

FREEZER LIVING

IS LUXURY LIVING FOR EVERYONE

Because it means: economy of time and effort... meals at a moment's notice... and a whole exciting variety of food at your fingertips

Freezing food for storage is not a Johnny-come-lately idea. One of our editors tells how, some fifty years ago, his mother baked large batches of bread, put several loaves in a paper bag, and hung them outside the kitchen window in the subzero Wisconsin winters. Thawed and served later, the bread was unchanged in texture and flavor.

It has been just thirty-one years since the Good Housekeeping Institute first reported on Clarence Birdseye's discovery of the commercial possibilities of frozen food. But it has been largely in the past decade that commercially frozen food has made an important contribution to our lives. Today, frozen foods—and a wide choice of appliances that provide freezer space—make possible a whole new world of convenience in shopping, variety in eating, and economy of time and effort.

The Good Housekeeping Institute has continued its investigations through the years, testing new products as they have been developed, comparing them with the fresh counterparts in nutritive value, flavor, and cost. We recently completed a three-year study of the relative merits of frozen and fresh orange juice. We compared food value, keeping quality, taste, and cost. The frozen concentrate came off with flying colors. Though some may prefer the flavor of freshly squeezed juice, using frozen juice has compensating factors in moneysaving and uniformity of quality.

On the following pages, three departments of *Good Housekeeping* have combined their findings to bring you up to date on this exciting new food concept we call Freezer Living.

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THE LUXURY OF MEALS

You don't need Aladdin's

MAN'S FARE

- *Oven-Easy Fried Rabbit
- *Potatoes au Gratin
- *Warm Blueberry Pie
- *Broccoli Amandine
- Tossed Green Salad
- Heated Rolls
- Coffee

RABBIT SEASON IS NOW

- *Oven-Easy Fried Rabbit
- Succotash with Scallions
- Brown-and-Serve Brioche
- *Fruit Dessert Squares on Toasted Coconut

OVEN-EASY FRIED RABBIT

(pictured above)

Start heating oven to 425° F. Lightly coat 1 pkg. frozen tender young rabbit (domestic), thawed, with flour. In shallow baking dish in oven, melt ½ cup butter; in it, arrange rabbit pieces in single layer; sprinkle with 1½ tsp. dried thyme and 1½ tsp. salt. Bake, uncovered, 30 min.; turn pieces; bake 20 min., or till tender. Serve in basket garnished with parsley. Makes 4 servings.



EATING OUT AT HOME

- *Wonton Soup
- *Beef Chop Suey
- *Chinese Fruit Rolls
- Chow-Mein Noodles
- *Fried Rice
- Chinese-Cabbage Slaw
- Nutmeg Whipped Cream
- Pots of Tea
- *Egg Roll

AFTER-THEATRE TREAT

- *Chinese Fruit Rolls
- Company Custard Sauce
- Instant Coffee or Tea

COMPANY CUSTARD SAUCE

The day before: In double boiler, heat 1 cup heavy cream with 1 cup milk till tiny bubbles appear around edge. In medium bowl, with egg beater, beat 4 egg yolks; stir in 1 tablesp. flour, 3 tablesp. sugar, ¼ tsp. salt. Add hot cream mixture slowly, stirring constantly, to avoid cooked-egg specks.

Return mixture to double boiler; cook over hot, not boiling, water, stirring constantly, until of the consistency of heavy cream. Stir in ½ tsp. almond extract; cover; refrigerate until needed. Makes 2 cups.

Especially nice over Chinese Fruit Rolls (pictured at left).



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WITHIN THE HOUR

lamp if your freezer is stocked with the starred delicacies below, used as is or dressed up

THIS COULD BE COMPANY

*Frosty Melon Balls
 *Venetian Rice and Peas with
 *Breaded Veal Cutlets Supreme
 Hearts-of-Palm Salad Popovers
 *Chocolate-Cake Baked Alaska
 (packaged frozen chocolate cake used as base;
 all ready, except for browning meringue at 500° F.)

LUNCHEON FOR YOUR COMMITTEE

*Venetian Rice and Peas with
 *Breaded Veal Cutlets Supreme
 Marinated Tomatoes Rye-Bread Fingers
 *Individual Shortcakes of *Mixed Fruit Tea

VENETIAN RICE AND PEAS

(pictured left)

In heavy skillet, sauté 4 bacon slices, diced, until crisp; remove bacon; pour off fat. In 3 tablesp. butter or margarine in same skillet, cook 1 small onion, minced, with one 10-oz. pkg. frozen peas, 5 min., stirring frequently. Then add ¾ cup raw regular rice, and cook until well coated with butter. Now stir in 2 cups canned chicken broth, 1 tablesp. salt, dash pepper. Simmer, covered, stirring occasionally, about 20 min., or until rice absorbs all liquid and is tender. Then toss with ¼ cup shredded Parmesan cheese and crisp bacon.

