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Freezing COOKED and PREPARED Foods

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by

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Cover picture shows how to wrap and
heat-seal a cake in cellophane before
putting in box to go in freezer

The recipes in this circular are modifications of several found in
The Modern Family Cookbook by Meta Given, *Baking Secrets* by
General Foods Corporation, *Betty Crocker Picture Cooky Book*
by General Mills, Inc., and *Better Homes and Gardens Cook Book*.

Freezing

COOKED AND PREPARED FOODS

ROYENE F. OWEN, JEAN T. CHASE, and FRANCES O. VAN DUYNÉ

WITH THE RAPID INCREASE in home freezing units, many homemakers are asking for information about freezing cooked or partly prepared foods. They realize the convenience of having on hand for emergencies combination dishes, baked products, batters, and doughs, which are ready to serve after only a little more work. These foods greatly simplify the problem of preparing an appetizing meal when time is short, when guests arrive unexpectedly, or when skilled hands are not available.

Freezing large quantities of prepared or cooked foods in the home is not, however, recommended. Freezer storage space is too limited and valuable to use in this way, and freshly prepared products are usually superior to those which have been frozen.

Preparing cooked or baked foods for freezer storage is not difficult, as will be noted from the directions given here. These directions are based on work done in the foods research laboratory at the UNIVERSITY OF ILLINOIS in an effort to find foods suitable for freezing and methods best for each. Standard recipes were used and the products were stored in a home freezing unit for several months, thawed in various ways, and then rated for appearance, color, texture, and flavor. If the directions are followed carefully, products of high quality will be obtained. Undoubtedly other foods can be frozen satisfactorily and other recipes will give good results.

Freezing is a good way to preserve some surplus materials for future use. At butchering time some of the meat best used in stews can be cooked and frozen. When poultry and eggs are plentiful, chicken à la king, egg whites, and angel-food cake can be added to the reserve in the home freezer or the freezer locker.

Combination Dishes

Certain combination dishes, such as baked beans, beef or veal stew, chicken à la king, Italian rice, Spanish sausage, and tomato sauce and meat balls, can be satisfactorily preserved by freezing.

General Directions

Ingredients and cooking time. Use only ingredients of the best quality. Prepare these foods in the usual ways but *shorten the cooking time for most of them*. Cook meat and vegetables until barely tender and take from the heat at once. The tissues will soften further during cooling, freezing, and reheating.

If completely cooked before they are frozen, meat and vegetables may be oversoft when served. Long cooking also causes unnecessary losses of flavor and aroma.

Best not to include potatoes or some types of rice. Potatoes are not satisfactory in combination dishes that are to go into the freezer — they do not have a good texture after they are frozen, held in freezer storage, and reheated. It is better to cook them and add them when the frozen food is prepared for serving.

In certain combination dishes quick-cooking rice and regular rice tend to be mushy when they are reheated after being frozen. Rices prepared by processes in which the rough rice is steeped and steamed before drying and milling retain their shape and texture satisfactorily.

Cool cooked foods quickly. After a food is cooked, cool it quickly to room temperature. Place the cooking pan in a larger pan of ice water or cold running water and stir occasionally. If the food is in a heavy kettle, you can cool it more quickly by transferring it to one of lighter weight.

Cleanliness is very important. Since freezing does not kill all bacteria, strive to keep the number in the food as low as possible during preparation. Use clean utensils and sanitary methods of handling the food. Keep the food covered during cooking, and loosely covered during cooling. Package the product as soon as it reaches room temperature and freeze immediately.

Package carefully. Several types of containers are suitable for combination dishes. Cylindrical cartons with slip-on lids and tub-type containers are easy to fill, but they are not air-tight. Cellophane-lined cartons which can be heat-sealed are better because they are more moisture- and vapor-proof. Tin cans or glass jars designed as containers for freezing or plastic containers with tight-fitting lids are also satisfactory.

For food that is packed solid, be sure to leave space at the top of the container for the contents to expand during freezing. Leave $\frac{1}{2}$ inch for a pint container, 1 inch for a quart.

Freeze immediately. Put packaged foods in the home freezing unit without delay, or take them to the freezer locker. If the trip to the locker cannot be made immediately, put the packages in the refrigerator for a short time but do not leave them there longer than two or three hours.

Don't store too long. The shorter the period of freezer storage, the more appetizing these foods will be. Storing them longer than six months is not recommended. Some fats tend to become rancid after a few months. With all foods there is a gradual loss of flavor, aroma, and natural texture. (*Be sure to write the date of preparation on every package and make a record of the packages you put in the freezer so you will not leave them there too long.*)

Prepare for serving. In reheating frozen cooked food, use the method that will affect its appearance and texture the least. The top of a double boiler is best for combination dishes. A saucepan can be used if the food is partly defrosted and then heated carefully. With either method do not stir food more than necessary.

Use all defrosted and reheated foods at the current meal. Further holding and reheating is not recommended.

