Freeze. (Use proportion of 1 1/2 cup or 1 cup sugar to 1 1/2 cup egg whites.)	6 to 8 months	Thaw baked, unfrosted cakes in original wrapping at room temperature. Thaw frosted cakes in original package in the refrigerator.
	Unbaked	Freeze in pan in which cake is to be baked.	2 weeks	Put in oven solidly frozen or partially thawed.

Cookies

Cookies	Baked	Cool thoroughly, package in top-opening box or tubular carton. Use pieces of crumpled waxed paper in any air-space to keep cookies from breaking. Soft cookies may need waxed paper between them.	3 to 6 months	Place on serving plates as soon as removed from freezer or thaw in original containers.
Drop cookies	Unbaked	Pack dough in tub-type containers.	2 weeks	Thaw at room temperature until just soft enough to drop by spoonfuls on cookie sheets.
Refrigerator	Unbaked	Pack in tubular or square containers to slice and bake.	3 to 6 months	Slice as soon as removed from freezer, using sharp knife and a board.



FOOD	CONDITION WHEN FROZEN	PREPARATION AND PACKAGING	STORAGE TIME AT 0°F	HOW TO PREPARE FOR SERVING
Refrigerator cookies, continued	Unbaked	Or form dough into a roll of desired diameter, wrap in moisture-vapor-proof paper and protect by stockinette and freeze. Or chill to firm dough in refrigerator, slice and stack slices with a piece of cellophane between each 2 slices and package.	3 months	If too hard soften slightly in refrig- erator. Dough that has been sliced and packaged may be separated and baked at once.

## Pies

Pies	Baked	Cool and package in cello- phane and stockinette.	4 months for fruit pies 6 months for mince pies	Place in moderate oven for 30 to 40 minutes, just long enough to defrost and heat through.
	Unbaked, preferred	Fruit pies or mince pies freeze best. Prepare pastry as usual. Put filling into pastry- lined pie tin, put on top crust. Seal the edges well. Package in paper pie plates with metal rims. Cover pie with paper plate, wrap in moisture-proof paper and place in stockinette or paper box. Freeze. Stack right side up in freezer.	2 months for fruit pies 4 months for mince pies	Best to bake without thawing. Bake in hot oven (450° to 475°F.) for from 15 to 20 minutes then at 375° F. until golden brown.

## Other foods

<u>Main Dishes</u> Baked beans	May be cooked until nearly done.	Cool to room temperature. Package in waxed tubs, glass jars or plastic boxes	4 months	Heat food rapidly to prevent loss of flavor.
Chicken a la King	Cook until nearly done.	Cool to room temperature. Package in waxed tubs, glass jars, or plastic boxes.	2 to 4 months	Thaw in refrigerator or at room temperature if it tends to become stringy. Otherwise reheat without thawing Use a little fat to prevent sticking.

FOOD	CONDITION WHEN FROZEN	PREPARATION AND PACKAGING	STORAGE TIME at 0°F	HOW TO PREPARE FOR SERVING
<u>Main Dishes,</u> French Fried potatoes	Fry in hot fat until a light brown.	Place in moisture-vapor- proof bags, seal and freeze immediately.	1 to 2 months	Spread potatoes on a cookie sheet and set in oven (400° F.) un- til they have thawed and become crisp.
Rice and Spaghetti Dishes	Cooked just until hard, white center dis- appears (about 20 minutes).	Mix with rest of in- gredients, cool to room temperature. Package in waxed tubs, glass jars, or plastic boxes.	2 to 4 months	Thaw either at room tem- perature or in the refrigerator.
<u>Stews</u>	Meat nearly done, vegetable 3/4 done.	Cool to room temperature Package in waxed tubs, glass jars or plastic boxes.	2 to 4 months	Thaw in refrigerator or at room temperature if meat tends to become stringy. Otherwise, reheat without thawing. Use a little fat to prevent sticking.
Swedish meat balls, goulashes, or veal birds	May be cooked until complete- ly done.	Cool to room temperature Package in waxed tubs, glass jars, or plastic boxes.	2 to 4 months	Thaw in refrigerator or at room temperature if meat tends to become stringy. Otherwise, reheat without thawing. Use a little fat to prevent sticking.
<u>Salads</u> Fruit salads	Frozen fruit salads with solid base, such as cottage cheese, most satis- factory.	Package in waxed tubular containers.		Peel off carton and slice salad to desired thickness.
<u>Sandwiches</u>		Cut sandwich in half. Package in plastic bags.	1 to 2 months	Thaw in sealed original package.
<u>Sandwich fillings</u> Cheese; Slice or ground meat; Sliced or ground poultry; Fish; Cooked egg yolk.	Do not use mayon- naise.	Package in waxed tubs or cartons, glass jars, or plastic boxes.		