While rice cooks, prepare Breaded Veal Cutlets Supreme (below).

BREADED VEAL CUTLETS SUPREME

(pictured left, center)

In 2 tablesp. butter or margarine in large skillet, sauté ½ lb. mushrooms, sliced, till golden; remove; keep warm. In the same skillet, sauté 3 fully cooked round ¼"-thick ham slices till golden. Arrange ham slices at one end of a heated platter; top each with some of mushrooms; keep warm.

Meanwhile, quickly brown 3 frozen breaded veal cutlets (9-oz. pkg.) on both sides as label directs. Arrange one cutlet on each mushroom-topped ham slice; then top each with 1 tablesp. white wine; spoon rest of mushrooms around sides. Lightly pile Venetian Rice and Peas (above) at other end of platter. Arrange 3 lemon wedges on platter, as pictured. Makes 3 servings.

DINING ABROAD AT HOME

Minestrone
 *Sautéed Garlic-Buttered Shrimp
 *Artichokes Italian *Macaroni and Cheese
 Raw-Relish Tray Bread Sticks
 *Peaches with *Raspberries Cookies and Crackers
 Espresso

LUNCH FOR THE LADIES

*Artichokes Italian
 Prosciutto-Wrapped Bread Sticks Coffee
 *Biscuit Tortoni



ARTICHOKES ITALIAN

(pictured above)

Preheat broiler 10 min., or as manufacturer directs. In small skillet, make this sauce: Sauté 2 bacon slices, diced, and 1 medium onion, minced, till golden. Then add one 6-oz. can tomato paste, ½ cup white wine, 1 tablesp. dried oregano, 1½ tablesp. salt, ¼ tablesp. pepper, 1 tablesp. sugar (optional); simmer, uncovered, 10 min.

Meanwhile, in 3 to 4 tablesp. hot butter or margarine in large skillet, lightly sauté two 9-oz. pkg. frozen artichoke hearts, thawed. Then arrange in buttered 8" pie plate; sprinkle with 1 tablesp. salt and 2 tablesp. shredded Parmesan cheese; pour sauce in center; run under broiler till golden. Top with generous pinch shredded Parmesan cheese, as pictured. Makes 6 servings.



The cold, dry air of a freezer will dry out foods unless freezer-wrap packaging materials are used. Examples: aluminum foil, saran or other plastic film, plastic bags, laminated paper, freezer tape. Don't forget to mark with marking pen.



Many containers can be used for freezing: ovenware-glass casseroles and pie plates, aluminum-foil dishes, plastic boxes (clear or opaque), rigid paper tubs. Oven-glass or foil can go from freezer to oven.



Slip folded pieces of plastic film (a single sheet will not do) between shaped hamburgers, chops, chicken parts, etc., before freezing. Keeps them from sticking together, makes them easy to thaw or cook unthawed.

Stock-pile ice cubes, buttered crumbs, nut meats in plastic bags. Collect soup mix—a lone carrot, celery stalk, bit of parsley. Freeze chopped green pepper, onion, pimento, for seasonings, in labeled foil pouches.



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For emergency meals that will be ready fast, use serving-size casseroles for freezing. Cover with plastic film or foil. Small or shallow ones can go right into oven; large ones must be thawed first.

A freezer that holds slices of pink roast beef, slices of lamb, chunks of chicken, or other cooked-and-ready meats makes quick meals easy. To keep peak flavor and freshness, freeze with gravy or broth to cover.



THE LUXURY OF HOME FREEZING

Whether your storage space is large or small, you can enjoy the profits of home freezing. With a little planning and a few tricks, even a small freezer can provide the heart of meals: roasts, chops, hamburgers, cooked dishes, vegetables, desserts. The well-stocked freezer compartment, at left, would see an average family through two or more weeks of dinners

For complete information on home freezing, send 20 cents to *Good Housekeeping* for *How To Use the Home Freezer*

If freezer is small, don't waste space on bulky angel-food cake or French bread, cookies, baked beans, bacon, butter, cold cuts, cheese, soups (unless commercially frozen). Save the space for meats, main dishes, juices, ice creams.

What not to freeze: Fresh tomatoes, lettuce, cucumbers, avocados, celery, radishes turn limp. Custards, gelatins get watery. Fluffy icings, mayonnaise (except in sandwich spreads) separate. Cooked eggs get rubbery.



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