

Home Freezing of Poultry and Poultry Main Dishes

University of Missouri-Columbia
Extension Division

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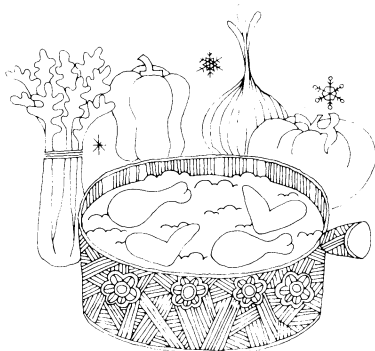
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Home Freezing of Poultry and Poultry Main Dishes



You can freeze poultry simply and easily at home. If you follow the proper techniques, freezing will cause little change in flavor, texture, and nutritive value. All types of poultry are suitable for freezing, including chickens, turkeys, ducks, geese, and capons.

Poultry may be frozen in any form, either cooked or uncooked. Raw poultry may be frozen whole—with or without giblets—in halves, or in serving-size pieces.

Cooked poultry may be frozen for later use in recipes or for a quick meal. For convenience, you can prepare combination dishes using cooked poultry, then freeze them in meal-size quantities.

This bulletin contains recipes for combination poultry main dishes and salads suitable for freezing, as well as directions for freezing both raw and cooked poultry.

SELECTING POULTRY TO FREEZE

Freeze only fresh, high-quality poultry. Use well-fleshed birds with few skin blemishes.

Choose poultry according to how you plan to use the frozen product. Young chickens or turkeys are suitable for roasting, fry-

ing, and broiling. Mature poultry can be used for braising and stewing.

Poultry that is correctly frozen and is stored only for the recommended time can be as good as fresh poultry.

GENERAL FREEZING PROCEDURES

Strict cleanliness is necessary in preparing any food for the home freezer. Keep all food to be frozen—and everything that touches it—clean.

Raw poultry may contain *Salmonella* bacteria. After handling raw poultry, wash hands, cutting boards, and utensils with hot, soapy water. Laundry bleach can be used as a disinfectant for dishes and utensils. Follow package directions.

Freezer temperatures of 0° F. or below do not kill the bacteria in food, but simply stop their multiplication. Bacteria will grow and multiply after the frozen food has thawed. Therefore, the number of bacteria in and on foods must be held at a minimum before freezing.

Freeze fresh poultry as soon as possible after purchase; it should not be held in the refrigerator longer than 1 or 2 days.

Packaging Materials

It is important to wrap food carefully for freezing to prevent exposure to air and loss of moisture during freezing and storage. Exposure to air causes changes in color and flavor and permits delicate foods to absorb strong flavors and odors given off by other foods. Proper packaging is especially important in frost-free freezers that have a fan blowing over the food, drawing moisture from the packages.

Coated or laminated freezer papers, polyethylene films, and

heavyweight aluminum foil are all good wrapping materials for freezing. Polyethylene films are not heat resistant and might melt if used for hot food.

Plastic bags are available in several sizes for freezing whole or half chickens and turkeys.

Boilable plastic bags can be filled with cooked poultry mixtures that are semiliquid. These bags are heat-sealed with special appliances. The food is reheated by placing the bags in boiling water.

Rigid containers are handy for liquid or semiliquid foods. Covers of rigid containers should fit tightly.

It is convenient to freeze combination foods containing poultry in 8- or 9-inch-square metal pans or other ovenproof dishes. If you line the pan with freezer wrap you can freeze the food right in the pan, then take the wrapped frozen food out of the pan and put it back in the freezer for storage.

Preparing Food for Freezing

Cooling food

Hot food that is to be frozen must be cooled quickly to stop the cooking, retard growth of bacteria, and help retain the natural flavor, color, and texture of the food. If hot food is placed directly in the freezer, it will heat the freezer and the food will take longer to freeze.

To cool food that will be frozen

in pans, put the food directly into pans lined with heat-resistant freezer wrap. Do not pour hot food into pans lined with polyethylene films; the films might melt. Pack food tightly to keep air pockets from forming. Let stand at room temperature for 30 minutes.

For food to be stored in other types of containers—such as rigid plastic containers, waxed cardboard containers, and boilable plastic bags—cool the food by placing it in shallow pans. Before filling containers, let the food stand at room temperature for 30 minutes. If food will be stored in shallow ceramic, glass, or metal containers, it may be cooled in these containers.

Freeze the food as soon as it is cool.

Packaging food

Plastic bags—If you freeze food in ordinary plastic freezer bags, exclude as much air as possible before closing the bags with wire ties.

Boilable plastic bags.—To insure complete sealing of boilable plastic bags, cool the food before filling the bags. The amount of food in the bag should not exceed 1 inch in thickness when the bag is in a horizontal position. Use a special heat sealing appliance to seal the bags.

Rigid containers.—Rigid freezer containers should be filled so that 1 inch of air space remains in quart containers and 1/2 inch in pint containers. This space allows for the expansion of the

liquid during freezing. It is a good idea to place freezer tape where container and cover join.

Pans lined with freezer wrap.—Fold ends of freezer wrap over the top and seal with tape.

Freezing

Freeze food promptly.

Label each package or container with name of food, date of freezing, and last date the food should be used for best eating quality. (See storage table, p. 4). Keep a record of each food frozen.

The freezer temperature should be 0° F. or below. Unfavorable changes in eating quality take place more rapidly in food stored at temperatures above 0° F. At temperatures above 10° F., slow growth of micro-organisms may occur, causing foods to lose color, flavor, characteristic texture, and nutritive value. Use a reliable thermometer to check freezer temperature.

Food should be frozen as rapidly as possible. Follow the freezer manufacturer's directions for placing food in the coldest section of the freezer. Allow a 1-inch space around the packages for air circulation. You can freeze 2 or 3 pounds or one 8- by 8-inch pan of food per cubic foot of freezer space at one time.

Wrap, seal, and label food to be frozen in pans lined with freezer wrap. Place food in freezer and leave for 10 to 12 hours until it is completely frozen. Then remove wrapped food from pans. Check the wrappings to make sure they

are airtight and secure before stacking the food in the freezer.

