Freezing Fruits, Vegetables

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6. Tighten the lugs by opposite pairs.
7. Check the petcock to see that it is open.
8. Start on high heat on the range.
9. Allow the steam to escape from the petcock a few minutes before closing.
10. Bring the pressure up to that which is desired.
11. Turn down the heat and see that the pressure does not fluctuate.
12. Start counting the processing or cooking time from the time when the desired pressure was reached as indicated by the gauge.
13. When the time is up, turn out the heat and let the pressure drop gradually.
14. When the gauge registers zero, open the petcock.
15. Unfasten the lid and remove it away from your face.

Baking Cake in Cooker

Very nice cakes have been baked in the pressure cooker in the Household Equipment Department of Iowa State College. If you wish to do this, be sure you use a low heat and keep the petcock open. The cake batter is placed in a pan and set up on a rack. There should be no water in the cooker. This method of cake baking costs only a trifle as compared with oven baking. Also, it does not heat up your kitchen.

Pressure Saucepan

Within the last few years a saucepan type of pressure cooker has appeared on the market. It is convenient to handle and simple to operate. These cookers were primarily designed for use in meal preparation. They do not have a gauge but maintain a pressure of 15 pounds.

By means of the pressure saucepan, cooking time and costs can be reduced to a small fraction of what they are by other methods of preparation. The tougher cuts of meat can be quickly prepared in such a cooker. Baked beans can be prepared in 1 hour, after soaking. If you wish to give a delicious flavor to meat such as baked stuffed heart or veal birds, it should be well browned first.

All fresh vegetables can be cooked in the pressure saucepan in less than fifteen minutes. Cooking vegetables in this manner helps preserve vitamin C.

However, this is not true if the vegetables become overcooked. Since little water is used there is less mineral loss.

The amount of time, recommended for cooking certain vegetables at 15 pounds pressure is given in the accompanying table. This table differs some from the tables that have been distributed with the saucepan type of pressure cooker. The recommendations here are based on tests made with a saucepan cooker over an extensive period of time.

Most vegetables can be easily overcooked in the pressure saucepan. When overcooked they lose in palatability, appearance and vitamins. The color of most vegetables cooked by this method seems to compare favorably with those obtained by other methods of cookery. Peas seem to improve in color. Cauliflower and broccoli, however, become somewhat yellow and develop a strong flavor. In general, strong juiced vegetables are more desirable when cooked in an uncovered kettle.

The pressure saucepan can be cooled quickly in a pan of cold water. In this, it differs from the large pressure cookers. This quick manner of reducing the pressure shortens the total time needed for preparing the food.

### Freezing Fruits, Vegetables

By H. H. Plagge

With victory gardens to provide vegetables and small fruits, and a shortage of supplies and equipment for home canning, frozen food lockers may see greatly increased use in the home food preservation program. Frozen foods retain more of their natural flavor and color and as much of their original food value as products preserved by other methods.

Iowa has more frozen food lockers than any other state in the country. With rationing of meat, for which most consumers have used their lockers, lockers may be used more than ever before for storing vegetables and fruits.

From the standpoint of successful freezing, recent experimental work in Iowa has shown that more frozen vegetables spoil in lockers because they do not get hot enough than for any other reason. This fact would indicate that scalding is the most important step in preparing vegetables for the locker.

After the vegetables have been sorted carefully and washed thoroughly, they are ready to scald. The water must be kept boiling — and that means at least 4 gallons of boiling water to a pint of vegetables. Cover the kettle to conserve water and heat, but stir the vegetable once during the scalding period — which varies from 1 minute for peas and baby lima beans to 4 minutes for cut corn. Timing is an important part of the scalding process. Scalding time given on the freezing calendar and bulletin of the Extension Service of Iowa State College has been recommended as a result of experimental work.

Vegetables coated with soil, that has become dry, should be soaked a short time in cold water before they're washed. Spray washing is particularly desirable for removing sand and grit from spinach and other leafy greens. While corn usually is not washed, portions that have been infested by the corn ear worm should be trimmed off, and corn silks may be removed by brushing.

Glass, waxed or tin containers are satisfactory for freezer locker storage, but foods will keep better in glass containers. Three-fourths of an inch of headspace should be left in quart containers and one-half inch in pints to allow for the expansion that accompanies freezing. All vegetables except greens may be packed in a 1½ or 2 percent brine; greens should be packed without brine.

A state law requires that vegetables and fruits be sharp-frozen at temperatures below 0 degrees F. before they are stored in the lockers, where temperatures should not be allowed to rise above 10 degrees. At 0 degrees F. the maximum storage period recommended is a year or more, while the storage period at 10° F. may be only 6 to 8 months.