

## *Quick Tricks with Food*

There are times when you are preparing a meal in a hurry, or at a moments notice that you wish you had this ingredient or that garnish, or just a few extra minutes of time to cook something extra special - and it helps when you can save on clean up time as well. The suggestions that follow may be just what you are looking for!

As the information in this section indicates, a freezer is invaluable to quick and easy cooking. Foods should be properly wrapped and protected from freezer burn.

Pack cookie dough firmly into juice cans. Cover and freeze. Open other end of can and push dough out gently. Slice and bake. Dough need not be thawed before slicing.

Place 2 Tablespoons cornstarch in 1-cup measuring cup. Fill cup with all-purpose flour and sift 3 times. Mixture is equal to 1 cup of sifted cake flour.

Pour leftover coffee into ice cube trays; freeze; Remove cubes from trays; store in plastic bag in freezer. Serve as needed in iced coffee.

When preparing a casserole, double the amount of ingredients. Line 1 baking dish with foil and fill with casserole mixture. Freeze until firm. Remove the frozen block from the dish and wrap for storage, freeing the dish for use. Return the frozen block to the same dish to bake.

Collect vegetables and meats left in pans at close of each meal; chop meats. Place in plastic container; cover. Place in freezer. Combine contents of container and tomato juice or broth; season and heat when nutritious hot soup is needed.