Choose with care all ingredients to be used in frozen combination dishes, baked products, batters, and doughs. Eggs or shortening that are off-flavor, meat that is tough or stringy, or vegetables that are less than top quality should not be used in any dish that is being prepared for freezer storage.

Baked beans with tomato sauce**2 pints**

2 c navy beans	1 ½ Tb vinegar
3 ounces salt pork, sliced	1 ½ t salt
4 slices onion	½ t dry mustard
1 ¼ c tomato puree	½ c boiling water
¼ c molasses	Dash of cayenne pepper
⅓ c brown sugar	

Pick over beans and wash. Cover with hot water and let stand for 5 minutes. Drain, cover with cold water, and soak overnight. Drain, add fresh water, and simmer until tender.

Place a slice of salt pork in bottom of a baking dish and arrange the onion slices over it. Combine the other ingredients and mix well. Place beans in baking dish and cover with tomato mixture. Add more water if necessary to cover the beans. Lay slices of salt pork over top.

Cover and bake for 5 hours in a very slow oven (300° F.).

Cool quickly to room temperature. Remove salt pork and onion, and put beans in container (salt pork is taken out because it tends to become rancid). Freeze immediately.

To serve. Place frozen beans in the top of a double boiler and heat for about 45 minutes. Or partly defrost the beans at room temperature for about 2 hours, then heat in a saucepan with a little water if necessary.

Beef or veal stew**4 pints**

3 pounds beef or veal stew meat	1 large onion, sliced
6 Tb butter or bacon drippings	10 medium carrots
2 t salt	¼ c chopped parsley
Dash of pepper	2 c chopped celery
	4 Tb flour

Cut fat and connective tissue from 2-inch cubes of stew meat. Roll in flour and brown on all sides in butter or bacon drippings. Sprinkle with salt and pepper, cover with hot water, and cook in covered pan until meat is nearly tender. Add vegetables and cook until barely tender. Remove meat and vegetables and thicken the

**In all recipes t = teaspoon, Tb = tablespoon.
All measurements are level.**

liquid, using 2 tablespoons of flour blended to a smooth paste with $\frac{1}{4}$ cup of cold water. Cook until mixture boils, add meat and vegetables, and cool quickly. Package when stew reaches room temperature. Freeze immediately.

To serve. Place frozen stew in top of a double boiler, and heat for about 45 minutes. Or defrost overnight in a refrigerator or for several hours at room temperature; then heat in a saucepan containing a little butter or bacon fat. Stir only enough to prevent sticking. Pare, dice, and cook potatoes and add to the stew if desired.

Chicken à la king

4 pints

4 Tb butter	2 c chicken broth
$\frac{1}{2}$ green pepper cut in strips	3 c diced cold chicken
$\frac{1}{4}$ pound fresh mushrooms or contents of 4-ounce can	$\frac{1}{2}$ pimento cut in strips
$\frac{3}{8}$ c flour	Salt and pepper to suit taste
2 c coffee cream or evaporated milk	

Melt butter in top of double boiler over direct heat. Add green pepper and mushrooms, cover, and simmer for 5 minutes. Lift out pepper and mushrooms. Blend flour with fat, add cream, broth, and seasonings. Cook until sauce thickens, stirring constantly. Add chicken, pimento, green pepper, and mushrooms. Place over boiling water, cover, and cook until chicken is heated thru. Cool quickly, package, and freeze immediately.

To serve. Place frozen chicken à la king in top of a double boiler and heat for about 45 minutes. Serve immediately.

Italian rice

5 pints

1 $\frac{1}{2}$ c rice ^a	$\frac{1}{4}$ c finely chopped green pepper
1 Tb salt	$\frac{2}{3}$ c finely chopped celery
2 c tomato juice	3 c canned tomatoes
4 Tb bacon drippings	1 c water
1 $\frac{1}{2}$ pounds ground beef	1 $\frac{1}{3}$ Tb sugar
$\frac{3}{4}$ c finely chopped onion	

(^a "Uncle Ben's Converted Rice" gives satisfactory results.)

Wash rice in cold water. Drain thoroly. Add rice and salt to hot

tomato juice and boil about 15 minutes. Cook meat in a large heavy skillet containing the bacon drippings. Add the chopped onion and cook until meat is brown. Add green pepper and celery and cook for 5 minutes, stirring frequently. Add remaining ingredients. Simmer gently until rice is tender (about 10 to 15 minutes). Cool quickly to room temperature, package, and freeze immediately.

To serve. Place frozen Italian rice in the top of a double boiler and heat for about 50 minutes, adding a few tablespoons of water if necessary.

Spanish sausage

5 pints

3 pounds pork sausage	½ c finely chopped celery
2 ½ c tomato juice or	½ t salt
1 No. 2 can	Dash of pepper
½ c finely chopped onion	1 ½ t sugar
½ c finely chopped green	2 Tb flour
pepper	¼ c water

Shape sausage into patties and brown in a hot skillet. If sausage is very fat, pour off most of the fat after patties are brown. Add tomato juice, onion, green pepper, celery, and seasoning. Cover and simmer for 1 hour. Remove patties and cool. Blend flour and water and add to juice. Stir until mixture boils and thickens. Cool quickly. Place patties in packages and pour sauce over them. Freeze immediately.

