

◆ ◆ ◆ ◆ *Freezing* ◆ ◆ ◆

HOME ◆ PREPARED

◆ ◆ ◆ ◆ *Foods* ◆ ◆ ◆ ◆

Mary E. Mennes

It's easy to keep your freezer stocked with home-prepared "convenience" foods ranging from sack lunches to elaborate dishes for unexpected guests. By planning a steady flow of main dishes, baked goods and desserts in and out of your freezer, you make good use of your time and freezer.

Advantages of Freezing Home-Prepared Foods

- ◆ Homemade convenience foods often cost less than similar commercially manufactured items.
- ◆ Foods are prepared at your convenience, and time is saved by doubling or tripling recipes that require a lot of preparation. Extras are frozen for later.
- ◆ The oven is used more efficiently by baking more than enough for one meal at a time.
- ◆ Waste is avoided by freezing leftover prepared foods and serving them later as "planned overs."
- ◆ Baby foods or single portions can be prepared in quantity and frozen for later use.
- ◆ Many commercially available entrees contain relatively high amounts of sodium and/or fat. Freezing your own recipes can help you reduce your consumption of fat or sodium.



FREEZING • HOME • PREPARED • FOODS

Disadvantages of Freezing Home-Prepared Foods

- Commercial products often use special ingredients to thicken sauces and gravies so that they remain thick and smooth even after freezing and thawing. Such ingredients are not available at most supermarkets.
- Freezing is an expensive form of food preservation if the cost of the freezer, packaging and energy are considered.
- Cooking, freezing and reheating may require more total energy than simply preparing enough food for one meal at a time.
- Most prepared foods have a shorter storage life than plain frozen fruits, vegetables and uncooked meat.
- Unless you have a microwave oven, thawing time must be considered for many prepared foods.
- Some products do not freeze well. Others do not justify the time and expense of freezing.

Preparing To Freeze

If you aren't sure if the quality of a home-frozen food will be acceptable, freeze a small portion the first time. Store it in the freezer for a few days, then try it.

Slightly undercook prepared foods that will be reheated before serving to help avoid overcooking. This is especially important for dishes containing pasta. When freezing pasta casseroles such as macaroni and cheese, combine the ingredients and assemble the casserole. Do not bake it before freezing. The baking time in the reheating process will be sufficient.

Cool foods quickly for safety and freshness. Cool hot prepared foods such as main dishes and sauces quickly in their original pan placed in a larger pan or a sink filled with ice water. This is especially important when preparing large amounts of food. Change ice water frequently. Small amounts of food can also be cooled by placing them directly into the refrigerator. When cool, package and freeze immediately. It is *absolutely unsafe* to cool foods containing meat, fish, poultry, eggs or dairy products at room temperature because this increases the chances of food spoilage and food-borne illness.

Packaging

Frozen foods must be carefully packaged to protect them from loss of moisture and air contact. Freezer bum (surface drying) causes loss of color and deterioration of flavor.

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Package foods in the appropriate freezer containers or wraps in the amounts you will use at one time. Use packaging materials designed for freezer use and suited to the kind of product you are freezing.

Use rigid plastic containers with snap-on lids for semi-fluid products, like soups. Allow at least one inch space at the top of the container for product expansion during freezing. Wide mouth tapered freezer jars can also be used; allow headspace. Narrow-mouth jars may break at the neck from the pressure of expanding food, and contents are difficult to remove unless fully thawed.

You can reuse plastic cartons originally used for packing frozen foods provided that they can be completely cleaned before reuse, have a tight-fitting lid, and are not damaged. Do not reuse coated-paper milk or cottage cheese cartons or other similar containers for freezing foods at home. They cannot be fully cleaned or properly resealed.

Use laminated (multi-layer) plastic bags and heat-sealable bags designed for freezer use. Light-weight, plastic bags designed for refrigerator or room-temperature use allow too much air and moisture to pass through the bag, and should not be used as a freezer package unless you overwrap with heavy-duty foil or freezer paper.

Coated or laminated freezer paper or heavy-duty foil are effective packaging materials. Regular-weight aluminum foil becomes very brittle when frozen.

Straight-sided dishes can be freed for other uses by lining them with heavy-duty aluminum foil before filling. After the product has been baked and frozen, remove it from the dish, complete wrapping, seal, label and freeze immediately. Use the same dish later to reheat and serve the food.

