

1953

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Recommended Citation

Stiff, Pat (1953) "Today- Freezer Magic," *The Iowa Homemaker*: Vol. 33 : No. 2 , Article 8.

Available at: <http://lib.dr.iastate.edu/homemaker/vol33/iss2/8>

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Today — freezer magic

by Pat Stiff

Foods and Nutrition Sophomore

YOU, AS A CAREER GIRL, can save time and effort by using frozen foods.

You may buy a complete meal in one cold package; or you may find just part of your supper in the deep freeze. To avoid dish-washing and to save time, meals come in aluminum pans which also serve as plates after food is heated. In choosing your supper you'd have a choice of turkey, pot roast, turkey pot pie and Swiss steak, all with vegetables included. Or, if you want something a little different, you might try a pizza pie or ravioli that you could pop in the oven for a short time.

On your day off, you could freeze one-pan meals to thaw and to cook speedily when you are rushed for time. For instance, you might simmer a stuffed pork chop in well-seasoned tomato sauce. Cool the meat and add green beans. Freeze the mixture in the skillet. To store the food, heat your skillet enough to loosen the contents. Slide the frozen cake of meat and beans onto aluminum foil or freezer paper, wrap and freeze again. To serve the meal, heat it in the same skillet on top of the stove for 50-60 minutes.

Cold shortcuts

For your quickie meals, you might investigate frozen blueberry muffins, strawberry shortcake or concentrated split-pea soup. If a toaster is near-by, you could pop in a frigid waffle from a Dogtown store and serve the waffle in just a few minutes.

During the summer the freezer of your ice box can help when you plan a party. Prepare food several days in advance, and then you'll be able to relax and to enjoy your guests. You might freeze an anchovy dip to use with potato chips or crackers. You might buy an 11-ounce package of baby frankfurters wrapped in pastry. Bake, then let guests dip them in mustard sauce. For a snack at home after a movie, you might open a package of cooked French-fried potatoes. A few minutes in the oven or broiler will make them crisp and ready to eat.

Picnics are in the air here at college, and the grocer's freezer can help you out for an extra-special one. You might make lemonade or limeade and not have to bother with squeezing the fruit. Or, if the weather is a bit cool, you could make coffee by adding a spoonful of frozen concentrate to a cup of hot water. Ready-to-cook chicken or shrimp can be fixed in a skillet with some fat, or you could broil some frozen steaks. Toasting English muffins or waffles over the fire is fun. For dessert why not thaw a package of strawberries?

Whether it's a quick meal for you or horsemeat for your dog, you can find it in a freezer.

Tomorrow — 70-second

Editor's note: Electronic cooking offers wonderful research careers to home economics majors. Here is news on the development up to now. How soon you as a homemaker or career woman can prepare quick meals with this range depends on the amount of research done in the future.

WITH THE NEW electronic range a complete dinner, including steak, vegetables and potatoes, can be cooked in just 70 seconds!

Actually, you can't say that this electronic method of cooking is new, for man unconsciously made use of electromagnetic energy when he used glowing embers to cook his food. In that case, it was the infrared radiations which did the cooking by penetrating the material to a certain depth. Cooking is faster with the electronic range because its micro waves are longer than the waves from the coals and penetrate farther into the food.

There are two distinct forms of electronic heat: induction and dielectric. Dielectric heat is used when the product is a non-conductor of heat, as are most food stuffs. Dielectric heat converts each interior particle of the food into a tiny heating element, which experiences heating within itself and transmits this heat to adjacent particles or surfaces.

At least two companies have developed and manufactured an electronic range for commercial use. In one of the electronic ovens, you place the food in a stainless-steel basket and put it under the radar horn. This horn directs the energy into the food in much the same way a beam of light is directed on an object. You set the timer for the number of seconds and push the starter button. When the cooking period is over, the oven turns off automatically. Non-frozen food, put into the oven at a temperature of 40°F., comes out at a temperature of about 200°F.

Modern hot dogs

Many people are familiar with the electronic hot-dog vending machines, the first electronic unit to be developed. All you have to do is drop in your money, push a button, and you will see your hot dog being heated behind a glass panel. The next electronic unit to come out was the sandwich model which was designed as a short-order or a-la-carte service for restaurants. The ranges usually are not sold, but are rented to hotels, ball parks and factory cafeterias, where speed, and perhaps novelty, are important features.

This high speed of cooking does not give the meat a chance to brown, so it is gray when it is finished. In order to combat this color, which has an unpleasant psychological effect on the person eating it, an electronic sear was developed. It is equipped with six