



Lewis County

Master Food Preservers

WASHINGTON STATE UNIVERSITY
EXTENSION

Food Safety and Preservation



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QUICK TIPS FOR FREEZING FOOD ITEMS

- Cream can be frozen for future use. Place enough cream for use at one time in glass freezing jars. Store no longer than 6 months.
 - Milk can be frozen, as well. Just be sure to leave headspace for expansion.
 - Butter and margarine may be wrapped in moisture-vapor-proof paper and stored for 6-9 months.
 - Cheese can be grated and frozen in zip type bags. Whole blocks of cheese will crumble.
 - For freezing eggs, separate yolks from whites, if desired. For whites, package and freeze. For yolks, add 2 tablespoons of sugar or 1 teaspoon of salt to each pint. Blend carefully with rotary beater but avoid whipping in air. Skim off any air bubbles from the surface before freezing to prevent crusting as well as prevent the eggs from becoming gummy when thawed.
 - For whole eggs, beat lightly and add 1 heaping tsp. per cup of eggs. Three tablespoons equals one egg. Freeze in ice cube trays or in muffin tins lined with plastic wrap, then store in freezer containers or zip top bags.
- ✚ ***Keep in mind to allow a headspace when packing all liquid foods to be frozen. Never aim to keep these foods too long in cold storage.***

Sandwiches: Wrap well and freeze up to 4 weeks. Be aware that mayonnaise and jelly will soak into bread so use sparingly. You can add fresh lettuce and tomato slices after sandwich has thawed.

- Freeze nutmeats and coconut for baking.
- You can freeze crackers, bread crumbs, potato chips, cereal, and pretzels in sealed bags. They do not get soggy. You do not need to defrost before eating.
- Make your own breadcrumbs in a food processor and freeze for meatloaf or topping casseroles.
- For best results, skim off as much excess fat as possible from soups, stews, and gravies before freezing.
- Use spices and herbs sparingly when preparing dishes for freezing. Cloves, black pepper and garlic become stronger. Onions lose flavor. Nutmeg, cinnamon and sage remain about the same. Celery flavor becomes more noticeable.
- Unbaked pies and cookies may be conveniently stored in freezer. When ready for use, cut vent in top crust

and place the frozen pie in a preheated oven about 15 minutes extra baking time.

- Some butter-type cake batters may be frozen. Freeze batters in the pan, ready for baking. Angel, chiffon, sponge and fruit cake should always be frozen after baking.
- Cakes do not freeze solidly and need extra protection during freezer storage. You'll find it convenient to cut cakes into halves, quarters or slices before freezing.
- Keep a chart upon which mark each package of fruit, meat or vegetable has, as it is put into the freezer. Every time a package is taken out, it is crossed off the chart. This prevents looking over everything in the freezer, only to discover that the package you have in mind already has been taken out.
- Pack fruits in small picnic cups or jars and freeze. These come in handy for the lunchbox.

Bread Dough: Prepare unbaked dough for freezing after the first rising period. Shape dough for bread and place in loaf pan. Grease well, wrap and freeze.

Rolls: Shape rolls and coffee cakes into shapes for baking. Grease well. Quick-freeze on cookie sheet and wrap for storage after initial freezing. When ready to bake, thaw dough at room temperature and let rise until doubled in bulk. Bake as usual.

Partially Baked Rolls: Make your own "brown & serve" rolls by letting rolls raise only half as high as if they were to be baked completely. Bake at 300° for about 20 minutes, or until they are a very pale tan. Remove from pans. Cool, package and freeze. When ready to serve, place frozen rolls on cookie sheet and brown in 400° oven 7-10 minutes.

Unbaked Quick Breads: Use only recipes which call for double-action baking powder. Wrap and freeze batters in pans ready for baking. When ready to use, thaw and bake immediately. Frozen, unbaked baking powder biscuits need to be only partially thawed before baking.

Tomato juice freezes well. Wash, sort, and trim, firm ripe tomatoes. Cut in quarters or eighths. Simmer 5-10 minutes. Strain, add 1 teaspoon salt to each quart of juice. Pour into rigid freezer containers, leaving headspace. Seal and freeze.

Whole tomatoes can be frozen in bags. Run under water to peel the skins off later before use. Diced tomatoes can be frozen, as well.

Diced onions are great for cooking later. They do get watery, but they work well in cooked foods. Be sure to wrap well or your freezer will smell of onions.

Meats: Do not season meat with salt before freezing or it will become rancid. You can hasten the thawing of ground meat which has been frozen by sprinkling the amount of salt you want for seasoning over the top of the frozen meat.

Whole or mashed bananas freeze, too. Whole ones can be dipped in chocolate or left plain and eaten as a frozen treat. Mashed bananas can be added to smoothies or for banana bread.