Prepared food may also be frozen directly in the casserole or baking dish. If the dish has a cover, it can be used. However, it is important first to put a layer of plastic wrap directly on the food surface to prevent moisture loss and seal the edges with freezer tape.

To save time, package foods to be reheated in a microwave oven in freezer/microwave containers. Unless the manufacturer specifies that the dish is freezer-to-oven safe, glass dishes may break if put into a preheated oven.

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Cheese or crumb toppings for casseroles should be added when the dish is being heated to serve. If put on before freezing, these toppings become soggy or too dry.

Use leftovers to make your own “TV dinners.” Fill divided foil trays, cover tightly with aluminum foil and overwrap with freezer paper or a freezer bag. If foods are to be reheated in a microwave oven, use microwave-safe containers.

Freeze those ingredients that are needed occasionally in small amounts for special recipes: lemon and orange rind, grated cheese, crumbled bacon, bread or cookie crumbs, croutons, fresh ginger root, chives.

Refer to the specific information that follows for information on preparing, thawing and using prepared foods and recommended length of freezer storage time at 0°F. Foods will still be safe to eat if you store them for longer periods of time than recommended if the freezer has been kept at 0°F; however the quality will be lower.

Freezing Be sure all foods are well labeled with name, date and reheating instructions. Freeze foods as rapidly as possible at 0°F or lower. For quickest freezing, place the packages against a cold wall surface in the freezer, or on shelves designed for quick freezing. Freeze only amounts that will freeze solidly within 24 hours. After the food is frozen, restack for longer storage. It is helpful to post a list of the frozen foods with freezing dates near the freezer so that you know what is on hand. Check off items as you use them.

Thawing and Most main dishes can be reheated with or without thawing.

Preparing *Note: Thawing of foods containing meat, fish, poultry, eggs or dairy products must be done in the refrigerator, and these foods must be kept chilled until reheated.*

There is no absolute rule as to how long frozen main dishes like casseroles should be reheated. If no time is given in this guide, these tips may help: Use the oven setting at which the dish was originally cooked. Start with less than double the original cooking time. For example, if a casserole was originally cooked for 30 minutes, start with about 50 minutes from the frozen state, but check it carefully before the end of the 50 minutes to prevent overcooking. Appearance is a good clue for casserole-type dishes. Their edges should be bubbling and the center should be hot.

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For speedy reheating of noodle casseroles or creamy foods without excessive stirring, heat in a double boiler. Start with warm, not hot, water in the lower pan to prevent food from sticking and becoming mushy. Partial thawing in the refrigerator will speed up the heating process and result in more even heat penetration.

Microwave ovens do an excellent job of reheating frozen prepared foods without that “warmed over” flavor. Refer to individual manufacturer’s directions for times, or experiment to see how much time is needed in your microwave and note it for future reference.

Because of their low water content, most baked goods, except fruit pies, thaw rapidly. It is safe to thaw baked goods, except those with cream filling, at room temperature. Keep baked products in their original wrapping to prevent drying out and to keep moisture from condensing on the surface.



BAKED PRODUCTS • DOUGHS • & • PASTRY

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Biscuits	Make as usual. Bake and cool. Package.	To serve hot, heat unthawed, 350° F, 15-20 minutes.*	2-3 months
Breads			
• Quick breads (gingerbread, nut and fruit bread, coffee cake)	Make as usual. Bake completely. Cool. Package.	Thaw in wrapping at room temperature. If in aluminum foil, heat at 400° F. Slice fruit and nut breads while partially frozen to prevent crumbling.	2-4 months
• Yeast bread, coffee cake and rolls	Make as usual. Bake and cool quickly. Package.	Thaw at room temperature. If wrapped in aluminum foil, heat at 300° F, 15 minutes. (5-10 minutes for rolls)*	6-8 months
• Brown and serve rolls	Make as usual. but let rise slightly less after shaping. Bake at 325°F, 30 minutes. Do not brown. Cool. Package. Likely to dry out more in rebaking than when completely baked first and reheated.	Thaw in wrappings 10-15 minutes. Bake at 425°F, 5-10 minutes or until light brown. If undercrust is too moist, bake on cooling rack instead of baking sheet.	6-8 months
• Unbaked bread, rolls and coffee cake	Use only recipes developed for freezing the dough.	Follow the recipe directions.	Up to 1 month
Cakes			
• Angel food, chiffon, sponge cakes	Make as usual. Cool. <i>Frosted:</i> Freeze before wrapping. Do not use egg-white frosting. <i>Unfrosted:</i> Wrap and freeze. If freezing slices, place a double layer of freezer wrap or foil between slices. If baked in tube pan, fill hole with crumpled freezer paper. Put whole cake in box to prevent crushing.	<i>Frosted or filled:</i> Unwrap and thaw in refrigerator. <i>Unfrosted:</i> Thaw in wrap 1-2 hours, at room temperature.	egg-white cakes: 6 months whole egg cakes: 4-6 months egg yolk cakes: 2 months
• Cakes, standard (with shortening)	Make as usual. Cool. For best results, freeze cake and frosting separately. Confectioners' sugar icing and fudge frosting freeze best. Do not use egg whites in frosting.	<i>Frosted or filled:</i> Unwrap or thaw in refrigerator. <i>Unfrosted:</i> Thaw in wrap 1-2 hours, at room temperature.	2-4 months