To serve. Heat frozen sausage and sauce in top of a double boiler for about 45 minutes, stirring occasionally. Or defrost overnight in refrigerator or at room temperature until sauce softens; then heat in a saucepan. Serve immediately.

Tomato sauce and meat balls

4 pints

Sauce

1 onion, chopped	1 t salt
3 Tb fat	½ t pepper
2 ½ c tomatoes or 1 No. 2 can	1 Tb sugar
2 6-ounce cans tomato paste	1 bay leaf
2 c water	

Brown onions in fat, add other ingredients, and cook slowly for 1 hour.

Meat Balls

$\frac{3}{4}$ pound ground beef	1 clove garlic, minced
$\frac{1}{4}$ pound ground pork	$\frac{1}{2}$ c milk
1 c fine dry bread crumbs	2 eggs, beaten
$\frac{1}{2}$ c grated Parmesan cheese	Salt and pepper to suit taste
1 sprig parsley, chopped	

Combine ingredients, mix thoroly, shape into balls, and brown in hot fat. Add meat balls to sauce, and cook slowly for 20 minutes. Cool quickly and package. Freeze immediately.

To serve. Heat according to directions for Spanish sausage. Serve with cooked spaghetti.

Baked Foods—General Directions

Among the baked foods that can be frozen successfully are butter cakes, angel-food and sponge cakes, cookies, certain fruit and chiffon pies, and yeast rolls. Freezing preserves the fresh quality of these foods, and having them at hand for emergencies is a convenience. Doubtless other cakes and several kinds of fruit and chiffon pies besides those described can be frozen satisfactorily, but the recipes included here are some of those that have been tested in the University of Illinois laboratory.

Preparing baked foods. Use standard recipes and methods for cakes, cookies, pies, and rolls. Select only ingredients of the best quality. Many of these products can be frozen either before or after they are baked. If frozen before they are baked, the following precautions are necessary:

For cakes frozen in the batter state, use double-acting baking powder (SAS-phosphate) in order to assure good volume. Package batter and place in freezing unit immediately.

For fruit pies frozen before baking, use a little more flour to thicken juice, and do not prick the top crust. Apple slices should be blanched before they are put in a pie, as they will keep their flavor and color better.

Dough for rolls must be wrapped and frozen as soon as the rolls are shaped.

Directions for packaging. Except for cake batter, these products can be satisfactorily wrapped for freezing in cellophane that is moisture- and vapor-proof or in heavyweight aluminum foil.

Cellophane should preferably be the kind that can be heat-sealed. (Use hair curling iron or a warm flatiron and wooden block.) Tight seals prevent loss of moisture and flavor during storage.

If you use aluminum foil, place product in center of sheet and fold two edges together over it. Roll or fold the seam tight against the product, taking care not to crush it. Then press the ends of the package together and fold them close to the product.

Pressure or cold-storage tape can also be used to seal cellophane or aluminum-foil packages.

The cylinder type of freezer carton, with slip-on lid, is suitable for cake batter. The quart size holds enough batter for a small loaf cake or for two 8-inch layers.

Do not hold too long in freezer. After they are packaged, place these products immediately in the home freezing unit or take them to the freezer locker. Do not, however, keep them in the freezer for long periods, as they gradually lose quality during storage. Also the storage space can be used to better advantage.

Cake batter will keep its quality for two or three months, but if held too long the cakes baked from it will be coarse-grained and heavy. Altho *baked cakes*, *cookies*, and *cookie doughs* change little in freezer storage, they should not be kept for longer than three months. *Fruit pies* can be stored six months or more, but *chiffon pies* should be used within a month after freezing. *Roll dough* should not be stored for more than two or three weeks. *Baked rolls* may be kept three or four months.

Plain and Chocolate Cakes

These cakes can be frozen after they are baked or the batter can be frozen. Storing the batter has several advantages: it is easier to package, requires less freezer space, and the cake seems more moist, with a flavor more like that of a freshly mixed and baked cake. A frozen baked cake, however, requires less time to prepare for serving after it is taken from storage.

Two 8-inch layers or an 8 x 8 x 2-inch loaf and 6 cupcakes

Plain cake

2 ½ c sifted cake flour	½ c shortening
2 ½ t double-acting baking powder	2 eggs
1 t salt	1 c milk
1 ¼ c sugar	1 t vanilla

Sift together flour, baking powder, salt, and sugar three times. Beat eggs slightly, add milk and vanilla, and mix.

Using an electric mixer. Place sifted dry ingredients, shortening, and half of the liquid mixture in the large bowl of an electric mixer. Mix for 2 minutes at medium speed, scraping flour into path of the beaters during first minute. Scrape bowl and beaters well, add rest of liquid, and mix for 2 minutes longer at the same speed.

Mixing by hand. Place dry ingredients, shortening, and half the liquid mixture in a large mixing bowl. Beat vigorously for 300 strokes. Add rest of liquid and beat 200 strokes more.

