

Freezer Living



Today's home freezer opens whole new horizons in living and food economy. Seasonal items become year-round staples and complete menus can be prepared weeks in advance of consumption, permitting gracious and bountiful family living.

Here are some ideas for putting your freezer to work which indicate the versatility of this wonderful appliance and the variety it adds to meal planning. Freezer living is not complex but so simple even children can learn to use the freezer.



Strawberry Sequence

Washing is one of the most important steps in freezing fruits. They are put in a colander—no more than a quart at a time—and washed under cold running water or with a gentle spray for not more than a minute. Strawberries are washed before they are stemmed.

To drain fruits of excess water spread them out on a tray covered with several thicknesses of clean absorbent toweling.



The dry sugar method of sweetening them may be done in either of two ways. To sugar them as shown here, fruit and sugar are added to the container alternately—first one fourth of the fruit, then one fourth of the sugar, and so on, until the container is filled. Or the washed, cooled and drained fruit could be transferred to a bowl, one quart at a time, and sprinkled with sugar before packaging.

In mid-winter, you can enjoy your favorite strawberry shortcake with the berries you froze in season.



Freezing Poultry

Poultry is one of the high protein foods that keeps exceedingly well in the frozen state. The methods described here have produced frozen poultry of excellent quality, taste and appearance.

Poultry must be protected so that it will not lose moisture or flavor during freezing or storage. Poorly wrapped birds dry out and are tough and dry when cooked. This condition is often called "freezer burn". Birds also may become rancid if not wrapped properly.

Aluminum foil or polyethylene are recommended wrappers. Both can be formed to the shape of the bird, thus eliminating air pockets. Use an outer wrap for extra protection.