

**FOR THE
FARM
WIFE
AND
FAMILY**

Use Your Freezer To Save Time

By Mrs. Richard C. Spence

If you work and have little time to prepare meals, using your freezer is handy for planning meals ahead and cutting down on preparation time.

When you cook, prepare extra amounts and freeze for future meals. You don't need special recipes. Use your family's favorites, but keep a few hints in mind. Avoid overcooking. If cooked well-done before freezing, some foods such as vegetables and macaroni may be too soft when reheated.

Omit hard-cooked eggs from recipes. They tend to toughen when frozen. Cooked egg yolks freeze well though, either whole or broken up.

Potatoes don't freeze well so omit them in dishes like stew. Also fried foods with the exception of French fried potatoes and onions, become soggy or tough.

You may want to wait and add seasoning to taste at the time of serving. Some seasonings such as synthetic vanilla, pepper,

onion, cloves or herb seasoning. If you add them before freezing, most directions recommended using only half the amount suggested in the recipe.

Leftover meat dishes freeze well and become an easy meal for another night. To avoid spoilage, all meat dishes need to be cooled quickly to about 130 degrees packaged and frozen at once.

Leave any extra roast in as large pieces as possible. Coat with sauce or gravy to exclude air and wrap snugly in freezer wrapping. Pork roast will keep about two months and beef will be satisfactory for about four months. To serve, heat and defrost in a 300 degree oven.

Meat dishes such as swiss steak stews, meat balls in sauce and chili will keep in the freezer for about three or four months. Prepare them by your own recipe omitting those ingredients, such as potatoes, that don't freeze well. Pack in a freezer container and work out

any dair spaces. Seal and freeze at once.

To use meat dishes, defrost in the container in the refrigerator long enough to partly break up the mass and prevent uneven heating. Heat in a heavy saucepan over low heat, in a double boiler or in a casserole in the oven. Avoid overcooking and stirring.

Here are some casseroles that are good freezerkeepers.

EASY CHILI CASSEROLE

Mush:

- 1/2 cup corn meal
- 3/4 teaspoon salt
- 1/2 cup cold water
- 1 cup boiling water

Chili Filling:

- 1 can (7 ounces) whole kernel corn, drained
- 1 can (15 ounces) chili without beans
- 1 can (1 pound) kidney beans, drained
- 1/2 cup pitted ripe olives
- 1 1/2 cups grated American cheese

For mush, combine corn meal, salt and cold water. Slowly pour into boiling water stirring constantly. Cook until thickened, stirring frequently. Cover; continue cooking over low heat about 15 minutes, stirring occasionally. Remove from heat.

Pour mush into 2-quart baking dish which has been rinsed with cold water. Cool slightly; cover and refrigerate about 1 hour or until mush is firm.

Cut mush into bite-sized pieces. Combine corn, chili, beans and olive slices with mush pieces in baking dish. Sprinkle with grated cheese. Garnish with additional olive slices. Bake, uncovered, in preheated 350 degree oven about 35 minutes or until piping hot. Makes 6 servings.

NOTE: Easy Chili Casserole (Continued on Page 21)



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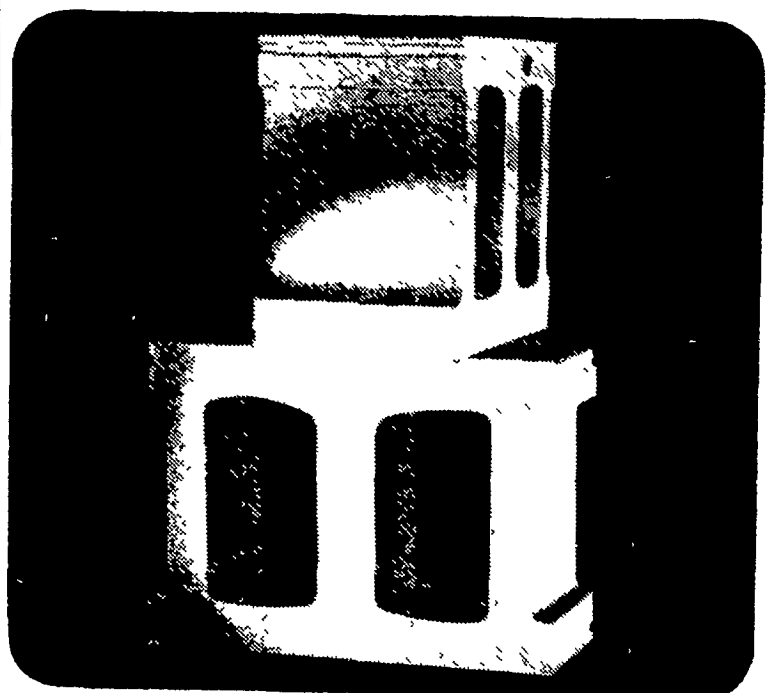
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