

For the Farm Wife and Family

Freezer Magic At Mealtime

By Mrs. Richard C. Spence

Producing delectable, mouth-watering meats day after day takes more than sleight-of-hand, of course, but you'll soon find your freezer a perfect partner for all sorts of mealtime magic. And you don't even have to like to cook.

In fact the less you like to cook the more this method is for you. It's designed to minimize your kitchen time, maximize your leisure. Here are some rules to follow:

1 Learn to make the most of your freezer. Think of it as one of your everyday food preparation tools not merely as a means of food storage.

2 Plan menus two weeks in advance. This lets you organize both marketing and cooking better and you'll find meals will be better balanced more attractively served because they're well thought out.

3 Do two weeks' marketing in one trip. It takes only a little longer to shop for two weeks than for a few days.

4 Always cook in quantity. Most recipes can be doubled or tripled in minutes more than are needed to cook small amounts. Also cook related dishes at the same time.

5 Use the great variety of canned foods and the new convenience foods to save cleaning and preparation time. These work especially well in casserole dishes which are make-ahead naturals.

6 Make every minute in the kitchen work for you. While keeping an eye on dinner, use spare minutes to prepare foods ahead for future meals perhaps mix muffins or cookies to bake as the family eats, prepare a lunch box for the next day, or plan next week's menus.

7 To use your freezer to best advantage and to preserve prepared foods at highest quality plan to serve such dishes within two weeks after freezing. Rapid turnover helps ensure efficient freezer operation.

You never need be caught with nothing but leftovers when unexpected guests arrive for dinner if you use some of the following recipes we have for you. All are built around

basic recipes which can be prepared in quantity and frozen. You simply do the major cooking when you're in the mood or have some extra time and freeze them. When you need to use the frozen foods all you have to do is add the finishing touches.

SWISS STEAK

2 pounds round steak, cut ½ inch thick
½ cup flour
¾ teaspoon salt
¼ teaspoon pepper
3 tablespoons fat or cooking oil

1 can (1 pound 12 ounces) tomatoes
¼ teaspoon sugar
½ cup diced celery
2 tablespoons finely chopped onion

Cut steak into 6 to 8 serving pieces. Mix flour, salt and pepper pound into meat with meat hammer or knife. Brown meat in hot fat or oil on both sides, turning once. Reduce heat. Add tomatoes, sugar, celery and onion. Bring to simmer, cover, cook until tender, 1 to 1½ hours. Arrange meat and sauce in shallow covered casserole. Cool and freeze. Seal so that it is airtight and return to freezer. To heat, unwrap and place casserole in hot oven (400 degrees) about 40 minutes. 6 to 8 servings.

BEEF CUBES

½ cup flour
1 teaspoon salt

¼ teaspoon pepper
2 pounds boneless beef stew meat
3 to 4 tablespoons fat or cooking oil
½ cup water

Combine flour, salt and pepper. Dredge meat in flour mixture. Brown meat cubes well in hot fat or cooking oil. Add water, cover and simmer until meat is tender, about 1-½ hours. Cool. Spread in ice cube tray and freeze. To remove, dip tray into warm water quickly, turn block of meat out of pan and cut in half crosswise with freezer knife, if desired. Wrap, seal with tape and store in freezer. Makes 8 servings when made into stew, pie or Stroganoff.

BEEF STEW

1 cup water
½ recipe of frozen beef cubes
4 carrots, sliced ½" thick
2 onions, sliced ¼" thick
2 medium-sized potatoes, cut into sixths
1 cup frozen peas
Salt and pepper to taste

Pour water into large heavy saucepan and bring to boil. Place frozen beef cubes in pan and top with vegetables. Cover tightly. Reduce heat to simmer. Cook until beef is hot and vegetables are tender (about 25 - 30 minutes), stir once or twice during heating. 4 servings or twice during heating. 4 servings.

BEEF STROGANOFF

½ to ¾ cup chopped onion

1 small clove garlic, finely minced
2 tablespoons butter or margarine
1 can (8 ounces) tomato sauce
½ cup water
¼ teaspoon salt
½ teaspoon pepper
2 teaspoons Worcestershire sauce

½ recipe beef cubes
½ pint (1 cup) sour cream
Saute onion and garlic in butter or margarine until onion is tender. Stir in tomato sauce, water and seasonings. Bring to simmer. Add frozen meat. Cover and continue to simmer. Total cooking time, about 20 minutes. When hot, stir in sour cream and serve at once on hot buttered noodles. 4 servings.

MEAT LOAF

2 pounds ground beef
1 pound ground pork
(continued on page 15)

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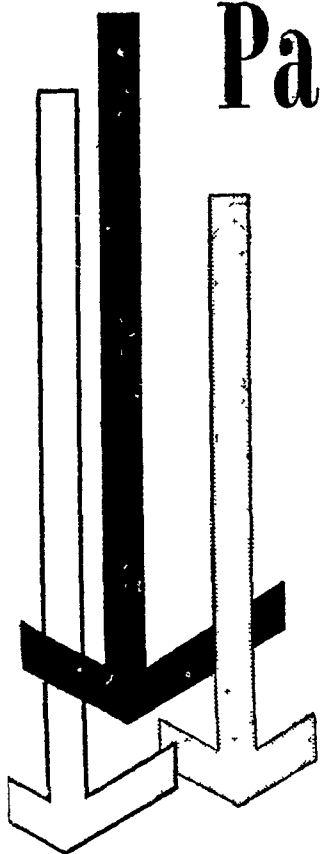
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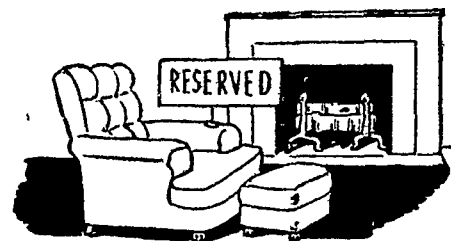
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