Storage

Maximum storage times for best eating quality of home-frozen poultry that has been properly wrapped and frozen and stored at 0° F. or below are:

	<i>Months</i>
Uncooked poultry:	
Chicken and turkey, whole.....	12
Chicken, cut up	9
Turkey, cut up	6
Duck and goose, whole	6
Giblets	3
Cooked poultry:	
Slices or pieces, covered with broth or gravy	6
Slices or pieces, not covered with broth or gravy	1
Cooked poultry dishes	2 to 6
Fried chicken	4

All combination poultry dishes in this bulletin may be stored in the freezer, at 0° F. or below, for as long as 6 months with little loss of quality, unless the recipe states otherwise. Food stored longer than the recommended maximum period may develop an off-flavor.

FREEZING AND THAWING UNCOOKED POULTRY

Ready-to-cook poultry from the market should need little cleaning. Remove any pinfeathers and any lung tissue that may have been left inside the bird. Wash poultry inside and out.

Do not stuff poultry before

In Case of Emergency

If a fully loaded freezer stops operating, the freezer cabinet will usually stay cold enough to keep foods frozen for 1 to 2 days if the door is not opened. A half-loaded freezer may not keep food frozen for more than a day.

If normal operation will not be resumed before the food thaws, use dry ice to keep the food frozen. In a 20-cubic-foot, fully loaded freezer, 50 pounds of dry ice should keep the food frozen for 3 to 4 days; in a cabinet with half a load or less, for 2 to 3 days.

Do not handle dry ice with bare hands—it can cause burns. Do not put your head into the freezer and breathe the carbon dioxide gas from the dry ice.

Refreezing

Frozen raw or cooked poultry that has thawed may be safely refrozen if it still contains ice crystals or if it is still cold—below 40° F.—and has been held no longer than 1 or 2 days at refrigerator temperatures after thawing. Thawing and refreezing may lower the eating quality of the food.

freezing it. The time required to cool stuffing in the bird during freezing and to thaw and reheat it may be long enough to permit growth of organisms that cause spoilage or food poisoning. Commercially stuffed frozen poultry is prepared under special conditions

that cannot be duplicated in the home.

Frozen poultry is usually thawed before cooking, but thawing is not necessary. Allow up to one and one-half times as long to cook frozen whole poultry as to cook unfrozen or thawed poultry of the same weight.

Cook thawed poultry promptly.

Whole Poultry

To freeze.—Tie leg ends of cleaned poultry together. Press the wings close to the body. It is best to wrap and freeze giblets separately in plastic bags or moisture-vapor-resistant material. Place poultry in freezer bag or in freezer wrap. Seal, label, and freeze.

To thaw.—Poultry may be thawed in the refrigerator, in a cool room, or at room temperature in cold water.

To thaw poultry in the refrigerator, place poultry on a tray and thaw until pliable. Approximate thawing times are:

Chickens:	
4 pounds and over.....	1 to 1½ days
Less than 4 pounds.....	12 to 16 hours
Ducks:	
3 to 7 pounds	1 to 1½ days
Geese:	
6 to 12 pounds	1 to 2 days
Turkeys:	
4 to 12 pounds	1 to 2 days
12 to 20 pounds	2 to 3 days
20 to 24 pounds	3 to 4 days
Pieces of large turkey	
(half, quarter,	
half breast)	1 to 2 days
Cut-up pieces	3 to 9 hours
Boneless roasts	12 to 18 hours

To thaw poultry in a cool room (70° F. or below), put poultry in a double-wall paper bag or wrap it in several thicknesses of paper. Thaw until pliable. Approximate thawing times are:

Chickens:	
4 pounds	12 hours
Turkeys:	
4 to 12 pounds	12 to 15 hours
12 to 24 pounds	15 to 20 hours

Poultry to be thawed in cold water must be enclosed in a water-tight plastic bag. Change water often and thaw until pliable. Approximate thawing times are:

Chickens	
3 to 4 pounds	1 to 2 hours
Turkeys:	
4 to 12 pounds	4 to 6 hours
12 to 20 pounds	6 to 8 hours
20 to 24 pounds	8 to 12 hours

Poultry may also be partly thawed in the refrigerator, then placed in cold water to finish thawing at room temperature.

Chicken or Turkey Halves

To cut whole poultry into halves, lay the chicken or turkey on its side and remove the neck-and-back strip by cutting with scissors from neck to tail along both sides of the backbone. Then lay poultry on its breast side, open it, and cut along the inside of the breastbone.

To freeze.—Place half or halves in plastic freezer bag or in freezer wrap. If halves are packed together, place a double layer of freezer paper or waxed paper between them. Seal, label, and freeze.

To thaw.—Follow directions for whole poultry. Allow 1 to 2 days for thawing large turkey halves, and 3 to 9 hours for thawing chicken halves in the refrigerator.

Poultry Pieces

To freeze.—Place meaty pieces, such as the breast, legs, and wings, close together in a freezer bag or freezer wrap. To shorten thawing time, place double layer of freezer wrap or waxed paper between the pieces so they can be easily separated for thawing. Seal, label, and freeze.

To thaw.—Unwrap package and separate pieces so air can reach each piece. Thaw in the refrigerator. Complete thawing will require 3 to 9 hours. Poultry pieces may also be cooked without thawing but will require a longer cooking time.

Disjointing a Chicken

One method of disjointing a chicken is shown on the next three pages. Turkeys may be disjointed in the same way, except that the wing may be left on each half of the breast if preferred.

FREEZING COOKED POULTRY

Any type of cooked poultry can be frozen with good results, whether it is left over or has been cooked specifically for freezing. Poultry that has been frozen raw can be cooked and frozen again. Cooked poultry and broth should be frozen as quickly as possible after cooking.

Poultry takes up less freezer space if the bones are removed. It keeps best if it is removed from the bones and packed solidly to eliminate as much air as possible. Contact with air causes a rancid off-flavor to develop. Addition of broth or gravy lengthens storage life by preventing contact with air. See p. 4 for recommended storage periods.