Freezing and using cake batter. Pour batter into a quart container and freeze immediately.

Using frozen batter. Defrost batter in a refrigerator overnight or for about 5 hours at room temperature. When the batter is just soft, transfer it to a greased loaf pan or two layer pans lined with waxed paper. Leave at room temperature for 10 to 20 minutes before baking.

Bake loaf cake in a moderate oven (350° F.) for about 45 minutes, or until the cake springs back when touched lightly with the finger. Bake layers in a moderate oven (350° F.) for 25 to 30 minutes or until done. Bake cupcakes in a moderate oven (350° F.) for 25 to 30 minutes. Cool cakes in pans for 10 minutes, then turn out on cake racks and finish cooling.

Baking and freezing cake. Pour batter into a greased pan, 8x8x2 inches, lined in the bottom with wax paper. Bake in a moderate oven (350° F.) for about 45 minutes or until done. Cool in the pan for 10 minutes, remove to a cake rack, and cool for about 45 minutes longer. Package in heat-sealable cellophane, using a hair curling iron or a warm flatiron and wooden block for sealing, or wrap snugly in aluminum foil. Freeze immediately.

To serve. Defrost the cake in the wrapper at room temperature for about 2 hours, or put in a very slow oven (300° F.) for 20 to 30 minutes.

Two 8-inch layers or an 8 x 8 x 2-inch loaf and 6 cupcakes

Chocolate cake

1 $\frac{3}{4}$ c sifted cake flour	$\frac{1}{2}$ c shortening
1 t double-acting baking powder	1 c milk
1 t salt	2 eggs
$\frac{1}{2}$ t soda	1 t vanilla
1 $\frac{1}{2}$ c sugar	2 ounces melted and cooled chocolate (or $\frac{1}{2}$ c cocoa)

Sift together flour, baking powder, salt, soda, and sugar (and cocoa, if used) three times.

Using an electric mixer. Place sifted dry ingredients, shortening, and $\frac{2}{3}$ cup of milk in the large bowl of an electric mixer. Mix for 2 minutes at medium speed, scraping flour into path of the beaters. Scrape bowl and beaters well. Add remaining $\frac{1}{3}$ cup of milk, eggs, and vanilla (and melted and cooled chocolate, if used) and mix for 2 minutes longer at the same speed.

Mixing by hand. Place dry ingredients, shortening, and $\frac{2}{3}$ cup of milk in a large mixing bowl. Beat vigorously for 300 strokes. Add rest of milk, eggs, and vanilla (and melted and cooled chocolate, if used) and beat 200 strokes more.

Freezing and using cake batter. Use directions for plain cakes.

Baking and freezing cake. Use directions for plain cakes.

Angel-food and Sponge Cakes

Frozen baked angel-food and sponge cakes, when defrosted, are very similar in quality to freshly baked cake. Angel-food cakes seem a little more moist after they have been frozen and thawed. However, both angel-food and sponge cakes are likely to shrink a little in freezer storage. (Angel-food cake made from frozen and defrosted batter is not as fine-grained as cake baked before it is frozen.)

Delicious angel-food cake can be made from frozen egg whites. Often freezing the whites is more practical than freezing the cake. A pint container will hold the right amount of whites for one cake. After defrosting by holding them overnight in the refrigerator or at room temperature for about 5 hours, use them in the same way as fresh egg whites.

Angel-food cake

1 $\frac{3}{4}$ c fresh or defrosted
frozen egg whites
1 c cake flour
1 $\frac{1}{2}$ c sifted sugar

1 large cake

2 t cream of tartar
 $\frac{3}{4}$ t salt
1 t vanilla

Allow egg whites to come to cool room temperature. Sift flour once and measure. Sift flour and $\frac{1}{4}$ of the sugar together 4 times.

Using an electric mixer. Beat egg whites until foamy (15 seconds at high speed), add cream of tartar and salt, and beat until whites are stiff but not dry (about 1 $\frac{1}{2}$ minutes at high speed). Add vanilla. Then add sugar by the tablespoon, using a low speed for 3 minutes. Scrape sides of bowl at end of each minute. Mix $\frac{1}{2}$ minute longer at low speed after all sugar has been added.

Remove bowl from mixer and fold in flour by hand, using a wire whip. Sift about 2 tablespoons of flour on surface of egg-white mixture and fold in with 5 or 6 strokes. Repeat until all the flour has been added.

Mixing by hand. Beat egg whites and salt until foamy, using rotary egg beater or wire whip. Add cream of tartar and vanilla, and beat until egg whites are stiff but not dry. Fold in sugar gradually, adding about 2 tablespoons at a time.

Sift about 2 tablespoons of flour on the surface of the egg-white mixture and fold in, mixing only until the flour disappears. Repeat until all the flour has been added.

Baking and freezing. With a large spoon, transfer the batter to an ungreased 10-inch tube pan. Cut thru the batter several times with a spatula to remove large air holes. Bake in a moderate oven (375° F.) for 60 minutes or until done. Invert pan and cool for an hour. Remove cake from pan, using a sharp knife to loosen it from the sides.