*These foods can be reheated in the microwave oven before serving, if desired. See manufacturer's instruction book for suggested timing. Overheating of baked products can cause toughness.

BAKED PRODUCTS • DOUGHS • & • PASTRY

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Cakes cont. . . .			
• Cupcakes	Make as usual. Cool completely before wrapping. Best if frozen without frosting. Package.	Thaw at room temperature, 1 hour. If unfrosted, may thaw in aluminum foil, 300° F, 10 minutes.	2-3 months
Cookies			
• Cookies or bars, baked	Make as usual. Package with freezer paper between layers.	Thaw in wrappings, 15-20 minutes.	6 months
• Cookies, unbaked	<i>Refrigerator cookies:</i> Form dough into roll. Slice just before baking. <i>Drop cookies:</i> Drop on sheet or just package bulk dough.	Bake refrigerator cookies without thawing according to recipe. Bake formed cookies without thawing at 400° F, about 10 minutes. Thaw bulk dough at room temperature until soft enough to drop by teaspoons. Bake as usual.	6 months
Cream puffs, eclairs	Make as usual. Cool. Slit and remove moist parts. Do not fill with cream filling. May use ice cream fillings. Package to prevent crushing.	Thaw in wrappings at room temperature, 10 minutes. Fill as desired.	1-2 months
Doughnuts	Make as usual. Cool. Package. Raised doughnuts freeze better than cake type. Glazed ones lose glaze when frozen and thawed, but may be dipped in sugar after thawing.	Thaw at 400° F, 5-10 minutes or in wrapping at room temperature.	3-4 weeks
Muffins	Make as usual. Bake and cool. Package.	Thaw in wrapping at room temperature, 1 hour. Or, heat unthawed at 300°F, 20 minutes.*	6-12 months
Pastry			
• Unbaked	Make regular pastry or crumb crust. Fit into pie pans. Stack pie pans with 2 layers freezer paper. Put all in freezer bag. Or, store flat rounds on lined cardboard separated with plastic wrap or freezer paper.	Bake still frozen at 400° F until light brown. Or, fill and bake as usual.	6-8 weeks
• Baked	Bake as usual. Cool. Package.	Thaw in wrapping at room temperature, 10-20 minutes.	2-3 months

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BAKED PRODUCTS • DOUGHS • & • PASTRY