Poultry that is roasted specifically for freezing should not be stuffed. Bake the stuffing separately. When freezing leftover stuffed poultry, remove the stuff-

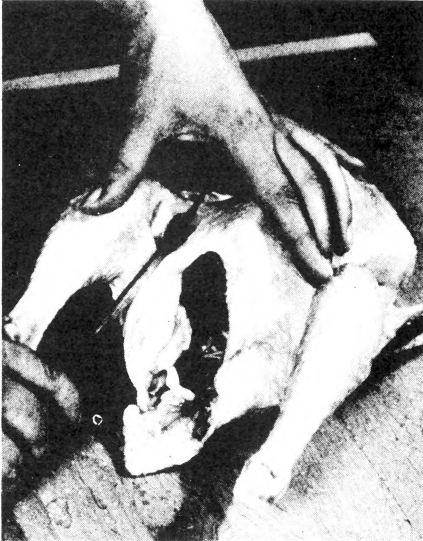
ing and freeze it in a separate package.

Package large pieces in freezer bags or freezer wrap. Small pieces keep well if covered with gravy or broth in rigid containers; leave 1 inch of headspace in quart containers and $\frac{1}{2}$ inch in pint containers. Small pieces may also be packaged without broth or gravy in freezer bags or freezer wrap.

Chicken or turkey broth may be frozen separately. After bony pieces of poultry have been simmered in water, remove bones, skin, and excess fat. Pieces of meat may be left in the broth. Cool for 30 minutes. Pour broth into freezer containers; leave 1 inch headspace in quart containers and $\frac{1}{2}$ inch in pint containers.

After food has been packaged in containers, seal, label, and freeze immediately.

DISJOINTING A CHICKEN



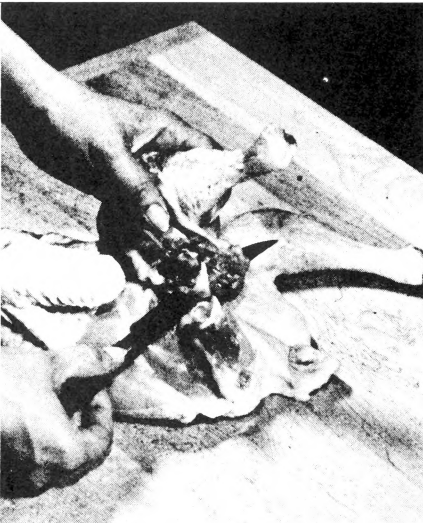
D-1687

- 1 (Above) Cut skin between thighs and body of bird.



DN-1686

- 2 (Above) Grasp a leg of the bird in each hand and lift the bird from the table, bending its legs back as you lift. Bend legs until hip joints are free.



DN-1685

- 3 (Above) Remove leg-and-thigh piece from one side of the body by cutting from back to front as close as possible to the bones in the back of the bird.



DN-1684

- 4 (Above) Locate knee joint by squeezing thigh and leg together. Cut through this joint to separate thigh and leg.



DN-1683

5 (Above) Remove wing from body. Start cutting on inside of wing just over the joint. Cut down and around the joint. To make wing lie flat, either cut off the wingtip or make a cut on the inside of the wing at the large wing joint; cut just deep enough to expose the bones.

6 Turn body of bird over and remove other leg-and-thigh piece and other wing in the same way. Separate thigh and leg at the knee joint.



DN-1682

7 (Above) Divide the body by placing bird on neck end and cutting through the meat from back to tail along the end of the backbone. Then cut along each side of the backbone through the rib joints, then between backbone and flat bone at the side of the back. Cut the skin that attaches neck-and-back strip to the breast.

8

8 Place neck-and-back strip, skin side up, on cutting board. Cut strip in two just above the spoon-shaped bones in the back.



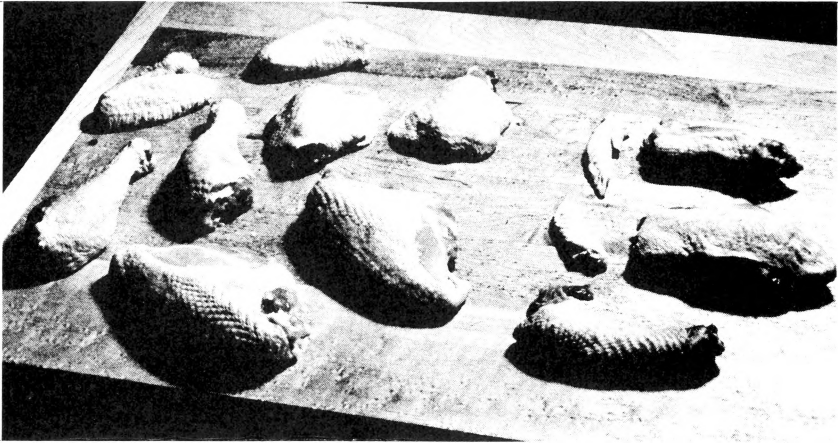
DN-1681

9 (Above) Place the breast, skin side down, on the cutting board. Cut through the white cartilage at the V of the neck as shown.



DN-1680

10 (Above) Grasp the breast piece firmly in both hands. Bend each side of the breast back and push up with fingers to snap out the breastbone. Cut the breast in half lengthwise.



DN-1679

(Above) The disjointed chicken. Meaty pieces at left—legs, thighs, wings, breast halves. Bony pieces at right—wingtips, back strip, back, and neck.

CHICKEN HALVES



DN1690

1 Remove neck-and-back strip by cutting from neck to tail along both sides of the backbone.



DN1689

2 Turn bird on its breast. Cut in two along the breastbone. Or, if desired, breastbone may be removed as shown on page 8 before breast is cut in two.

FREEZING COMBINATION POULTRY DISHES

Creamed dishes, casseroles, gelatin salads, pies, and other foods prepared with cooked poultry can be frozen for later use. It is a great convenience to have these foods ready in the freezer.

