FREEZING MEAT and POULTRY PRODUCTS for Home Use

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FREEZING IS AN EXCELLENT MEANS OF PRESERVING MEATS, POULTRY, EGGS (LIQUID), AND FISH, AS WELL AS FRUITS AND VEGETABLES.

Frozen Foods Resemble Fresh Foods
Most of the original goodness of fresh foods can be preserved in the frozen products if proper methods are used. On the other hand, even foods that are hard-frozen will dry out and lose quality and food value if processed and stored incorrectly. FOLLOW THE RULES.

Cook Frozen Foods Like Fresh Foods
Frozen meats may be put on to cook without previous thawing, but roasts are usually thawed before cooking is begun. Thawed roasts cook more quickly and uniformly.

Thawed Foods Spoil Easily
Thawed foods are wet, and spoil quickly. Cook promptly after thawing. If foods thaw slowly in a refrigerator they will keep for a day or somewhat longer after thawing.

This folder was prepared in the interests of food conservation for farm families and others who use frozen-food lockers or who have home freezing cabinets.
PREPARING POULTRY, EGGS, and FISH for FREEZING

POULTRY

DRESS—CHILL—DRAW
In preparing to pick chickens avoid overscalding the skin. Use water about 128° to 140° F.

Roasters—tie compactly

Fryers and fowl—unjoint, or cut up

Broilers—split

WRAP IN MOISTURE-VAPOR-RESISTANT PAPER, AS DIRECTED FOR OTHER MEATS
FREEZE PROMPTLY
STORE AT 0° F.

Chickens may be glazed and wrapped in the same manner as fish.

EGGS

Freeze Only Liquid Eggs

Break fresh clean eggs into clean bowl. Dirt from dirty shells may spoil keeping qualities.

Add 1 tablespoon corn sirup or sugar or 1 teaspoon salt to each cup of liquid eggs.

Break all yolks. Mix thoroughly but do not whip in air.

Mixing helps prevent gumminess in thawed yolks. Sirup, sugar, or salt give added protection.

Separate whites from yolks, if desired.

Add 2 tablespoons corn sirup or sugar or 1 teaspoon salt to each cup of yolks and mix as for whole eggs.

Package whites with nothing added and no mixing.

Package in moisture-vapor-proof containers.

Freeze promptly.

Store at 0° F.

To thawed eggs promptly.

1 tablespoon yolks = 1 egg yolk.

1½ tablespoons whites = white from 1 egg.

USE THAWED EGGS PROMPTLY.

FISH

Chill fish promptly

Pack in ice if necessary

Scale, dress, remove head, and wash.
Trim fins and tail if fish is small and to be frozen whole.
Cut large fish into pan-ready steaks or boneless strips as desired.

Wrap in moisture-vapor-proof paper as for meat.
Freeze promptly.
Store at 0° F.

To glaze fish or poultry:
Freeze unwrapped.
Dip in near-freezing water.
Let ice film freeze.
Dip again.
Renew glaze when necessary—every 1 to 3 months.
PREPARING

KEEP MEAT CLEAN

Hang up to chill
Wash
Wipe

KEEP MEAT COLD

Chill at 33° to 39° F.
Pork and veal, 1 to 2 days
Beef and lamb, 5 to 7 days
(to make more tender)
BEEF, PORK, and LAMB for FREEZING

BEEF and VEAL

**CUTTING METHODS**

The thick, more tender loin (4) and rib (5) are suitable for frying and roasting; the chuck (8), rump (3), and round (2), for Swiss steaks and pot roasts; the thinner shanks (1), flank (6), plate (7), and neck (9) for stew and ground meat.

PORK

**CUTTING METHODS**

Cut or slice the thick ham (1), loin (2), and shoulder (4) into roasts, steaks, or chops. Trim the bacon strip (3) for curing, or cut into boiling pieces. Trim all meat closely, using lean for sausage and fat for lard.