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Pies			
• Chiffon	Make with gelatin base. May wish to freeze before wrapping to keep top from sticking to freezer wrap.	Thaw chiffon pies in refrigerator.	2 weeks
• Fruit, mince, nut pies, (unbaked)	Make as usual except add 1 extra tablespoon flour or tapioca or 1/2 tablespoon cornstarch to juicy filling to prevent boiling. Do not cut vents in top crust. Steam and cool light fruits before making pies. Freeze in pan. Package. Unbaked fresh pies have a better fresh fruit flavor than frozen baked pies, but their bottom crust tends to get soggy.	Cut vent holes in upper crust. Put pan on cookie sheet. Bake without thawing at 450°F. 15-20 minutes. Then reduce to 375° F for 20-30 minutes or until top crust is brown.	Fruit pies: 3-4 months Mince pies: 6-8 months Nut pies: 3-4 months
• Fruit, mince, nut pies (baked)	Make as usual. Cool rapidly. Freeze before packaging. Pies are easier to wrap after freezing.	Let stand at room temperature about 15 minutes. Then heat in 350° F oven until warm, about 30 minutes.	3-4 months
• Pumpkin pie, unbaked	Prepare pie shell and filling as usual. Make sure filling is cold before adding to unbaked, chilled pie shell. Package same as fruit pies.	Bake without thawing at 400° F, 10 minutes. Then reduce 325° F to finish baking.	4-5 weeks
• Fruit pie fillings	Make as usual. Package. Or, freeze fruit in pie pan, then remove and package.	Thaw just enough to spread in pie crust. If frozen in pie-pan shape, simply unwrap and place in unbaked pie shell. Bake as usual, adding 10-15 minutes to baking time.	6-8 months
Waffles	Bake to a light brown. Wrap individually or in pairs.	Heat without thawing in a toaster, under broiler, or on baking sheet at 400° F, 2-3 minutes.	1-2 months

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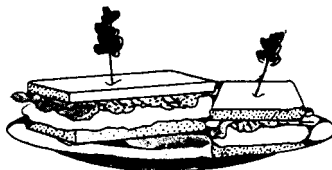
Problem Foods

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| <ul style="list-style-type: none"> • Unbaked biscuits will be smaller and less tender. • Unbaked muffins are likely to have poor texture. | <ul style="list-style-type: none"> • Custard and cream pies soak into the crust. • Meringue toughens and sticks to the wrapping. |
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MAIN DISHES • MEALS • & • SANDWICHES

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Baby foods	Puree cooked meats, vegetables or combinations. Omit salt. Cool quickly. Leave headspace. Or, freeze in ice cube trays and store cubes in plastic bags.	Heat without thawing. May be reheated in microwave oven. Because food temperatures tend to rise after microwave heating, be careful not to overheat baby foods. Let baby foods stand 3-5 minutes after heating to be sure they will not burn the child's mouth.	4-6 months
Combination meat dishes (stews, spaghetti sauce with meat, ravioli, etc.)	Make as usual. After browning meat, drain thoroughly to remove excess fat. Cool all combination dishes rapidly. Use rigid wide-mouth containers. Be sure meat is covered with sauce or broth. Or, freeze in foil-lined casserole dishes. After freezing remove from dishes. Package. <i>Note:</i> omit potatoes from stew vegetables.	Thaw partially in the refrigerator in package to prevent overcooking. Heat partially thawed or frozen food in top of double boiler, or at 400° F, 30 minutes. Or, replace in casserole dishes and bake.**	4-6 months
Creamed meats, fish, poultry	Use recipes with small amount of fat. Make as usual. Cool quickly. Package.	Heat frozen product over boiling water. Stir occasionally to make smooth. Takes about 30 minutes per pint.**	2-4 months
Fish loaves	Make as usual. Do not bake. Pack in pan, overwrap.	Thaw in wrapping in refrigerator, 1-2 hours. Unwrap. Bake at 450° F, 15 minutes. Then reduce to 350° F to finish baking.	1-2 months
Fried meats and poultry	Fry as usual until almost done. Cool quickly. Package. Fried meats and poultry may lose some fresh flavor and crispness.	Thaw in refrigerator. Place in shallow pan and heat without a cover at 350° F, 30-45 minutes.	1-3 months
Meals, complete ("TV dinners")	Prepare as usual. May use leftovers. Package in individual servings on a serving tray. Cover with aluminum foil. Overwrap with heavy duty foil or freezer paper.	Take off outer wrap. Do not thaw or remove foil tray cover. Heat at 400° F, 20-30 minutes. For crisp foods, uncover the last 10-15 minutes.**	4-6 weeks

**These foods can be thawed and reheated in a microwave oven. Because reheating time will depend on oven wattage and serving size, see manufacturer's instruction book for a similar food or experiment to determine appropriate time.