Freezing Food

Prepare the food in the usual way and avoid overcooking. Package cooled food promptly in freezer containers, boilable plastic bags, or pans lined with freezer wrap. See "General Freezing Procedures" (p. 2) for detailed freezing instructions.

Soups can be frozen in quick-release ice cube trays. When the cubes are frozen remove them from the tray, put them in freezer containers, and return them to the freezer.

Preparing Food for Serving

To reheat food frozen in pans, remove freezer wrap and return food to a similar-size pan. Place food in preheated oven.

If frozen food cannot be removed from rigid containers, set the containers in hot water for a few minutes.

Soups and other dishes containing a high percentage of liquid may be heated in a saucepan over low heat. Stir gently to prevent sticking.

Other combination foods can be reheated in a double boiler. For faster reheating, start with hot water in the bottom pan and break up the frozen mass as it thaws. Stir occasionally to keep food from sticking.

Foods packaged in boilable plastic bags may be reheated by placing the bags in about 2 quarts of boiling water. The reheating time is given with the recipe.

Thaw salads in the refrigerator for 24 hours before serving. Thawing at room temperature is not recommended.

Leftover combination foods containing poultry may be kept in the refrigerator for 1 or 2 days but should not be refrozen after thawing.

RECIPES

Poultry combines well with other foods in salads, soups, and main dishes. The poultry recipes in this section are designed to make 24 servings. All recipes provide at least 13 grams of protein per serving. For many people, this is at least one-fourth of the protein recommended for a day. The rest of the day's protein will

come from main dishes in other meals, from milk used as a beverage and in desserts, and from cereals, breads, and other foods.

Directions are given for dividing the prepared food into four parts of six servings each. One part may be prepared for serving and the remaining parts frozen. Partial cooking is sufficient for

the parts to be frozen, because cooked poultry is used in all recipes except chicken creole and chicken cordon bleu. These must be cooked completely before freezing.

One pound of raw chicken or turkey will yield about 1 $\frac{1}{3}$ cups of cooked meat. Canned broth and homemade broth can be used interchangeably. Bouillon made from cubes may be used in place of broth, but because the cubes contain salt, you will not need to add the full amount of salt in the recipe.

Toppings, such as breadcrumbs, cheese, and sauces, are added just before serving. Check the recipe to see what ingredients you will need, and be sure to have them on hand when you are ready to use the frozen food.

Most of these recipes may be prepared with either chicken or turkey.

Barbecued turkey

24 servings, about 1/2 cup each

Catsup	1 quart
Onion, finely chopped	1 cup
Celery, finely chopped	2 cups
Water	1 cup
Vinegar	1/4 cup
Fat or oil	3 tablespoons
Worcestershire sauce	3 tablespoons
Brown sugar	1/2 cup
Dry mustard	4 teaspoons
Salt	4 teaspoons
Turkey, cooked, finely chopped..	2 quarts (about 2 1/2 pounds)

Combine all ingredients except turkey in a 4-quart saucepan.

Cook about 20 minutes until vegetables are tender-crisp.

Add turkey. Heat for 10 minutes.

Divide mixture into four parts.

TO SERVE WITHOUT FREEZING

Serve immediately on hamburger buns.

TO FREEZE

Place parts to be frozen in freezer containers or boilable plastic bags. Each part will require a container or combination of containers with a 1 $\frac{1}{2}$ -pint capacity.

Cool for 30 minutes at room temperature. Seal, label, and freeze immediately.

NOTE: If you are using boilable plastic bags, be sure to cool mixture before filling bags to insure complete sealing.

TO HEAT FROZEN FOOD

Remove frozen food from containers. Place in heavy pan and heat over low heat, stirring occasionally, until hot, about 50 minutes.

For food frozen in boilable plastic bags, place bag in approximately 2 quarts of boiling water. Heat for about 40 minutes.

Serve on hamburger buns.

Calories per serving: About 175 without bun.

NOTE: For best eating quality, hold this food for no longer than 4 months at 0° F.

VARIATION

Barbecued chicken.—Use chicken in place of turkey. About 165 calories per serving without bun.

Jellied turkey salad

24 servings, about 1/2 cup each

Lemon-flavored gelatin	4 packages, 3 ounces each
Gelatin	2 tablespoons
Water, boiling	3 cups
Onion salt	4 teaspoons
Pepper	1/4 teaspoon
Vinegar	1/4 cup
Salad dressing, mayonnaise-type	2 cups
Water, cold	2 cups
Turkey, cooked, diced	2 quarts (about 2 1/2 pounds)
Celery, diced	2 cups
Pimiento, chopped	1/4 cup

Mix lemon gelatin and unflavored gelatin first to prevent lumping.

Dissolve gelatin mixture in boiling water.

Add onion salt, pepper, vinegar, salad dressing, and cold water. Mix until smooth.

Chill until slightly thickened.

Add remaining ingredients.

Pour one-fourth of mixture into each of four 8- or 9-inch-square pans.

Chill until firm.

TO SERVE WITHOUT FREEZING

Serve on crisp salad greens.

TO FREEZE

Place pans to be frozen in freezer. When food is frozen, remove from pans and place on freezer wrap. Fold and seal wrapping. Label and freeze immediately.

TO THAW FROZEN FOOD

Remove freezer wrap. Place food in 8- by 8-inch or 9- by 9-inch pan. Thaw in refrigerator for about 24 hours.

Serve on crisp salad greens.

Calories per serving: About 240.

VARIATION

Jellied chicken salad.—Use chicken in place of turkey. About 230 calories per serving.

Chicken casserole

24 servings, about 2 1/2 by 4 inches (about 2/3 cup each)

Onion, chopped	1 cup
Green pepper, chopped	1 cup
Celery, chopped	2 cups
Butter or margarine	1/2 cup
Chicken broth	1 quart
Eggs, beaten	8
Sage	4 teaspoons
Salt	4 teaspoons
Parsley, chopped	1/2 cup
Breadcrumbs, fine dry	1 cup
Chicken, cooked, chopped	3 quarts (about 3 3/4 pounds)

Preheat oven to 350° F. (moderate).

Cook vegetables in fat until tender, about 10 minutes.

