

DEEP FREEZING OF PRODUCE FOR HOME USE

Generally the preparation of foodstuffs for deep freezing is extremely simple; some things such as meat, for example, are only required to be cut into suitably sized joints or portions and placed in a moisture and vapour proof container.

Fruit needs no special treatment in many cases. There are certain vital points to be remembered however:-

1. Anything to be frozen should be in perfect condition. Freezing will not make perfect again food which has started to decompose - it will merely arrest the process.
2. It is important to appreciate the difference between vegetables and other foodstuffs. Vegetables need blanching and chilling before freezing.
3. It is generally considered that the quicker the foods are frozen, the nicer the flavour, therefore the smaller the pack, the better.
4. All foods should be wrapped in vapour and moisture proof bags and in the case of soft fruits, a rigid carton is to be preferred.
5. A small number of foodstuffs do not react favourably to this form of preservation and generally speaking, these are - the ingredients of salads, celery and bananas. Tomatoes and new potatoes are also difficult to deal with.

SPEED OF OPERATION

All fruit and vegetables to be preserved by deep freezing should be packed and processed as quickly as possible. Generally speaking, they should be gathered just before they reach the peak of maturity, this especially applies to such things as raspberries and strawberries. With certain things such as peas, speed in picking, podding and blanching is particularly vital - a small delay will cause deterioration and loss of flavour. It is also important to prevent bruising, so handle carefully.

Having gathered your produce, blanched where necessary, chill it by running cold water through it and place in your ordinary refrigerator for a short time if you cannot bring it to the Food Bank within a matter of 2/3 hours. Blanching consists of dunking in boiling water. It is a good idea to use a large container such as a preserving pan for this purpose. Use plenty of water and do small quantities of vegetables at a time so as to keep the water on the boil. See that the vegetables are well covered by the boiling water during blanching.

PROCESSING (Preparing for Freezing)

VEGETABLES

Vegetables should be prepared for the table, i.e. peas, broad beans etc. should be podded and only the good retained. Runner and french beans should be sliced, and so on. Blanch in boiling water and cool in cold running tap water immediately after blanching. A wire chip basket or colander is a useful thing to use for this process. Blanching time is not vitally critical and varies from about 1 minute for young fresh peas to 4 minutes for brussels-sprouts and cauliflower. Generally speaking, taking peas as your standard, allow a little longer according to the size of the vegetable, the point being that each bean or broccoli shoot, for example, should heat through to the centre before being removed from the boiling water, but should not be allowed to cook, unless it is intended to preserve them in this state.

FISH

Fish should be cleaned, (filleted if it is desired to serve it in this manner) and frozen within 24 hours of being caught.

SHELL FISH

Shell Fish should be cooked before freezing and it is recommended that the edible meat be removed from the shell, packed in a suitable container, sealed and frozen as soon as possible.

POULTRY

Prepare as for the table, wrap in moisture proof wrapping excluding all the air possible and the bird is ready for freezing. The liver and the giblets should be wrapped separately and can be conveniently placed inside the bird in a little bag.

GAME MEAT AND BIRDS

Peoples' tastes vary with regard to Game and it is recommended that they should be hung for a short period before freezing. The Food Bank will do the necessary in this respect and the cutting and jointing service will break down carcass meat into suitable joints as required to wrap them.

FRUIT

Fruit needs no blanching but with certain fruit precautions have to be taken to prevent discolouration. For soft fruit such as raspberries, strawberries, currants, rhubarb etc., packing in rigid plastic boxes is strongly recommended. The fruit should merely be washed, excess moisture drained off and placed in the box allowing space for castor sugar to be scattered on top. Allow approximately $\frac{1}{4}$ lb. sugar to one lb. of fruit. The lid should be placed in position and the box sealed. Thin string or tape is quite suitable for this purpose.

With apples, peaches, pears and similar fruits, discolouration is apt to take place but this can be countered either by scalding or by dipping for a few minutes into a Citric Acid solution which is prepared by adding the juice from a large lemon to 2 pints of water. Then proceed as above.

HOW TO USE FROZEN FOOD

It is generally accepted that it is a bad thing to re-freeze foods which have thawed out, so that you should only withdraw from your Locker the amount of food which you are likely to need within the next 24 hours.

VEGETABLES

These should be placed directly into vigorously boiling water and it will usually be found that rather more salt should be added than one would normally use for vegetables that have not been frozen.

FRUIT

Fruit should be allowed to de-freeze at room temperature immediately before being required for the table. Strawberries in particular taste better when they are just thawed out but still rather cold. Fruit can be left in the Container in which it was frozen until it is ready to serve but should normally be eaten within 5 hours of thawing out.

