

Something's Cooking

Freeze That Summer Freshness

By Angela Ingram
Staff Intern

Freezing of fruits, vegetables, and meats can be done in your own home by following a few basic rules. There are many important factors in freezing. You must consider the type of equipment, the type of food and whether or not this kind of food can be preserved by freezing, and the importance of time. Collecting the materials for freezing and choosing the type of equipment is the first step. A home freezer or locker plant can be used in freezing. Whatever type of freezer is used, it must not be overloaded.

The best type of container for freezing is a moisture-proof or glass container. When selecting the containers examine the jars for cracks or sharp edges. After choosing the containers wash them in hot soapy water; this also includes the lids.

Selecting the proper food is the next important step in freezing. Whether you are choosing fruits, vegetables, or meats, the important thing to remember is that they must be fresh. The fruit used must be well-ripened and the vegetables must be, if possible garden fresh.

If you have chosen to prepare fruits,

the handling and promptness in freezing the fruit is an important aspect. Wash and drain the fruit; do not allow them to soak in water. Remove all stems and seeds from fruit and slice the fruit.

If the fruit starts to turn colors there are solutions to prevent the discoloring. Add 1 1/2 teaspoons of salt to 1 quart of water or 3 tablespoons of lemon to 1 gallon of water; do not allow them to soak. If you are using dry sugar packs use 1/2 teaspoon of crystalline ascorbic acid with the amount of sugar added for each quart.

Once the fruit has been cleaned and

drained, you can decide on a method of packing. You can use a syrup pack, dry sugar pack, or unsweetened pack. When using the syrup pack, allow the syrup from the juices to reach the top of the jar within 2 inches. With the dry sugar pack allow the syrup within one-half inch from the top. When using the dry sugar pack allow the syrup 1/2 inch from the top.

If you have chosen to freeze vegetables, trim and peel the vegetables. Vegetables are prepared by blanching. This is done by placing the vegetable on a perforated meat basket or cheese cloth

while waiting for the water to boil. Once the water has reached boiling point place the vegetables in the pot and place a lid on the top. After the vegetables must be chilled in ice water immediately. Vegetables are to be packed chilled. Insured so that the food is reaching 1/2 inch from the top.

The important thing to remember if you have chosen meat is that it must be cleaned and dressed before packing.

There is no need to use salt, but it must have been in the refrigerator 12 to 18 hours before preparing it for freezing.

Use Own Garden For Dishes Of Orient

Solve the mystery of Oriental cuisine with vegetables from your own backyard garden.

Don't let the mystique of unusual ingredients scare you away from the fun and challenge of cooking nutritious, low-calorie Eastern dishes. There are garden-variety substitutes to help you finesse those exotic vegetables that grow only in tropical climates.

"Your garden probably already has many common ingredients that can be enhanced by stir-frying in the Oriental fashion," says Ann Byrd, a consultant for Chun King Oriental Foods.

Among them are celery, carrots, squash, zucchini, broccoli, asparagus, green beans, green peas, onions, cucumbers, green peppers and mushrooms.

The Oriental technique of stir-frying uses the principle of cooking small pieces of food for a very short time so there is no loss of vitamins, taste, color or texture, Ms. Byrd advises. Diagonal cutting, dicing, shredding or cubing is suggested to expose as much vegetable as possible so the foods will cook faster.

Three of the most popular Oriental vegetables - bean sprouts, water chestnuts and bamboo shoots - are available from Chun King in most supermarkets in canned form, Ms. Byrd points out. But many garden vegetables can be used as substitutes for less commonly available Oriental ingredients, or for variety.

Here are some examples: • Pea pods (snow peas). Green beans, scallion (spring onion) tops and fresh green peas will work. Do not use the pod of the green peas, however, it is too tough.

• Chinese squash. Cucumber or zucchini work nicely.

• Taro. Sweet or white potatoes will finesse this starch plant.

• Bean sprouts, shredded onions or cabbage or par-boiled and shredded string beans will suffice.

• Water chestnuts. A number of crisp vegetables are substitutes, including green pepper, celery, cabbage hearts, rutabagas, and sliced mushrooms.

• Bamboo shoots. Coarse-textured vegetables such as celery, green pepper, carrots, young cabbage, rutabagas, string beans and mushrooms will do.



pork chops couple popular flavor with preparation ease. Creme is quick and delicious dessert choice.

Cookout With Chops

A pleasant surprise always receives a warm welcome, whether it's wrapped in gift paper or comes to the table on a platter, and an occasional surprise is just what's needed to keep outdoor meals interesting. For constant repetition can even dull the popularity of menu favorites.

Many outdoor chefs have learned to look to pork for delicious grill variety to keep the cookout crowd happy. Choosing pork for the grill is an especially good idea this year, since

the supply of this fine meat is growing and prices are becoming increasingly attractive.

Pork chops are an ideal grill choice. They need no flavor supplement, but can be brushed with a barbecue sauce, if desired. For best eating, select chops at least an inch thick and cook at a moderate temperature just to well done. Avoid overcooking which dries and toughens this naturally tender and juicy meat.

With increased pork supplies comes variety and

the more frequent appearance of some less familiar cuts. One of these - smoked pork chops - makes especially delicious and easy cookout fare. Chops cut from smoked loins couple the distinctively delicious flavor of smoked pork with speed and convenience to make this meat cut for today. Generally these chops are marketed "fully cooked" so they need only to be thoroughly heated before serving. This makes them especially popular with busy cooks.

For your next cookout surprise, follow these easy directions for broiling pork chops - fresh or smoked - on the outdoor grill. Complete the menu with other picnic favorites. Your special potato salad recipe and a three bean salad or cole slaw will go well. Carrot, celery and cucumber sticks make excellent finger foods for outdoor eating. Dinner rolls with complete the main course to everyone's satisfaction. The top off the

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