LAMB

**CUTTING METHODS**

Trim the legs (1) and shoulders (4) into smooth roasts; cut rib (3) and loin (2) into chops; bone breast (5), shanks, and neck, for stew or ground lamb.
FOR HIGH-QUALITY FROZEN MEAT—

Select sound, high-quality meat.

Chill promptly and thoroughly to below 40° F.

Cutting:
Separate steaks from roasts; pot roasts from stew meat and from meat that should be ground.
Make these cuts in sizes suitable for your family.

Package in quantities that you wish to cook at one time.

Wrap carefully to prevent drying.

Freeze quickly at zero or lower.

Store at 0° F.

When using a home freezer or locker that does not have a special freezing compartment, separate the unfrozen packages from each other with bits of lath to permit air flow around them. Limit the amount of meat added at one time, to prevent undue warming of previously frozen food.

From 8 to 12 hours is often required for packages of meat to freeze thoroughly when exposed to an air temperature of 0° F. or less; 24 hours or more may be needed in a home cabinet.

Limit storage time. If the wrapping paper is moisture-vapor-proof and your freezer carries a uniform near-zero temperature, 6- to 12-months’ storage is practical. If foods dry or lose quality, shorten the storage period.

Protect frozen food withdrawn from the freezer, putting it in an insulated box.

Cook thawed foods promptly.
TO SAVE STORAGE SPACE, BONE THE CUTS OR TRIM INTO SMALLER UNITS

Cut the thick rib roast (a) from the thin stewing plate (b).

Bone the shanks, neck, and plate for stewing and grinding.

Cut round (a), rump (b), sirloin (c), and T-bone steaks (d).

Cut ham at right angles to hind shank.

Remove the three-rib shoulder (a).

Cut the thick loin (a) from the thin bacon (b).

Cut the fat back (a) from the lean loin.

Bone round and cut into tip (a), top (b), and bottom (c).

Trim ham (a), bacon (b), and shoulder (c) smoothly. To save freezer space these cuts can be cured and smoked.

The result: Compact, smoothly trimmed cuts, ready for wrapping.
Cut to give: A five-rib shoulder (a) leaving other ribs on rack (b), loin (c), and leg (d).

Bone to give compact, boneless shoulder.

Prepare short-cut chops to save storage space.

Trim leg roasts (a) and leg chops (b) smoothly.

Other products are boneless stew meat (a) and ground lamb (b.)
WRAP

in vapor-resistant coverings to make the package airtight and prevent drying

FREEZE promptly

STORE at 0° F.
1. Pull paper tight to drive out air; make packages smooth to pack together snugly.

4. Wrap cuts; package ground meat in cartons or bags.

2. Seal seam with a fold.

5. Spread packages to freeze.

6. Fold or twist ends. Tape ends and seams.

3. Fold or twist ends. Tape ends and seams.

Use moving air.

Use subzero temperatures.

STORE AT 0° F.
# Meat Yields

Approximate amounts of trimmed meat cuts with surplus fat and bone removed.

## Beef

<table>
<thead>
<tr>
<th>Trimmed Cuts</th>
<th>Pct. of Live Wt.</th>
<th>Pct. of Carcass Wt.</th>
<th>Pounds</th>
<th>Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steaks and oven roasts</td>
<td>23</td>
<td>40</td>
<td>172</td>
<td>83</td>
</tr>
<tr>
<td>Pot roasts</td>
<td>11</td>
<td>20</td>
<td>83</td>
<td>83</td>
</tr>
<tr>
<td>Stew and ground meat</td>
<td>11</td>
<td>20</td>
<td>83</td>
<td>83</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>45</strong></td>
<td><strong>80</strong></td>
<td><strong>338</strong></td>
<td><strong>338</strong></td>
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</tbody>
</table>

Forequarters: 218 lb.