Add broth, eggs, sage, salt, parsley, and breadcrumbs. Mix well.

Stir in chicken.

Divide mixture into four parts. Spread each part into an 8- by 8-inch baking pan.

Bake 45 minutes or until lightly browned on top and knife or toothpick inserted in the center is dry when removed.

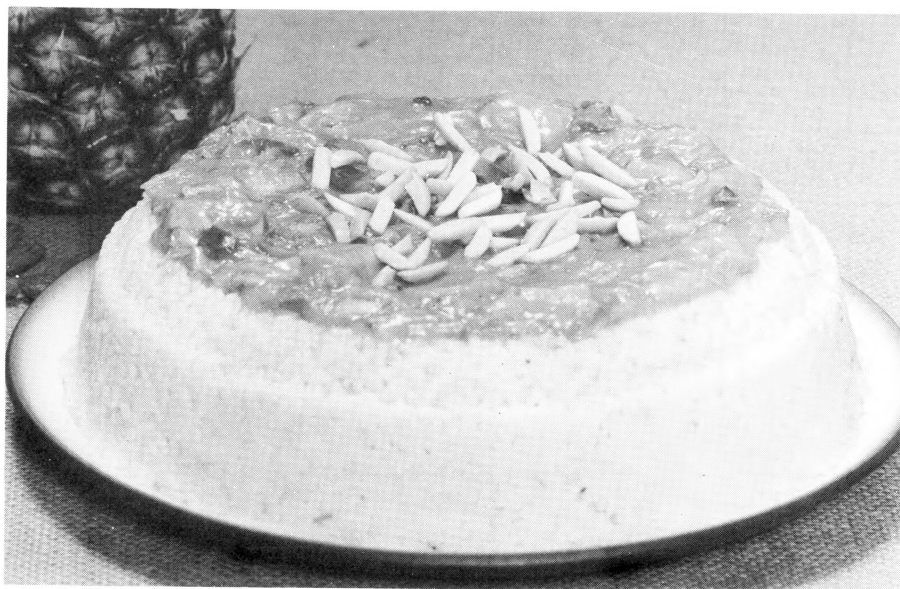
TO SERVE WITHOUT FREEZING

Serve immediately with mushroom sauce (p. 20).

TO FREEZE

Cool for 30 minutes at room temperature.

Remove from pans and place on



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For variety, serve turkey Hawaiian in a rice ring.

plastic bags, be sure to cool food before filling bags to insure complete sealing.

TO HEAT FROZEN FOOD

Remove food from freezer container. Place in heavy saucepan and heat over low heat, stirring occasionally, until bubbly, about 1 hour.

Serve over rice and garnish with toasted, slivered almonds, about 1 teaspoon per serving.

For food frozen in boilable plastic bags, place bag in about 2 quarts of boiling water. Heat for about 35 minutes.

Calories per serving: About 225 with nuts and without rice; about 195 without nuts or rice.

NOTE: For best eating quality, hold this food no longer than 4 months at 0° F.

VARIATION

Chicken Hawaiian.—Use chicken in place of turkey. About 215 calories per serving with nuts and without rice; about 190 without nuts or rice.

Chicken croquettes

24 servings, 2 croquettes each

Onion, finely chopped	1 cup
Celery, finely chopped	2 cups
Butter or margarine	½ cup
Flour, unsifted	¾ cup
Milk	2 cups
Salt	4 teaspoons
Pepper	½ teaspoon
Rosemary	1 teaspoon
Breadcrumbs, fine dry	1½ cups
Chicken, cooked, diced	3 quarts (about 3¾ pounds)
Breadcrumbs, fine dry	3½ cups
Butter or margarine, melted	6 tablespoons
Eggs, beaten	4
Milk	½ cup

Cook onions and celery in ½



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Chicken croquettes—a quick entree from your freezer.

cup fat until tender, about 10 minutes.

Add flour and cook 1 minute.

Add 2 cups milk. Cook, stirring constantly, until thickened, about 5 minutes.

Add salt, pepper, rosemary, $1\frac{1}{2}$ cups breadcrumbs, and chicken.

Chill several hours or overnight.

Shape into 48 croquettes, as pictured.

Mix $3\frac{1}{2}$ cups breadcrumbs with butter or margarine; mix eggs with milk.

Coat the croquettes with crumb mixture; dip in egg mixture; coat with crumbs again.

TO SERVE WITHOUT FREEZING

Preheat oven to 400° F. (hot).

Place 12 croquettes on baking sheet.

Bake 30 minutes or until lightly browned.

Serve with mushroom sauce (p. 20).

TO FREEZE

Freeze in groups of 12. Place each group of 12 croquettes in single layer on freezer wrap, allowing enough extra wrap to fold over top.

Fold and seal wrapping. Label and freeze immediately.

TO HEAT FROZEN FOOD

Preheat oven to 400° F. (hot).

Remove freezer wrap. Place croquettes on baking sheet.

Bake 45 minutes or until croquettes are lightly browned.

Serve with mushroom sauce (p. 20).

Calories per serving: About 310 without sauce.

VARIATION

Turkey croquettes.—Use turkey in place of chicken. About 325 calories per serving without sauce.

Turkey pie

24 servings, about 3/4 cup each

Filling

Onion, chopped	1 cup
Celery, chopped	1 cup
Butter or margarine	1 cup
Flour, unsifted	1½ cups
Salt	4 teaspoons
Pepper	½ teaspoon
Thyme	¼ teaspoon
Turkey broth	1½ quarts
Milk	1½ quarts
Frozen peas and carrots, thawed to separate	2 packages, 10 ounces each
Turkey, cooked, chopped	3 quarts (about 3¾ pounds)

Crust

Flour, unsifted	3 cups
Baking powder	2 teaspoons
Salt	1 teaspoon
Shortening	1 cup
Water, cold	½ cup

Line 8- by 8-inch baking pans with heat-resistant freezer wrap, allowing enough extra wrap to fold over top. Use one pan for each one-fourth of recipe to be

frozen. Do not line pans for food to be served without freezing.