MEAT & POULTRY

It is generally best to thaw these types of food slowly although in an emergency this is not vital but if meat is required urgently and is still frozen, extra time must be allowed over the normal cooking time and it is generally a good idea if possible, to assist the thawing out process by putting the meat in the oven, say half an hour before the time you would normally put it in and keep the heat low until it has thawed out. Then cook at the normal heat and for the usual time.

OTHER FOODS

The following products require no preparation other than that mentioned, but air-tight packing is essential.

SOUPS

Clear and thick soups may be frozen, but do not include vegetables as they tend to discolour. It is better to add the cooked vegetables when re-heating.

BAKING AND CONFECTIONERY.

Baked and unbaked pies and cakes, iced cakes, buns, swiss rolls etc. keep well when frozen. Unbaked pies need 10/15 minutes longer baking time than normal.

ICE CREAM

Ice cream will keep if placed in suitable air-tight wrappings or containers. The storage period should not exceed 6 months.

EGGS

Only new laid eggs should be frozen. Shells must be cleaned thoroughly, then break each egg into a basin before mixing several together. To prevent the solids coagulating, sugar or salt must be added. When required for use it is useful to remember that:-

One whole egg =	2½	tablespoons
One egg white =	1½	"
One egg yolk =	1	"

Before freezing whisk lightly with ½ teaspoon salt or ½ tablespoon sugar to 5 eggs.

PACKAGING

Place in cartons, seal well. Label sugar or salt for reference.

USE

May be used for all general purposes.

STORAGE TIME

About 1 year. Whole eggs, yolk and the white of eggs should be allowed to thaw out at room temperature with the cartons unopened. If removed from cartons place in ordinary refrigerator.

The storage life of foods in the Deep Freeze varies greatly but the Writer's experience is that the majority of foods can be left well over a year. This does not apply, however, to ice cream or food containing a high percentage of fat, when the limit is 4/6 months. Fully cooked meals can be quite safely frozen and stored in the Food Bank but due to the fact that this is a relatively new idea, one has not got a lot of experience to guide one with regard to the length of time that fully cooked meals can be preserved in this way. It is not likely that serious deterioration will result but some loss of flavour may occur after 4/6 months.

DEEP FREEZING IS THE MODERN SIMPLE AND EXCITING WAY OF PRESERVING FOOD, ELIMINATING WASTE AND GENERALLY MAKING LIFE EASIER FOR THE HOUSEWIFE.

NOTE The Food Bank will be very pleased to supply suitable moisture proof and air-tight containers also plastic boxes etc. for customers' own use. We are also pleased to accept live poultry for processing and placing in customers' own Lockers. Charges are moderate and a list is available on request.

We invite you to make full use of the Bank and to recommend us to your friends.
Thank you.

DEEP FREEZE FACILITIES LTD.,

SHAW MILL,

NEWBURY, Berks. Tel. 3021.

1975 Colons leave
Coke Plans.

170 Colons entering,
reloading with for Warrell.
Saw Frigate Lady Phillipson - Saw
Turkey pheasants shore.

- seeing dogs & taking away
Turkey pheasants Swardiness

shooting party.

Sheep lambs

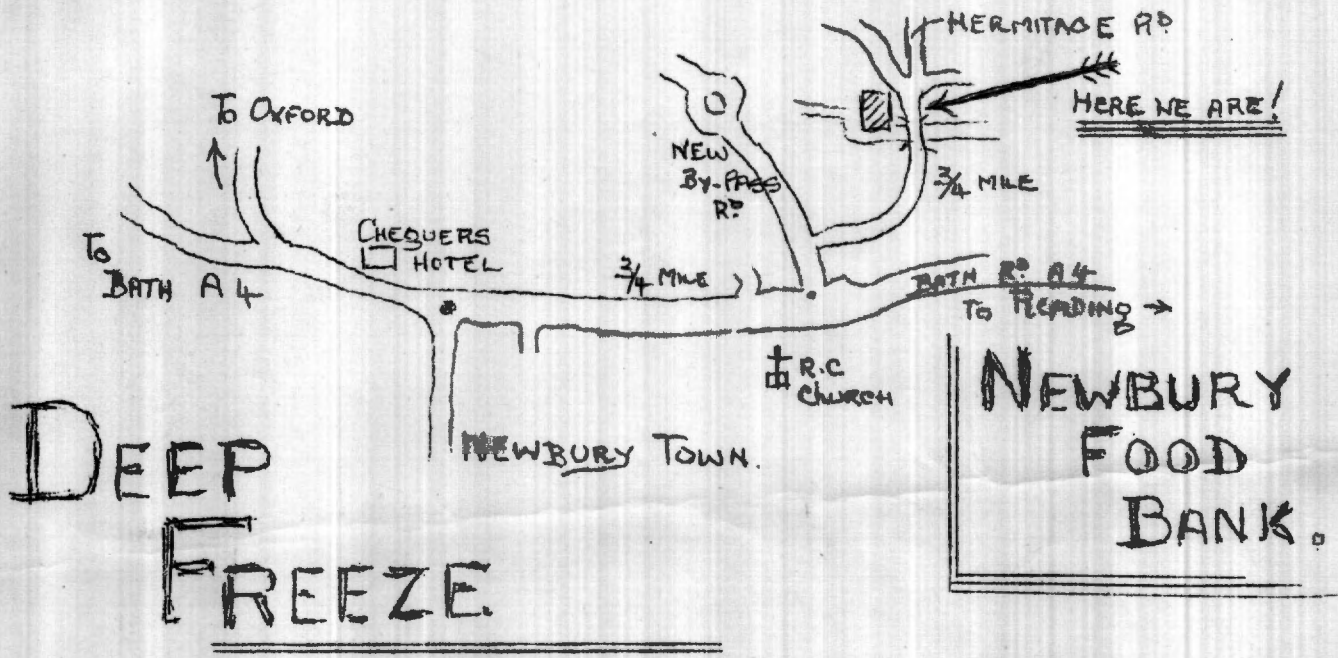
corn lambs by Absalom.
in Chiller.