Heat-seal cake in cellophane, using a hair curling iron or a

warm flatiron and wooden block, or wrap snugly in aluminum foil. Avoid mashing the cake or wrapping it too tightly. Place in a sturdy box and freeze immediately. (See front cover for picture of cake being wrapped.)

To serve. Defrost cake in wrapper by placing on cake rack for 2 or 3 hours or in very slow even (300° F.) for 20 to 30 minutes. Allow cake to come to room temperature and serve immediately.

Sponge cake

1 c flour
5 egg yolks
1 c sifted sugar
1 ½ t grated lemon rind
2 Tb water

1 large cake

1 ½ Tb lemon juice
5 egg whites
¼ t salt
½ t cream of tartar

Using an electric mixer. Sift flour, measure, and sift 4 more times. To egg yolks, add ½ cup of sugar, lemon rind, and water. Beat until thick and light (7 minutes at high speed). Add lemon juice gradually during 3 additional minutes of beating. Add the flour all at once and stir until just blended.

In another bowl, put egg whites and salt. Beat until foamy (½ minute at high speed). Add cream of tartar and mix until egg whites are stiff but not dry (1½ minutes at high speed). Add rest of sugar, 2 tablespoons at a time, during 2 minutes of mixing at high speed. Scrape sides of bowl with spatula.

Fold egg-yolk mixture into egg whites and mix at low speed for 3 minutes. Scrape sides well during mixing.

Mixing by hand. Sift flour, measure, sift 4 times. Add ½ cup of sugar, lemon rind, and water to egg yolks, and beat with a rotary egg beater until thick and light. Add lemon juice gradually, beating well after each addition. Add flour all at once and stir until just blended.

Beat egg whites and salt until foamy. Add cream of tartar, and beat until whites are stiff but not dry. Add rest of sugar gradually, 2 tablespoons at a time, and beat well. Fold egg-yolk mixture into whites.

Baking and freezing. Transfer batter to an ungreased 9-inch tube pan. Cut thru batter with a spatula to remove large air holes. Bake in a slow oven (325° F.) for 1 hour or until done. Invert pan and cool cake for about an hour. Take from pan and heat-seal

in cellophane, using a hair curling iron or a warm flatiron and wooden block, or wrap in aluminum foil. Avoid mashing the cake or wrapping it too tightly. Put in a sturdy box and freeze immediately.

To serve. Defrost cake by placing it, still wrapped, on a cake rack for 2 or 3 hours or in a very slow oven (300° F.) for 20 to 30 minutes. Let come to room temperature and serve immediately.

Cookies

Freezing baked cookies and cookie doughs makes it easy to keep a variety on hand at all times. Many types of baked cookies can probably be frozen, as well as refrigerator cookie doughs. The following recipes give good products, or you may use favorite recipes and methods to prepare cookies for the freezer.

Brownies

- $\frac{2}{3}$ c sifted all-purpose flour
- $\frac{1}{2}$ t double-acting baking powder
- $\frac{1}{4}$ t salt
- 2 one-ounce squares unsweetened chocolate

Sixteen 2-inch squares

- $\frac{1}{3}$ c shortening
- 1 c sugar
- 2 eggs, well beaten
- 1 t vanilla
- $\frac{1}{2}$ c walnut or pecan meats

Sift flour, baking powder, and salt together. Melt chocolate and shortening over boiling water. Add sugar gradually to eggs, beating thoroly. Add chocolate mixture and blend. Mix in dry ingredients, then add vanilla and nuts. Bake in a greased pan, 8x8x2 inches or similar in size, in a moderate oven (350° F.) for 30 minutes. While still warm, cut in squares. Remove from pan and cool. Wrap in cellophane or aluminum foil, with pieces of either material between the layers. Seal and freeze immediately.

To serve. Thaw brownies in the wrapping at room temperature.

Chocolate chip cookies

- 1 $\frac{1}{2}$ c sifted all-purpose flour
- $\frac{1}{2}$ t soda
- $\frac{1}{2}$ t salt
- $\frac{1}{2}$ c shortening
- 6 Tb granulated sugar
- 6 Tb brown sugar

36 cookies

- 1 egg
- $\frac{1}{2}$ t vanilla
- 1-2 Tb water
- 1 7-ounce package chocolate bits
- $\frac{1}{2}$ c chopped walnut or pecan meats

Sift together flour, soda, and salt. Cream shortening, add sugars gradually, and cream together until light and fluffy. Add egg and vanilla and mix thoroly. Stir in dry ingredients and a few drops of hot water. Mix until well blended. Add chocolate bits and nuts. Drop from teaspoon on ungreased baking sheet 2 inches apart. Bake in a moderate oven (375° F.) for 10 to 12 minutes. Place cooled cookies in cellophane bag, or wrap in cellophane or aluminum foil and seal. Freeze immediately.

To serve. Thaw cookies at room temperature without unwrapping.