For filling, cook onion and celery in fat until tender, about 10 minutes. Mix in flour and seasonings; cook for 3 minutes.

Add broth and milk gradually. Cook, stirring constantly, until thickened, about 15 minutes.

Add remaining ingredients. Mix gently.

Pour one-fourth of mixture into each baking pan.

For crust, mix flour, baking powder, and salt. Mix in fat only until mixture is crumbly. Add water and mix lightly.

Divide dough into four parts. Roll each part out on lightly floured surface into an 8- by 8-inch square. Fit over filling.

TO SERVE WITHOUT FREEZING

Preheat oven to 400° F. (hot).

Make a few small slits near center to allow steam to escape. Bake 50 minutes or until crust is lightly browned.

TO FREEZE

Cool for 30 minutes at room temperature.

Fold and seal wrapping. Label and freeze immediately.

TO HEAT FROZEN FOOD

Preheat oven to 425° F. (hot).

Remove freezer wrap. Place food in baking pan.

Make a few small slits near center to allow steam to escape. Bake 1½ hours or until filling is bubbly at edges and crust is lightly browned.

Calories per serving: About 420.

VARIATION

Chicken pie.—Use chicken in place of turkey. About 405 calories per serving.

Chicken-pimiento soup

24 servings, about 1 cup each

- Celery, chopped 1 quart
- Onion, chopped ¼ cup
- Chicken fat, butter, or margarine. ¾ cup
- Flour, unsifted 2 cups
- Salt 2 tablespoons
- Pepper ¾ teaspoon
- Chicken broth, hot 3¼ quarts
- Chicken, cooked, chopped 1 quart (about
1¼ pounds)
- Milk, hot 2 quarts
- Pimiento, chopped ½ cup

Cook celery and onion in fat until light brown, about 30 minutes.

Mix in flour, salt, and pepper. Cook 3 minutes.

Gradually stir in chicken broth. Cook over low heat, stirring occasionally, until thickened, about 10 minutes.

Add chicken and cook for 20 more minutes.

Add milk and pimiento. Heat for 5 minutes.

Divide mixture into four parts.

TO SERVE WITHOUT FREEZING
Serve immediately.



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Chicken-pimiento soup—tantalizingly good.

Chicken-cranberry salad

24 servings, about 2½ by 4 inches each

Cranberry layer

Gelatin	5 tablespoons
Water	1½ cups
Crushed pineapple, undrained	2 cans, 20 ounces each
Cranberry sauce, whole	4 cans, 16 ounces each
Lemon juice, fresh	¼ cup

Chicken layer

Gelatin	5 tablespoons
Chicken broth	4 cans, 10½ ounces each
Salad dressing, mayonnaise-type	2 cups
Lemon juice, fresh	¼ cup
Salt	1 teaspoon
Chicken, cooked, diced	2 quarts (about 2½ pounds)
Celery, diced	2 cups
Tarragon, crushed	4 teaspoons

For cranberry layer, soften gelatin in cold water in a 4-quart saucepan; stir over low heat until gelatin is dissolved.

Stir in pineapple; add cranberry sauce and lemon juice. Mix well.

Divide into four parts.

Pour one-fourth of mixture into each of four 8- by 8-inch baking pans.

Chill until almost firm.

For chicken layer, soften gelatin in chicken broth; stir over low heat until gelatin is dissolved.

Gradually stir into salad dressing. Add lemon juice and salt.

Chill until slightly thickened.

Add remaining ingredients.

Divide mixture into four parts and pour over each cranberry layer.

Chill until firm.

TO SERVE WITHOUT FREEZING

Serve on crisp salad greens.

TO FREEZE

Place pans to be frozen in freezer. When food is frozen, remove from pans and place on freezer wrap. Do not use aluminum foil.

Fold and seal wrapping. Label and freeze immediately.

TO THAW FROZEN FOOD

Remove freezer wrap. Place food in 8- by 8-inch pan. Thaw in refrigerator for about 24 hours.

Serve on crisp salad greens.

Calories per serving: About 350.

VARIATION

Turkey-cranberry salad.—Use turkey in place of chicken. About 360 calories per serving.

Note: For best eating quality, hold this food no longer than 4 months at 0° F.

Chicken fricassee

24 servings, about ½ cup sauce and ½ cup chicken each

Chicken, cut in pieces	10 to 12 pounds
Water	3 quarts
Onions, chopped	4 medium
Carrots, diced	4 small
Celery, sliced	2 cups
Parsley, chopped	½ cup
Bay leaves	2
Salt	5 teaspoons
Pepper	1 teaspoon
Chicken fat, butter, or margarine	1 cup
Flour, unsifted	1½ cups
Salt	1 teaspoon
Pepper	¼ teaspoon
Chicken broth	2½ quarts
Milk	2 cups

Line 9- by 9-inch baking pans with heat-resistant freezer wrap, allowing enough extra wrap to fold over top. Use one pan for each one-fourth of recipe to be

frozen. Baking pans are not needed for food to be served without freezing.

Place chicken in 3 quarts of water. Add onions, carrots, celery,



1072W-1402-5

Chicken fricassee—a hearty main dish.

parsley, bay leaves, 5 teaspoons salt, and 1 teaspoon pepper.

Simmer until tender, about 1 hour.

Remove meat from bones. Cut in pieces and place in pans.

Skim fat from broth. Strain and measure out 2½ quarts.

Melt fat. Add flour and seasonings; cook 1 minute.

Add broth and milk. Cook over low heat, stirring constantly, until smooth and slightly thickened, about 10 minutes.

Divide mixture into four parts. Pour over chicken in each pan.

TO SERVE WITHOUT FREEZING

Serve immediately over rice. Garnish with parsley.

TO FREEZE

Cool for 30 minutes at room temperature.

Fold and seal wrapping. Label and freeze immediately.

TO HEAT FROZEN FOOD

Preheat oven to 375° F. (moderate).

Remove freezer wrap. Place food in baking pan.

Heat 1 hour, or until mixture is bubbly in center.

Serve with rice. Garnish with parsley.