MAIN DISHES • MEALS • & • SANDWICHES

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Meat loaf , raw or baked	Prepare as usual. Do not put bacon strips on top. May bake if you wish. Package.	<i>Unbaked:</i> Unwrap. Bake at 350° F, 1½ hours. <i>Baked:</i> To serve cold, thaw in wrappings in refrigerator. To reheat, unwrap and bake unthawed at 350° F, about 1 hour or until all meat is hot.**	3-4 months
Meat pies	Make filling as usual. Cook until nearly done. Omit potatoes. Cool quickly. Do not use bottom crust. Pour meat mixture into casserole or individual containers. Top with pastry. Do not bake. Freeze pie before wrapping. Package.	Cut vents in crust, place on cookie sheet. Bake without thawing, 400° F, 45 minutes for individual pies; 1 hour for larger pies, or until meat mixture is piping hot and crust golden brown.	4-6 months
Pasta or rice casseroles (such as macaroni and cheese)	Assemble as usual, but do not bake. Cool quickly. May want to freeze in foil-lined casserole dishes. After freezing, remove food from dish. Package.	If in oven-proof container, uncover and bake at 400 F, 1 hour for individual sizes, or 1¾ hours for quarts. Or, heat over boiling water.**	2-4 months
Pizza	Make as usual, but do not bake. Crust will be crisper if baked 5 minutes at 400° F before toppings are added. Freeze before packaging.	Unwrap. Bake unthawed, 450° F, 15-20 minutes.	1 month
Roast beef, pork or poultry	Roast as usual. Remove as much fat as possible. Keep pieces large. Turkey and other large fowl should be cut from the bone to save space. Ham and other cured meats often lose color when frozen and become rancid more quickly than other meats. For short storage, roast may be packaged without sauce or gravy. To help keep meat from drying out, cover sliced meat with gravy, sauce, or broth. Package in rigid containers.	Thaw plain meats in wrapping in refrigerator. If in aluminum foil, heat at 325° F, 15-20 minutes. Thaw meat with sauce in refrigerator 5-6 hours, or heat slowly on top of range or in oven.**	2-4 months

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MAIN DISHES • MEALS • &• SANDWICHES

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Sandwiches			
• Regular closed sandwiches	Use day-old bread spread to edges with soft butter or margarine. Omit crisp vegetables, hard-cooked egg whites, tomato, jellies and jams. Mayonnaise tends to separate. Use salad dressing (commercial or home-cooked, starch-based dressing; Miracle Whip† for example.) Package. <i>Note:</i> Regular plastic sandwich bags should be overwrapped or placed in another heavy plastic bag. If you're cutting down on fat intake, butter and margarine may be omitted, but the bread may become soggy.	Thaw at room temperature in wrappings, 3-4 hours. Frozen sandwiches in lunchbox will thaw in 3-4 hours and keep other foods cool.	Cheese, ham, bologna: 3-4 weeks Others: 3-6 months
• Open face sandwiches, appetizers, and hors d'oeuvres	Spread thin layer of butter on bread to prevent soaking or drying. Make as usual. Before packaging, spread in single layer on metal pans and freeze. Package toast or crisp base appetizers separately. Use shallow airtight containers that hold not more than 2-3 layers. Separate layers with moisture-resistant paper.	<i>Toasted and crisp base appetizers:</i> thaw at room temperature, 2-3 hours. Don't unwrap. <i>Others:</i> arrange on serving trays and thaw at room temperature, about 1 hour.	3-4 weeks
Stuffing	Make as usual, but do not bake. Cool quickly. Pack in rigid containers.	Put in greased casserole before completely thawed. Add a little water to the dressing. Heat at 350° F, or heat over boiling water.**	1 month
Soups			
• Soups, meat stock and purees	If possible concentrate by using less liquid. Cool quickly. Leave headspace. Or, freeze in ice cube trays and store cubes in plastic bags.	Heat cream soups over boiling water without thawing. Stir cream soup to keep smooth. May be reheated in oven.	4-6 months

**These foods can be thawed and reheated in a microwave oven. Because reheating time will depend on oven wattage and serving size, see manufacturer's instruction book for a similar food or experiment to determine appropriate time.

†Brand names are used for informational purposes only. No endorsement or discrimination against similar products is intended by the Cooperative Extension Service.

MAIN DISHES • MEALS • & • SANDWICHES

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Sauces			
• Sauces, dessert	Since spices may change flavor over long storage, add just before serving. Package. Leave headspace.	Thaw in package in the refrigerator or heat in top of double boiler. Stir if sauce separates. **	3-4 months
• Gravy stock	Cool meat drippings quickly. Remove fat and freeze without thickening.	Thaw in refrigerator or on stove. Add thickener such as cornstarch or flour and bring to a boil.	3-4 months

**These foods can be thawed and reheated in a microwave oven. Because reheating time will depend on oven wattage and serving size, see manufacturer's instruction book for a similar food or experiment to determine appropriate time.