Filled cookies

2 ½ c sifted all-purpose flour
¼ t soda
½ t salt
½ c shortening

6 dozen 3-inch cookies

1 c sugar
2 eggs
2 Tb cream
1 t vanilla

Sift together flour, soda, and salt. Cream shortening and sugar thoroly. Add eggs, cream, and vanilla, and beat. Mix in dry ingredients. Chill dough. Roll very thin (1/16 inch) and cut. Place on lightly greased baking sheet. On each piece of dough place a rounded teaspoon of cooled filling. Fold over and press edges together with floured tines of fork. Bake in a moderately hot oven (400° F.) for 8 to 10 minutes.

Raisin, fig, and date filling

½ c raisins, finely cut	½ c sugar
½ c figs, finely cut	½ c water
½ c dates, finely cut	2 Tb lemon juice

Cook slowly, stirring constantly until mixture thickens. Cool.

Place cooled baked cookies in a cellophane bag or wrap in cellophane or aluminum foil and seal. Freeze immediately.

To serve. Thaw cookies at room temperature while still in wrapping.

Peanut butter cookies

1 ¾ c sifted all-purpose flour
½ t soda
¾ t salt
¾ c shortening
¾ c peanut butter

5 dozen cookies

½ c granulated sugar
½ c brown sugar
1 egg
1 t vanilla

Sift flour, soda, and salt together. Cream shortening thoroly, add peanut butter, and cream together until smooth. Add sugar gradually, creaming well. Add egg and vanilla and beat thoroly. Stir in dry ingredients and mix well. Shape dough into 1½-inch rolls.

To freeze before baking. Wrap roll of dough in cellophane or aluminum foil and seal tightly. Freeze immediately. Before baking, thaw slightly in a refrigerator and slice. Bake on an ungreased baking sheet in a moderately hot oven (400° F.) for 8 to 10 minutes.

To freeze after baking. Chill rolls of dough in refrigerator. Slice. Bake on an ungreased baking sheet in a moderately hot oven (400° F.) for 7 to 8 minutes. When cool, place in a cellophane bag or wrap in cellophane or aluminum foil and seal. Freeze immediately.

To serve. Thaw cookies at room temperature in the wrapping.

Refrigerator cookies

2¾ c sifted all-purpose flour
½ t soda
1 t salt
1 c shortening

6 dozen cookies

½ c granulated sugar
½ c brown sugar
2 eggs
1½ t vanilla

Sift flour, soda, and salt together. Cream shortening, add sugars gradually, and cream thoroly. Add eggs one at a time, beating thoroly. Add vanilla and mix well. Stir in dry ingredients. Shape dough into rolls 2 inches in diameter.

To freeze before baking. Wrap rolls of dough in cellophane or aluminum foil, seal, and freeze. Before baking, thaw slightly in a refrigerator and slice. Bake on an ungreased baking sheet in a moderately hot oven (400° F.) for 8 to 10 minutes.

To freeze after baking. Chill dough until firm. Slice, and bake on an ungreased baking sheet in a moderately hot oven (400° F.) for 6 to 8 minutes. Cool and package in a cellophane bag or wrap in cellophane or aluminum foil and seal. Freeze immediately.

To serve. Thaw cookies at room temperature without unwrapping them.

Variations of above recipe. A number of variations of the above basic recipe are easily made:

Chocolate cookies. Add 2 one-ounce squares of unsweetened chocolate. Melt, cool, and blend into shortening mixture.

Coconut cookies. Add 1 cup chopped, shredded coconut.

Date-nut cookies. Add $\frac{1}{2}$ cup finely cut dates and $\frac{1}{2}$ cup finely chopped nuts.

Nut cookies. Add $\frac{1}{2}$ cup chopped walnuts, pecans, or blanched almonds.

Orange cookies. Add 1 tablespoon grated orange rind (mixed into shortening mixture) and $\frac{1}{2}$ cup chopped pecans or blanched almonds.

Pinwheel cookies. Into half the basic recipe mix 1 one-ounce square of unsweetened chocolate which has been melted and cooled. Chill dough. Roll the two parts of dough separately into rectangular sheets, $\frac{1}{8}$ inch thick. Place the dark dough on the light, and roll like a jelly roll. Slice.

Sugar cookies

1 $\frac{1}{4}$ c sifted all-purpose flour
 $\frac{1}{4}$ t baking powder
 $\frac{1}{4}$ t salt
 $\frac{1}{2}$ c shortening

5 dozen cookies

$\frac{3}{4}$ c sugar
 1 egg
 1 Tb milk
 1 t vanilla or lemon flavoring

Sift together flour, baking powder, and salt. Cream shortening, add sugar gradually, and cream until light and fluffy. Add egg and beat. Mix in milk and flavoring. Stir in dry ingredients. Chill dough. Roll very thin and cut into desired shapes. Place on a lightly greased baking sheet and sprinkle with sugar. Bake in a hot oven (425° F.) for 5 to 7 minutes. Cool and package in a cellophane bag or wrap in cellophane or aluminum foil, seal, and freeze.

To serve. Thaw cookies at room temperature in the wrapping.

