

TIPS FOR HOME MAKING

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Carolina Power and Light Co.



HOW TO FREEZE COOKED FOODS

Turn your freezer into a make-ahead gold mine with this guide to freezing cooked foods:
GENERAL: Garlic, pepper, and celery intensify in flavor when frozen; onion, salt, and chili powder lose flavor. Cool hot means quickly by placing pan of cooked food in sink of ice water; cool food to room

temperature before packaging. Freeze in family-size portions. Allow for headspace; some foods expand when frozen. Wrap with moisture-vaporproof materials; seal well. Label with contents and date.

YEAST BREADS: Bake as usual; cool quickly. Wrap and seal. Freeze up to two months. Thaw in package at room temperature about three hours.

QUICK BREADS: Bake as usual; cool. Wrap and seal. Freeze up to two months. Thaw in package at room temperature about two hours. Or thaw, wrapped, in 250 degree to 300 degree oven.

CAKES: Remove baked cake from pan; cool. Wrap and seal. Freeze up to six months. Thaw in package at room temperature two to three hours for large cake, one hour for layers. (Unfrosted cakes freeze better than frosted; store frosted cakes up to two months).

ROLLED OR DROP COOKIES: Pack unbaked dough in freezer container; seal. Freeze six to 12 months. Thaw in package at room temperature till soft enough to be shaped. Bake as usual.

BAR COOKIES: Spread dough in baking pan; wrap and seal. Freeze 6 to 12 months. Bake cookies without thawing, according to recipe directions, increasing baking time if necessary.

BAKED COOKIES: Bake as usual; cool thoroughly. Place in containers with waxed paper between layers and in air spaces; seal. Freeze six to 12 months. Thaw in package at room temperature.

UNBAKED FRUIT PIES: Treat light-colored fruits with ascorbic acid color keeper to prevent darkening. Prepare pie as usual but don't slit top crust. Use metal or glass pie plate; cover with inverted paper plate. Wrap and seal. Freeze up to two months. To use, unwrap frozen pie; cut vent holes in top crust. Bake in 450 to 475 degree oven for 15 to 20 minutes, then in 375 degree oven till done. (Bake frozen cherry or berry pies in 400 degree oven).

CASSEROLES: (Poultry, fish, or meat with vegetable or

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Trent Estates, Inc., to Henry E. Longley, Jr., and wife, Ann Longley. Property in River Bend.

cereal product): If unbaked mixture is hot, cool thoroughly. Turn into ovenproof freezer container or foil-lined casserole. Cover and seal. Freeze two to four months. Uncover; bake in 400 degree oven for one hour for pints, 1 1/4 hours for quarts, or till food is hot.

MEATS (roast meat or poultry): Cook as usual) remove excess fat and bone. Cool quickly. Wrap and seal. To freeze small pieces or slices, cover with broth, gravy, or sauce. Wrap tightly; seal. Freeze two to four months. Thaw large pieces in refrigerator before heating. Heat meats in caucos intop of double broiler. Don't freeze deep-fried meats or poultry.

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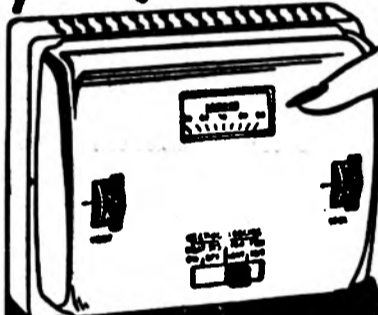
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