Problem Foods

- Potatoes cooked in liquid tend to get mushy when frozen; omit when freezing, and add before serving.
 - Milk sauces sometimes curdle and separate. Stirring while reheating helps keep them smooth. Using a waxy rice flour or waxy corn flour as a thickener also helps. (Waxy flours are available in ethnic and other specialty stores.)
 - Gravy tends to separate and curdle when thawed. Freeze broth and make gravy just before serving, or use waxy rice flour or waxy corn flour as a thickener.
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• V E G E T A B L E S • & • F R U I T • D I S H E S •

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Beets, Harvard	Make as usual but cook sauce just until thick. Cool quickly. Package. Leave headspace.	Heat over boiling water or in saucepan with water added if necessary. **	4 months
Beans, baked	Make as usual. Use a minimum of bacon, ham or salt pork cut in small pieces. Bake until barely tender to avoid too much softening when reheated. Cool quickly. Package in rigid containers. Leave headspace.	Heat over boiling water or in sauce pan with small amount of water added. Stir frequently to prevent sticking. Or, bake at 400° F, 45 minutes for pints, 1 hour for quarts.**	6 months
Potatoes			
• Baked and stuffed, or baked sweet	Make as usual. Cool. Wrap individually in foil. Package.	Unwrap and bake without thawing at 400 F until thoroughly heated and lightly browned (about 15-20 minutes).	2-4 weeks
• Mashed	Make as usual. Shape into patties or have in bulk. Pack patties with plastic wrap between layers. Press bulk potatoes tightly into container in layers with 2 pieces freezer paper between layers. Press out air spaces. Cover top surface with a piece of plastic wrap.	Thaw just enough to separate layers. Slip into top of double boiler and heat over boiling water. May be microwaved.** Stir while heating. Or, fry patties without thawing.	2-4 weeks
• Scalloped	Bake as usual until almost tender and a delicate brown color. Leave in baking dish. Cool quickly. Cover surface with plastic wrap.	Partially thaw in the refrigerator, or bake unthawed. Bake at 400° F until heated through. Add milk if necessary .**	2 weeks
• Sweet potatoes, mashed	Make mashed sweet potatoes. Form into balls. Brush with melted butter or margarine. Roll in crushed cereal flakes or finely chopped nuts. Freeze balls on baking sheet before packaging in rigid containers or freezer bags.	Bake on greased baking sheet 350° F. 25-30 minutes.	1 month
Vegetable casseroles	Assemble as usual, but do not bake. Cool quickly. May want to freeze in foil-lined casserole dishes. After freezing, remove food from dish. Package.	If in oven-proof container, uncover and bake at 400° F, 1 hour for individual sizes, or 1¾ hours for quarts. Or, heat over boiling water.**	2-4 months

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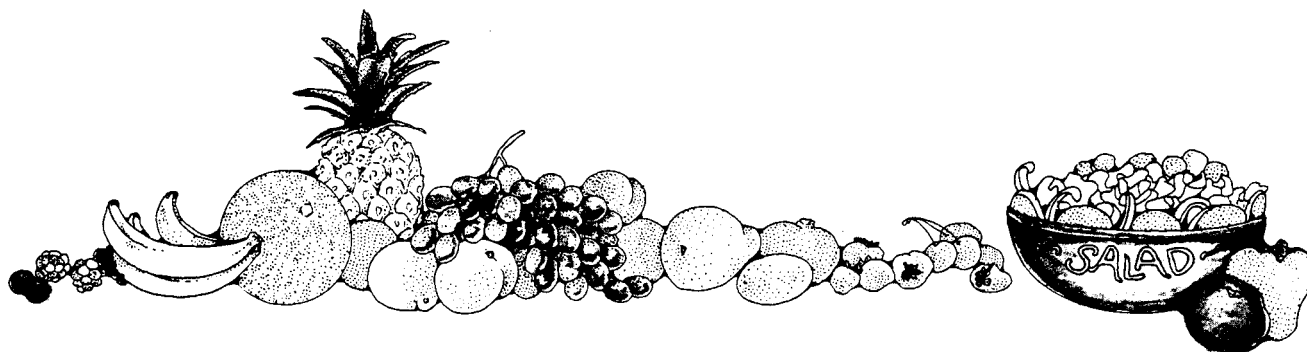
• VEGETABLES • & • FRUIT • DISHES •