Lemon sugar cookies. In the above recipe, use 2 teaspoons grated lemon rind and 1 teaspoon lemon juice instead of vanilla.

Nut sugar cookies. To the basic sugar cookie recipe, add 1 cup finely chopped pecan or walnut meats.

Fruit Pies

Apple and blueberry pies, baked either before or after they are frozen, are excellent products. One baked after it is frozen is more like freshly prepared and baked pie, and less time is needed to prepare it for freezing. But a pie that is baked and then frozen takes less time to prepare later.

Plain pastry for pie

2 c sifted all-purpose flour
 1 t salt
 $\frac{1}{2}$ to $\frac{2}{3}$ c shortening
 (use $\frac{1}{2}$ c if lard is used,
 $\frac{2}{3}$ c if vegetable short-
 ening is used)

One 9-inch double-crust pie or two 9-inch baked pastry shells

5-6 Tb ice water

Sift flour and salt together. Cut fat into flour with a pastry blender or two knives until pieces are about the size of peas. Add water by the teaspoonful, mixing lightly with a fork and tossing moistened particles to one side. When all particles are moistened, gather lightly together and shape into two balls. Wrap dough in wax paper and chill in refrigerator. Roll half the dough on a lightly floured board or between two sheets of wax paper, and line pie plate.

After filling the pie, roll other half of dough. Cut slits in it if the pie is to be baked before it is frozen, *but not if it is to be frozen unbaked*. Place crust over filling and fit it to bottom crust. Trim off excess pastry and press crusts together lightly with fingers or tines of a fork.

Filling for apple pie

$\frac{2}{3}$ c sugar
 $\frac{1}{4}$ t cinnamon
 1 or 2 Tb flour

One 9-inch pie

7 or 8 tart apples
 1 Tb butter

Blend sugar, cinnamon, and flour, using 1 tablespoon of flour for a pie to be baked before freezing and 2 tablespoons for an unbaked frozen pie.

Peel apples, cut in quarters, and core. Cut each quarter in 4 or 5 slices. If apples are to be used in unbaked frozen pies, blanch

them in steam for 3 minutes, cool in running water, and drain. Arrange half of the apples in the pastry-lined pie plate and sprinkle with half the sugar-cinnamon-flour mixture. Add rest of apples, sprinkle with remainder of sugar blend, and dot top with butter.

Cover with top crust as directed above.

Filling for blueberry pie

3 ½ c blueberries
1 c sugar

One 9-inch pie

4 or 6 Tb flour
2 Tb lemon juice

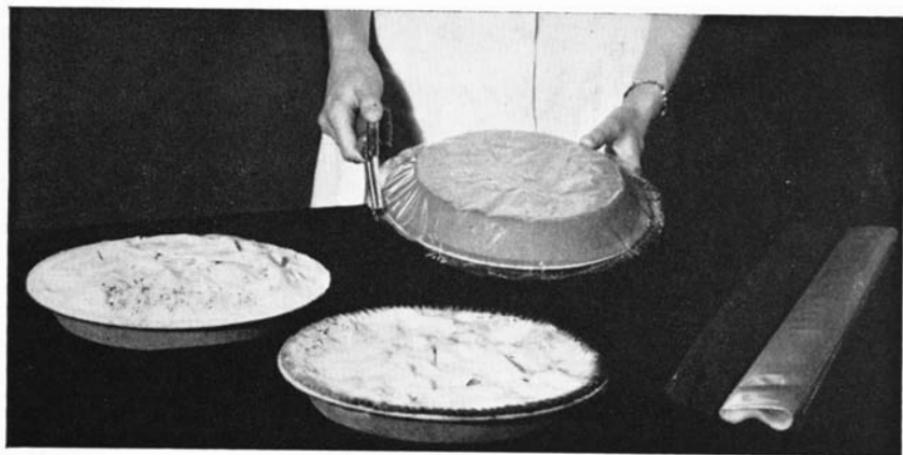
Blend sugar and flour and sprinkle one-third of it on the bottom of pie. Add half the blueberries, sprinkle with one-third of the flour and sugar mixture. Add remaining blueberries and flour-sugar mixture. Sprinkle with lemon juice.

Cover with top crust as directed above.

Pie baked before freezing. Bake in a hot oven (450° F.) for 15 minutes, then reduce temperature to 350° F. Bake 35 minutes longer, or until fruit is cooked.

Cool pie thoroly. Wrap as shown in picture.

To serve. Unwrap the pie and remove the cellophane. Place pie in a hot oven (425° F.) for 20 to 30 minutes. Leave plate over top to prevent further browning of top crust. Cool and serve.



When a pie is baked before it is frozen, it can either be left in the glass or metal pie plate or transferred to a cardboard plate. Cover with a cardboard plate of the same size as the underplate, and heat-seal in cellophane or wrap in aluminum foil. Use a hair curling iron or a wooden block and a warm flatiron for sealing cellophane. Wrap in ordinary wrapping paper to protect cellophane and freeze immediately.

Pie baked after freezing. Invert second plate (which may be cardboard) over top of pie and heat-seal in cellophane. Wrap and freeze immediately.