<table>
<thead>
<tr>
<th>Trimmed Cuts</th>
<th>Pct. of Forequarters</th>
<th>Pounds</th>
<th>Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steaks and oven roasts</td>
<td>25</td>
<td>55</td>
<td>55</td>
</tr>
<tr>
<td>Pot roasts</td>
<td>32</td>
<td>70</td>
<td>70</td>
</tr>
<tr>
<td>Stew and ground meat</td>
<td>27</td>
<td>59</td>
<td>59</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>84</strong></td>
<td><strong>184</strong></td>
<td><strong>184</strong></td>
</tr>
</tbody>
</table>

Hindquarters: 202 lb.

<table>
<thead>
<tr>
<th>Trimmed Cuts</th>
<th>Pct. of Hindquarters</th>
<th>Pounds</th>
<th>Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steaks and oven roasts</td>
<td>58</td>
<td>117</td>
<td>117</td>
</tr>
<tr>
<td>Stew, ground meat and pot roasts</td>
<td>18</td>
<td>37</td>
<td>37</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>86</strong></td>
<td><strong>154</strong></td>
<td><strong>154</strong></td>
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</tbody>
</table>

## Pork

<table>
<thead>
<tr>
<th>Trimmed Cuts</th>
<th>Pct. of Carcass Wt.</th>
<th>Pounds</th>
<th>Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh hams, shoulders, bacon, jowls</td>
<td>40</td>
<td>90</td>
<td>90</td>
</tr>
<tr>
<td>Loins, ribs, sausage</td>
<td>15</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>55</strong></td>
<td><strong>124</strong></td>
<td><strong>124</strong></td>
</tr>
</tbody>
</table>

Lard, rendered: 12 lb.

## Lamb

<table>
<thead>
<tr>
<th>Trimmed Cuts</th>
<th>Pct. of Carcass Wt.</th>
<th>Pounds</th>
<th>Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legs, chops, shoulders</td>
<td>37</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>Breast and stew</td>
<td>8</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>45</strong></td>
<td><strong>38</strong></td>
<td><strong>38</strong></td>
</tr>
</tbody>
</table>

## Poultry and Egg Yields (Approximate)

<table>
<thead>
<tr>
<th>Poultry</th>
<th>Live Wt.</th>
<th>Dressed and Drawn</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chickens</td>
<td>2-4</td>
<td>1 1/2-2 1/2</td>
</tr>
<tr>
<td>Hens</td>
<td>4-8</td>
<td>2 1/2-5 1/2</td>
</tr>
<tr>
<td>Turkeys</td>
<td>10-20</td>
<td>7 1/2-15</td>
</tr>
</tbody>
</table>

## Eggs

1 case, 30 dozen, 45 pounds net.

<table>
<thead>
<tr>
<th>Eggs</th>
<th>Weight</th>
<th>Pct. of Whole Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whites</td>
<td>20</td>
<td>46</td>
</tr>
<tr>
<td>Yolks</td>
<td>17</td>
<td>37</td>
</tr>
<tr>
<td>Shells</td>
<td>8</td>
<td>17</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>45</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Suggested storage periods for wrapped foods held at 0°F. are:

<table>
<thead>
<tr>
<th>Product</th>
<th>Storage Period Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage and ground meat</td>
<td>1-3</td>
</tr>
<tr>
<td>Fresh pork and fish</td>
<td>3-6</td>
</tr>
<tr>
<td>Lamb and veal</td>
<td>6-9</td>
</tr>
<tr>
<td>Beef, poultry, and liquid eggs</td>
<td>6-12</td>
</tr>
</tbody>
</table>

## For Economy

Use freezer to capacity.

Put food in freezer frequently.

Take food from freezer regularly.

Use insulated box to protect food on way home from locker.

For insulation, use chopped paper, shavings, cottonseed hulls, or other filler.

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**When wrapping paper is short, use melted lard**

Freeze steaks or chops, roasts and blocks of stew or ground meat unwrapped.

Dip each frozen piece briefly (5 seconds) in fresh lard, heated to 200°F.

Let thin lard film set on frozen meat.

Lard wrapped meat will resist drying for 6-12 months' freezer storage.