

FREEZING COOKED POULTRY

cooked poultry for freezing come from birds cooked

especially for that purpose— or from leftovers. Any kind of poultry can be frozen satisfactorily. But some — fried

chicken, slices or pieces packed without broth or gravy, and sandwiches—have a relatively short storage life. Meat from cooked whole birds should be removed from the carcass and packed solidly to eliminate air, which causes development of rancid off-flavor. Addition of broth or gravy will prevent contact with air and lengthen the storage life.

ROAST POULTRY

Divide meat into large pieces or slices, and small pieces. Package separately in meal-sized amounts. Package large pieces in freezer bags, or wrap in moisture-vapor resistant wrapping paper. Seal and freeze. Package slices or small pieces covered with gravy or broth in rigid containers, leaving headspace.

STEWED, BRASED, OR FRICASSED POULTRY

Cool cooked poultry quickly in the refrigerator. Package bony and meaty pieces together covered with broth or gravy in rigid containers. Or remove meat from the bones and package it with broth in rigid containers or without broth in cartons, freezer bags, or moisture-vapor resistant wrapping ma-

terial.

SANDWICHES

Most kinds of poultry sandwiches freeze satisfactorily. Make the filling of sliced or chopped chicken or turkey meat. Mix chopped meat with cream cheese or a small amount of mayonnaise or salad dressing to moisten the ingredients. Add chopped olives or pickles, grated onion, or diced celery if desired. Do not add such raw vegetables as lettuce, tomatoes or watercress. These lose crispness, color, and flavor when frozen. Use day-old bread for sandwiches; it is better than fresh bread for sandwiches to be frozen. Spread bread with butter, margarine, or cream cheese. Spread liberally before adding chopped meat filling—to keep the filling from soaking through on the bread.

To freeze, wrap each sandwich in a double thickness of heavy waxed paper (for storage no longer than one

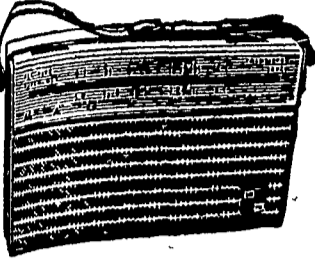
week) or in moisture-vapor-resistant wrapping material (for storage up to 1 month). If you wish, place wrapped sandwiches in a cardboard box to keep them from being crushed during freezer storage. Thaw sandwiches in the original wrapping at room temperature. It will take 3 to 4 hours. Use soon after thawing.

FREEZING COOKED POULTRY DISHES

Creamed dishes, casseroles, salads, pies, and various other main dishes made with cut up cooked chicken or turkey are suitable for freezing. The following recipes include directions for both freezing and reheating. Recipes yield from 16 to 25 portions. Although each recipe specifies cooked chicken or turkey, either may be used in any of the recipes. For added flavor, fresh chicken fat may be used to replace butter or margarine.

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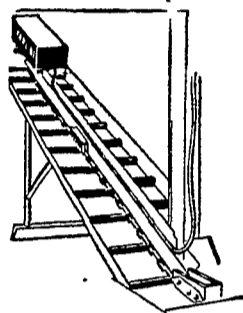
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