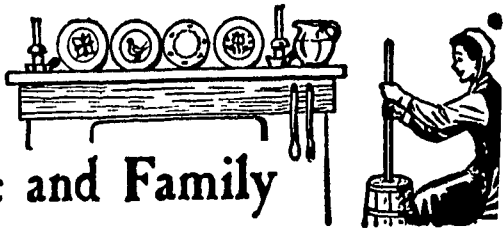


For the Farm Wife and Family



Freezing Poultry

by Mrs. Richard C. Spence

There's no easier way of preserving poultry at home than freezing. Under the proper storage conditions, poultry from the home freezer can have the same flavor, color, and nutritive value as fresh poultry. It keeps well when frozen in a variety of forms: uncooked—either whole or cut up; cooked—as slices or pieces, with or without bone, and in combination dishes or sandwiches.

For success in freezing poultry at home keep in mind these things:

1. Select only fresh, high quality poultry.

2. Take special care to keep poultry meat and packaging materials clean to prevent the growth of bacteria.

3. Package chicken in moisture - vapor - resistant materials for freezing.

4. Freeze and store at zero degrees Fahrenheit or lower.

5. Keep in storage no longer than the recommended maximum time.

When poultry is bought wrapped in plastic film or in tray packs, remove these and rewrap in moisture vapor-resistant material before freezing. Suitable wrappings include heavyweight aluminum foil especially for the freezer cellophane - coated or polyethylene coated freezer paper; and polyethylene plastic. These materials also come in

bag form for whole or half birds. Wax-coated freezer paper is all right for short storage periods, but ordinary waxed papers and lightweight aluminum foils are not sufficiently moisture-vapor-resistant to be used in the freezer.

Rigid freezer containers with tight fitting covers are best suited for cooked poultry dishes that contain sauce, gravy, or broth. Aluminum, glass, glazed pottery, plastic, tin, and heavily waxed cardboard are all suitable materials for containers.

When packaging poultry or poultry dishes for freezing it is important to force out as much air as possible. How-

ever, foods that contain some liquid require a certain amount of space at the top of the package to allow for expansion during freezing. Most rigid freezer containers have a mark or line to indicate how much space should be left.

Freeze quickly at zero degrees or below to maintain high quality. Place the packages against the sidewalls of the freezer or on metal freezing plates or shelves to speed freezing. A little space around the packages speeds freezing by allowing cold air to circulate freely.

Even under the most favorable storage conditions there are limits to how long poultry will keep well in the freezer. Here is a guide developed by food scientists showing the maximum storage life of various poultry products, if kept at zero degrees F. or somewhat lower:

Uncooked Poultry	Months
Chicken	12
Turkey, duck, goose	6
Giplets	3
Cooked Poultry	
Slices or pieces with broth or gravy	6
No broth or gravy	1
Sandwiches of poultry	1
Cooked poultry dishes	6
Fried chicken	3

REFREEZING — Foods that have thawed completely and have warmed to temperatures of 40 degrees F. or higher are not likely to be fit for refreezing. Spoilage

organisms in low-acid foods, thawed frozen poultry with such as poultry, become ac-ice crystals still remaining tive and quickly make the may be refrozen safely. food unfit to eat. Partially (Turn to page 7)

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