

CONTENTS

SECTION I : ADVANTAGES OF FROZEN FOODS

- | | |
|---|----|
| 1. <i>This Age of Frozen Foods</i> | 3 |
| 2. <i>Frozen Foods and our Health</i> | 12 |
| 3. <i>Economy and Quality of Frozen Foods</i> | 34 |

SECTION II : HOME FREEZERS, LOCKER PLANTS AND FREEZER FOOD PLANS

- | | |
|---|----|
| 4. <i>Your Home Freezer – How to Select It, Take Care of It, Use It</i> | 45 |
| 5. <i>Locker Plant Services and Freezer Food Plans</i> | 70 |

SECTION III : HOME FREEZING OF FOODS

- | | |
|--|-----|
| 6. <i>Hows and Why of Packaging</i> | 81 |
| 7. <i>Freezing Fruits and Vegetables</i> | 98 |
| 8. <i>Freezing Meats, Fish, Poultry, Game and Dairy Products</i> | 135 |
| 9. <i>Freezing Prepared and Cooked Main Course Foods and Soups</i> | 155 |
| 10. <i>Freezing Baked Goods and Desserts</i> | 166 |
| 11. <i>Freezing Sandwiches, Canapes and Hors d'Oeuvres – and “Extras”
for Your Freezer</i> | 178 |

SECTION IV : HOW TO USE FROZEN FOODS

- | | |
|--|-----|
| 12. <i>How to Use the Recipes and Menus in This Book</i> | 189 |
| 13. <i>Frozen meats</i> | 206 |
| 14. <i>Frozen Fish and Shellfish</i> | 251 |
| 15. <i>Frozen Poultry</i> | 293 |
| 16. <i>Frozen Vegetables</i> | 321 |
| 17. <i>Frozen Fruits and Fruits Juices</i> | 374 |
| 18. <i>Many Ways to Use Ice Creams</i> | 422 |
| 19. <i>Frozen Foods for Thirty-Minute Meals</i> | 438 |
| 20. <i>Frozen Foods For Parties and Other Occasions</i> | 451 |
| <i>Index</i> | 469 |