Calories per serving: About 245 without rice.

NOTE: For best eating quality, hold this food no longer than 4 months at 0° F.

Chicken cordon bleu

24 servings, one roll-up each

Roll-ups

Chicken breast halves, boned, skinned	24
Ham, thinly sliced	24 slices
Natural Swiss cheese	24 slices
Flour, unsifted	¾ cup
Salt	1½ teaspoons
Pepper	¼ teaspoon
Eggs, beaten	4
Water	¼ cup
Breadcrumbs, fine dry	2 cups
Butter or margarine	½ cup

Wine sauce

Butter or margarine	1 cup
Flour, unsifted	1½ cups
Salt	4 teaspoons
Chicken broth	1 quart
Milk	1 quart
Dry white wine	3 cups
Lemon juice	2 teaspoons
Mushrooms, sliced, drained	8 cans, 4 ounces each

Preheat oven to 375° F. (moderate).

For roll-ups, pound chicken breasts with meat mallet until flat. (See illustrations, p. 25.)

Place a slice of ham and a slice of cheese on each chicken breast.

Roll as for jelly roll. Tie string around each end of roll to hold it together. Leave ends long so the string can be easily removed before serving.

Mix flour, salt, and pepper.

Beat eggs and water.

Roll chicken breasts in flour; dip in egg mixture; roll in breadcrumbs.

Melt fat in frypan. Cook chicken breasts until brown on all sides, about 10 minutes.

Place six roll-ups in a single layer in each of four 9- by 9-inch pans.



1072W-1403-4

Add a gourmet touch to your meals with chicken cordon bleu.

For wine sauce, melt fat; add flour and salt and cook for one minute.

Add chicken broth and milk. Cook over low heat, stirring constantly, until thickened, about 15 minutes.

Add remaining ingredients. Cook over low heat for 5 minutes.

Cover chicken in each pan with one-fourth of wine sauce.

Bake 30 minutes.

TO SERVE WITHOUT FREEZING

Serve immediately.

TO FREEZE

Cool for 30 minutes at room temperature.

Freeze until firm.

Remove from pans and place each group of six on freezer wrap.

Allow enough extra wrap to fold over top. Fold and seal wrapping. Label and freeze immediately.

TO HEAT FROZEN FOOD

Preheat oven to 375° F. (moderate).

Remove freezer wrap. Place food in baking pan.

Bake 2¼ hours.

Calories per serving: About 490.

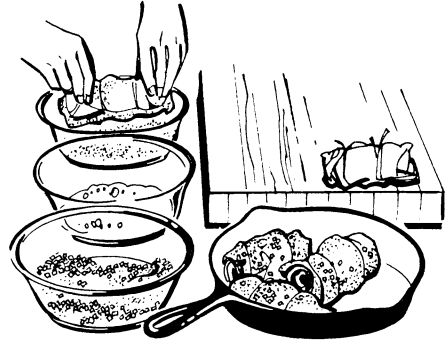
Creamed chicken

24 servings, about ¾ cup each

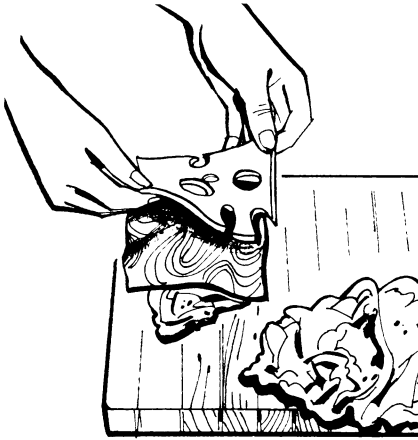
- Butter or margarine 1 cup
- Flour, unsifted 1½ cups
- Salt 5 teaspoons
- Chicken broth, hot 1½ quarts
- Milk, hot 1½ quarts
- Chicken, cooked, diced 3 quarts (about 3¼ pounds)



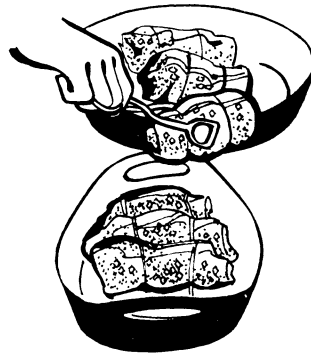
1. Pound chicken breasts until flat.



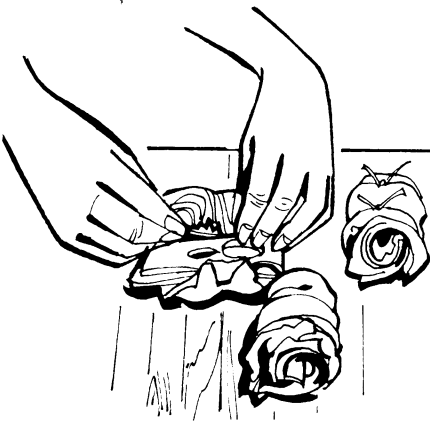
4. Roll chicken breasts in flour, dip in egg mixture; roll in breadcrumbs.



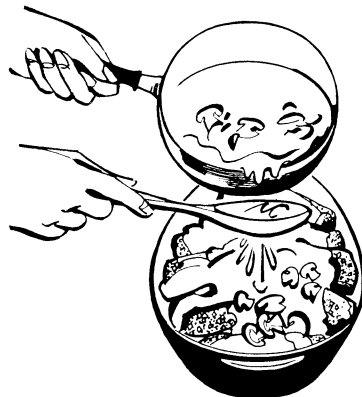
2. Place a slice of ham and a slice of cheese on each chicken breast.



5. Place six browned roll-ups in a single layer in pan.



3. Roll as for jelly roll.



6. Cover chicken with wine sauce.

Melt fat; stir in flour and salt. Cook about 3 minutes.

Add broth and milk slowly. Cook, stirring constantly, until thickened, about 9 minutes.

Add chicken; heat about 10 minutes to blend flavors.

Divide mixture into four parts.

TO SERVE WITHOUT FREEZING

Serve immediately over biscuits or toast.