To serve. Remove cellophane and the top plate. Place pie in hot oven (450° F.) for 20 minutes. After 10 minutes prick top crust with a fork. Reduce oven temperature to 350° F. and bake for 50 minutes longer or until fruit is cooked. Cool and serve.

Chiffon Pies

Chiffon pies may be frozen as soon as they are prepared. Lemon and chocolate pies have been frozen and tested but it seems probable that other chiffon pies will freeze equally well.

Chocolate chiffon pie

2 one-ounce squares un-sweetened chocolate, grated
 ½ c boiling water
 1 Tb (1 envelope) unflavored gelatin
 ¼ c cold water
 4 egg yolks

One 9-inch pie

1 c sugar
 ¼ t salt
 1 t vanilla
 4 stiff-beaten egg whites
 1 nine-inch baked pastry shell

Melt chocolate in boiling water. Soften gelatin in cold water, add to chocolate, and stir until gelatin dissolves. Add egg yolks beaten light with ½ cup sugar. Add salt and vanilla. Cool. Beat remaining ½ cup sugar into egg whites. Fold into chocolate mixture. Pour into cooled baked shell. (To prepare baked pie shell, prepare half the recipe for plain pastry. Bake shell in a hot oven (450° F.) for 15 minutes.) Wrap the pie for freezing immediately, as shown in the picture.

To serve. Without removing the wrapping, thaw pie for approximately 30 minutes at room temperature. *Do not reheat.* If desired, a topping of whipped cream may be added after the pie is thawed.

Lemon chiffon pie

4 beaten egg yolks
 1 c sugar
 ½ c lemon juice
 ½ t salt
 1 Tb (1 envelope) unflavored gelatin

One 9-inch pie

¼ c cold water
 1 t grated lemon peel
 4 stiff-beaten egg whites
 1 nine-inch baked pastry shell

Combine egg yolks, ½ cup sugar, lemon juice, and salt; cook in a double boiler until thick, beating constantly with a rotary beater. Add gelatin softened in cold water, stir until gelatin dissolves. Add lemon peel and cool until partially set. Beat remaining ½ cup sugar into egg whites and fold into cooled mixture. Pour into cooled baked shell. (To prepare baked pie shell, prepare half the recipe for plain pastry. Bake shell in a hot oven (450° F.) for 15 minutes.) Wrap the pie for freezing immediately, as shown in the picture.

To serve. Without removing the wrapping, thaw pie for approximately 30 minutes at room temperature. *Do not reheat.* If desired, a topping of whipped cream may be added after the pie is thawed.

Yeast Rolls

Bread and rolls that are frozen and held in freezer storage do not get stale at the usual rate. Yeast rolls may be frozen after baking, or the dough may be frozen. The former method of preparation is preferred because it is more convenient and because the quality of the rolls is higher. The volume, texture, and flavor of the baked rolls are maintained for several months of freezer storage. Frozen dough should be thawed and baked within two or three weeks after it is frozen.

Yeast rolls

1 ½ c milk, scalded
 6 Tb melted shortening
 6 Tb sugar
 1 Tb salt

3½ to 4 dozen rolls

2 packages dry yeast (or 2 cakes compressed yeast)
 ½ c lukewarm water
 1 ½ eggs
 7 c sifted all-purpose flour

Scald milk and pour into a large mixing bowl. Add melted shortening (not hot), sugar, and salt. Cool until lukewarm (100° F.). Sprinkle dry yeast into lukewarm water and let stand 10 to 15 minutes (or crumble compressed yeast, add lukewarm water, and stir well). Add the blended yeast to the lukewarm milk mixture. Add eggs and 2 cups sifted flour. Beat until the mixture is smooth. Gradually add the remaining flour, working it in well. Turn dough out on a slightly floured board and knead about 10 minutes until smooth and satiny. Place in a lightly greased bowl and brush with melted shortening. Cover and allow to rise in a warm place (82° to 86° F.) free from drafts, until doubled in bulk (1½ to 2 hours). Then punch down, shape as desired, and place in a greased pan.

Rolls baked before freezing. Allow shaped rolls to rise in a warm place until doubled in bulk (about 1 hour). Bake in a moderately hot oven (400° F.) for 15 to 20 minutes. Cool on cake racks and package in aluminum foil or cellophane. Seal the packages and freeze at once.

To serve. Place frozen rolls in a moderately hot oven (400° F.) if packaged in aluminum foil, and in a very slow oven (300° F.) if packaged in cellophane. Thaw and heat the rolls in their original wrappings for 20 minutes.

Rolls frozen in dough stage. Immediately after dough has been shaped into rolls and placed in pans, wrap the pans in aluminum foil or cellophane (or place the shaped roll dough in paper baking cups and box in moisture-vapor-proof containers). Seal and freeze at once.

To serve. Remove wrapping. Allow the shaped dough to thaw and rise in baking pans in a warm place until light (2 to 2½ hours). Bake in a moderately hot oven (400° F.) for 15 to 20 minutes.