Preparation into bags.

shots in freezer room.

lots of salmon - & various
lobsters.

then plucking



POULTRY
 PROCESSING
 PERSONAL LOCKERS

DEEP FREEZE FACILITIES LTD.,
 SHAW MILL,
 HERMITAGE ROAD,
 NEWBURY.

Newbury: 3021. Manager - Mr. Warrall.

Philippa Sew

DEEP FREEZE FACILITIES FOR THE NORTH HANTS AND EAST BERKS DISTRICTS.

Sportsmen, farmers and landowners generally, to say nothing of those of us who keep a few chickens or pigs or breed a few turkeys maybe, will be interested to know that a Food Bank has recently been opened in Newbury. This project is designed to function as a bank would, except that the currency is food instead of sterling and certain ancillary services are also offered in addition to the main banking service.

The Food Bank is situated at Shaw Mill, an old mill on the boundary of Newbury about three quarters of a mile from the junction of the Bath Road with the new Newbury East to West by-pass. The address is Deep Freeze Facilities Limited., Shaw Mill, Hermitage Road, Newbury Tel:Newbury 3021.

The Manager, Mr.Warrall, will be pleased to receive requests for information as to the facilities offered, a brief resumee of which follows:-

- 1) The Bank is prepared to accept live chickens, turkeys and the like, and will kill, pluck, eviscerate, truss, pack (by vacuum process if preferred) and freeze. Customers will be able to take advantage of all or any of these services and are asked to contact the Manager concerning quantities and dates for delivery or collection.
- 2) The Bank will accept game and prepare it in a similar manner. Venison can be jointed to clients requirements and stored satisfactorily for prolonged periods in a temperature exceeding 32 degrees of frost.
- 3) Deep Freeze Lockers. The Bank has available for renting, individual lockers of 6 cu.ft. capacity which can be rented by individuals for the storage of produce which they have prepared themselves at home. A leaflet giving details of this service, together with notes on the home preparation of frozen foods can be obtained from Stand No.H.1. where our caravan is rested.
- 4) Deep freeze facilities at -5°F , i.e. 37° of frost, suitable for storage of pre-frozen produce in bulk. This facility will be of primary interest to manufacturers of frozen food on a large scale who require a low temperature warehouse in this area or who wish to use the Bank as a buffer depot.
- 5) Large Refrigerated Chamber at approx: 34° to 35°F - a Chiller Store in fact where fresh meat, poultry and so forth can be deposited for short periods. This service is already being much used by Slaughterers and Butchers.

- 6) Manufacture and provision of non packing flake ice sold by weight in polythene bags thus being 100% hygienic and ideal for many purposes.
- 7) Meat cutting and packaging service. For those customers who have lockers at the Food Bank, our Manager is an experienced butcher and we are able to offer, at a nominal charge, to cut up lambs, pigs, quarters of beef etc., which customers can buy from their butcher in carcass form at a considerable saving. Such carcasses will be cut up into suitable size joints, packed in moisture proof bags and placed in the customers own locker against their requirements from time to time.
- 8) The Bank has available for supplying to customers for their own use, various forms of packaging materials suitable for containing home prepared foods intended for freezing. These cover such things as plastic boxes, waxed tubs and boxes, plastic bags and heat sealing pliofilm etc.,

GENERAL.

The Bank will be pleased to consider purchasing poultry, game or offal, in large or small quantities and would welcome offers.

The Bank is in a position to advise on all refrigeration problems and would be pleased to discuss matters involving refrigeration with clients whether they are already customers of the Bank or not.