TO FREEZE

Pour parts to be frozen into freezer containers. Each part will require a container or combination of containers with a 4½-cup capacity.

Cool for 30 minutes at room temperature.

Seal, label, and freeze immediately.

TO HEAT FROZEN FOOD

Remove frozen food from container. Place in heavy pan and heat over low heat, stirring occasionally, until hot, about 1 hour.

Serve over biscuits or toast.

Calories per serving: About 260 without bread.

NOTE: Do not use overcooked chicken.

VARIATION

Creamed turkey.—Use turkey in place of chicken. About 275 calories per serving without bread.

Turkey in tomato-wine sauce

24 servings, about 1 cup each

Onions, sliced	8 medium
Olive oil	½ cup
Tomatoes, canned	4 cans, 16 ounces each
Tomato paste	4 cans, 6 ounces each
Garlic powder	½ teaspoon
Salt	4 teaspoons
Pepper	1 teaspoon
Celery seed	2 teaspoons
Sugar	3 tablespoons
Oregano leaves	2 teaspoons
Bay leaves	4
Turkey, cooked, diced	3 quarts (about 3¾ pounds)
Mushrooms, sliced, drained	4 cans, 4 ounces each
Dry white wine	2 cups

Cook onions in oil until tender, about 10 minutes.

Add tomatoes, tomato paste, and seasonings. Simmer about 30 minutes.

Add turkey, mushrooms, and wine. Cook over low heat, uncovered, for about 20 minutes. Remove bay leaves.

Divide mixture into four parts.

TO SERVE WITHOUT FREEZING

Serve over noodles or rice.

TO FREEZE

Pour parts to be frozen into freezer containers. Each part will require a container or combination of containers with a 1½-quart capacity.

Cool for 30 minutes at room temperature. Seal, label, and freeze immediately.

NOTE: If you are using boilable plastic bags, be sure to cool food before filling bags to insure complete sealing.

TO HEAT FROZEN FOOD

Remove food from freezer containers. Place in heavy pan and heat over low heat, stirring occasionally, until hot, about 50 minutes.

For food frozen in boilable plastic bags, place bag in about 2 quarts of boiling water. Heat for about 35 minutes.

Serve over noodles or rice.

Calories per serving: About 250 without noodles or rice.

VARIATION

Chicken in tomato-wine sauce. Use chicken in place of turkey. About 235 calories per serving without noodles or rice.

Turkey tetrazzini

24 servings, about 1 cup each

Mushrooms, sliced, drained	4 cans,
	4 ounces each
Celery, diced	1 quart
Onion, chopped	1 cup
Butter or margarine	½ cup
Flour, unsifted	½ cup
Salt	4 teaspoons
Pepper	1 teaspoon
Turkey broth	1½ quarts
Evaporated milk	2 cans,
	14½ ounces
	each
Worcestershire sauce	½ cup
Turkey, cooked, diced	3 quarts (about
	3¾ pounds)
Spaghetti, cooked	2¼ quarts (1
	pound
	uncooked)
Process Cheddar cheese,	
shredded	1½ quarts
	(1½ pounds)

Line 8- by 8-inch baking pans with heat-resistant freezer wrap, allowing enough extra wrap to fold over top. Use one pan for each one-fourth of recipe to be

frozen. Do not line pans for food to be served without freezing.

Cook vegetables in fat for 20 minutes.

Stir in flour and seasonings. Cook for 3 minutes.

Add broth, milk, and worcestershire sauce. Cook, stirring constantly, until thickened, about 15 minutes.

Add turkey, spaghetti, and cheese.

Pour one-fourth of mixture into each baking pan.

TO SERVE WITHOUT FREEZING

Preheat oven to 375° F. (moderate).

Mix ¼ cup fine dry bread-crumbs with 1 tablespoon melted butter or margarine. Sprinkle over turkey mixture in baking pan.

Sprinkle ¼ cup grated Parmesan cheese over crumbs.

Bake 30 minutes or until crumbs are lightly browned.

TO FREEZE

Cool for 30 minutes at room temperature.

Fold and seal wrapping. Label and freeze immediately.

TO HEAT FROZEN FOOD

Preheat oven to 400° F. (hot).

Remove freezer wrap. Place food in baking pan.

Mix ¼ cup fine dry bread-crumbs with 1 tablespoon melted butter or margarine. Sprinkle over frozen turkey mixture.

Sprinkle ¼ cup grated Parmesan cheese over crumbs.

Bake 1½ hours or until edges

are bubbly, crumbs are lightly browned, and center is hot.

Calories per serving: About 460.

VARIATION

Chicken tetrazzini.—Use chicken in place of turkey. About 450 calories per serving.

Turkey chop suey

24 servings, about 1 cup each

Turkey broth	1½ quarts
Bean sprout liquid	2 cups
Cornstarch	1 cup
Soy sauce	1 cup
Celery, cut in 1-inch strips	1½ quarts
Onion, sliced	1 quart
Bean sprouts, drained	4 cans, 16 ounces each
Water chestnuts, drained, sliced.	2 cans, 8½ ounces each
Turkey, cooked, diced	2 quarts (about 2½ pounds)
Salt	2 teaspoons
Pepper	½ teaspoon

Bring broth and bean sprout liquid to a boil.

Mix cornstarch with soy sauce and stir into boiling liquid.

Cook until thickened, about 5 minutes.

Add vegetables, turkey, and seasonings to sauce.

Divide mixture into four parts.

TO SERVE WITHOUT FREEZING

Simmer for about 20 minutes or until celery is of desired doneness.

Serve over rice.

TO FREEZE

Pour parts to be frozen into freezer containers. Each part will require a container or combination of containers with a 1½-quart capacity.

Cool for 30 minutes at room temperature. Seal, label, and freeze immediately.

TO HEAT FROZEN FOOD

Remove food from freezer containers. Place in heavy pan and reheat over low heat, stirring occasionally, until hot, about 1 hour. Serve over rice.

Calories per serving: About 155 without rice.

VARIATION

Chicken chop suey.—Use chicken in place of turkey. About 150 calories per serving without rice.

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