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Apples, baked	Bake as usual until almost done. Cool quickly. Wrap each apple individually or pack in cartons. Seal and freeze.	To serve cold, thaw in wrapping at room temperature. To serve hot, unwrap and heat at 350° F, 15-20 minutes.**	2 months
Applesauce	Make as usual. Cool quickly. Pack in rigid containers. Leave head space.	Thaw at room temperature or in refrigerator.	8-10 months
Pears, baked	Same as baked apples.	Same as baked apples.**	2 months
Fruit crisps	Make as usual. May be baked or frozen unbaked.	<i>Unbaked:</i> 1 hour at 375° or until done. <i>Baked:</i> thaw partially then reheat uncovered in 350° F oven, 15-20 minutes.**	2-3 months
Salads with base of cream or cottage cheese	Make in large or individual molds. Fit a piece of freezer paper over the top and wrap in freezer paper. Or, line muffin tins with freezer film. Fill with mixture. Freeze. Wrap individually and store in freezer bags. Or, pour mixture in jar leaving head space.	Thaw in refrigerator.	2 months

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Problem Foods

- Cooked creamed vegetables tend to lose flavor rapidly and the sauce may separate.
- Lettuce, other greens, or raw tomatoes lose crispness and become soggy. Celery may become tough unless sliced thinly and cooked before freezing.



• • • **DESSERTS** • & • **SWEETS** • • •

Food	Preparing and Packaging for Freezing	Reheating/Serving	Suggested Storage Time (at 0° F)
Candies	Make as usual. Or, freeze commercially made candy. Package.	Thaw in wrappings at room temperature. Fat “bloom” that develops in chocolate candy during freezing should disappear. Cracks in brittle candies, chocolate-covered nuts, and a few creams should disappear when candies are thawed.	1 year
Cheesecake, baked	Make as usual, bake and cool. Package carefully.	Thaw in refrigerator. Add toppings just before serving, if desired.	1 month
Frostings	Frozen frostings lose some gloss and those with much granulated sugar may become grainy. Cooked frostings may crack. Confectioners’ sugar frostings freeze best. Package.	Thaw in container.	1-2 months
Homemade ice cream, plain or in pies, cakes, rolls	Make as usual. Fill container to top .		1-2 months
Ices, mousses, sherbets, fruit sponges, Bavarians	Use recipes with cooked base, gelatin, marshmallows, or other stabilizer. Do not use whipped egg whites. Mousses need only be mixed and poured into container. Fruit sponges and Bavarians should be frozen before they set so they will be firmer after thawing and have less leakage. Pack in rigid containers or leave in molds.	Thaw in refrigerator until soft enough to serve.	Mousses, fruit sponges, Bavarians: 2 months Others: 6 months
Whipped cream	Whip before freezing. Add 3 tablespoons sugar to each pint of cream. Put dabs of whipped cream on baking sheet or lined cardboard and freeze. Remove dabs and place in cartons or freezer bags.	Thaw in refrigerator or serve frozen.	3-6 months

Problem Foods

- Chocolate-covered cherries do not freeze well. Expansion during freezing causes them to break open.
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**Other
Safe Food Preservation
and Storage Publications
from UW- Extension:**

Canning Fruits Safely (B0430)
Canning Meat and Poultry (B3345)
Canning Salsa Safely (B3570)
Canning Vegetables Safely (B1159)
Drying Foods at Home (B3347)
Food Safety News (B3516)
Freezing Fruits and Vegetables (B3278)
Home Canning of Fish (B78866C)
Homemade Pickles and Relishes (B2267)
Make Your Own Sauerkraut (B2087)
Making Jams, Jellies and Fruit Preserves (B2909)
Quick Consumer Guide to Safe Food Handling (BG248)
Safe Canning Methods (B2718)
Sugar-Free Canning and Freezing (B2719)
Tomatoes Tart and Tasty (B2605)
Wisconsin's Wild Game: Enjoying the Harvest (B3573)

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Produced by Cooperative Extension Publications, University of Wisconsin-Extension. Designer: Diane Doering

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RP-4-93-3M-100-S