

## Freezer Foods

This PDF accompanies **episode # 134** of Ancestral Kitchen Podcast. You can listen to the episode and find more show notes at [www.ancestralkitchenpodcast.com](http://www.ancestralkitchenpodcast.com).

**Questions to begin:** What will people in your home actually eat (including yourself)? What is happening in your life that is causing the need for freezer food – consider this, so you can determine what the meals need to look like (all-in-one or just prepped ingredients)? How much energy and time will you actually have – honest assessment? When will you be doing this freezer work? What are the health needs of your family so that that can be planned for and accomodated?

**Still need ideas?** Go walk through a freezer aisle at a store you like and see what they have frozen/prepared and if those are ideas that would work for you.

### **Totally Prepared Dishes - somebody can thaw this and feed the family with minimal sides needed**

*A word on freezing dishes with pasta in them: I do not LOVE freezing pasta (except lasagna) because it absorbs SO much moisture and can make the resulting dish dry - however - this is still a better solution than having scrambled eggs for the 14th night in a row! If you can add pasta after the fact, I prefer that choice but it isn't always an option. In order to counter this, when I freeze pasta dishes I make them sometimes up to twice as saucy as when I prepare and serve it fresh.*

Spaghetti and Meatballs

Swedish Meatballs and Gravy - with rice or pasta <https://app.plantoeat.com/recipes/43173602/>

Rolled Enchiladas (corn or wheat tortilla, shredded meat and cheese rolled inside, lined up in a pan, enchilada sauce poured over the top) <https://app.plantoeat.com/recipes/42776872/>

Mexican Lasagna <https://app.plantoeat.com/recipes/41806857/>

Sausage and Rice from The Pastured Pork Cookbook <https://ancestralkitchenpodcast.com/shop/books/the-pastured-pork-cookbook/>

Tuna Rice Casserole

Tuna Noodle Casserole (noodles or rice - EXTRA sauce)

Lasagna (meat or cheese) <https://app.plantoeat.com/recipes/41650030/>

Stroganoff (topping or with pasta/rice)

Cheeseburger casserole <https://app.plantoeat.com/recipes/40888441/>

Shepherd's Pie, Fishwife's Pie, Swineherd's Pie, Cottage Pie

Chicken Soup/Any soup! <https://app.plantoeat.com/recipes/40835568/>

Beef Stew/Any stew! <https://app.plantoeat.com/recipes/40797074/>

Picadillo <https://app.plantoeat.com/recipes/45425199/>

Tinaktak <https://app.plantoeat.com/recipes/45027185/>

Fruit Pies <https://app.plantoeat.com/recipes/45420892/>

Quiche <https://app.plantoeat.com/recipes/41680594/>

Frittata

*I have not yet frozen prepared pizzas but I would love to try!*

Blueberry oatmeal casserole <https://app.plantoeat.com/recipes/48379423/>

**Sidekicks - these frozen magical helpers need to be paired with something to make a full meal**

Meatballs (cooked, frozen on sheet pans) <https://app.plantoeat.com/recipes/41712928/>

Meatloaf (raw) <https://app.plantoeat.com/recipes/41714770/>

Mexican Rice <https://app.plantoeat.com/recipes/44895803/>

Fish Cakes (cooked) <https://app.plantoeat.com/recipes/45147291/>

Properly prepared and cooked beans [#129 – The Science Behind Properly Prepared Beans \(and how to do it at home!\) – Ancestral Kitchen Podcast](#)

Cooked tortillas (flour or corn) – flour: <https://app.plantoeat.com/recipes/41755535/> corn: <https://app.plantoeat.com/recipes/49344332/>

Flatbreads/GF Flatbreads <https://app.plantoeat.com/recipes/48935220/>

Pierogis <https://app.plantoeat.com/recipes/41656642/>

Cookies (always) <https://app.plantoeat.com/recipes/48750318/> and <https://app.plantoeat.com/recipes/40765764/>

Ice Cream

Apple Crisp Filling/Topping separate, or just topping! Our current favorite, so simple: <https://app.plantoeat.com/recipes/47112948/> A more complex, sugary version: <https://app.plantoeat.com/recipes/44207451/>

Pate <https://app.plantoeat.com/recipes/43808406/>

Hummus <https://app.plantoeat.com/recipes/48396153/>

Baba Ghanoush

Mousse <https://app.plantoeat.com/recipes/43751747/>

Sloppy Joe filling <https://app.plantoeat.com/recipes/41761980/>

Roasted root veg

Mashed potatoes

Waffles

Pancakes

No-Bake Bars <https://app.plantoeat.com/recipes/40769250/>

GF rolls, bread, bagels, muffins freeze EXCEPTIONALLY well!

I tend to prefer wheat products baked fresh BUT - Bagels, bread (sliced especially), Muffins, English muffins/crumpets are amazing to have baked and frozen on hand

Cut brownies (ESP gf brownies!) individually wrapped in paper... <https://app.plantoeat.com/recipes/46046538> or <https://app.plantoeat.com/recipes/45218136/> or <https://app.plantoeat.com/recipes/44387055/>

### **Ingredients - these are partially prepared ingredients ready to plug into a dish or meal**

*A note on freezing yearly supplies of harvests, butchering animals, etc – I always take the ingredient as far to prepared for use as I reasonably can. Immediately freezing huge chunks of tallow, for instance, is usually necessary right away during butchering, but as rapidly as possible, get that tallow rendered down and ready for us (in block sizes you will actually use!). Not only does this typically save freezer space, but it helps ensure you'll actually be using your delicious harvests rather than still turning to grocery store or convenience foods. Having a freezer full of food that is all hours of labor away from being usable is a huge block in the way of using your harvest!*

Shredded/minced/cubed cooked chicken/pork/beef/mutton/duck/turkey

Pizza dough <https://app.plantoeat.com/recipes/44303069/>

Muffin dough raw in muffin cups

Raw Biscuit dough from Meals at the Ancestral Hearth (cut into biscuit shapes, frozen on a pan, bake frozen at 425)

Tortilla/naan dough (doesn't roll out as easily after thawing) <https://app.plantoeat.com/recipes/41738424/>

Grated/Shredded/Flaked cheese (do big bags when your Azure order comes, if you use Azure)

Shredded tallow in a large tub (get the food processor greasy all at once! Shredded tallow is amazingly easy to throw in to recipes without hacking/melting it)

Spaghetti Sauce <https://app.plantoeat.com/recipes/40804499/>

Enchilada Sauce <https://app.plantoeat.com/recipes/44414904/>

Roux (Adreanna!)

Weighed butter/tallow/lard in wedges (i like 4 oz)

Broth (we usually can it, but used to freeze a lot)

Cookie Dough - either in dough balls (esp for gf) or rolls

### **Containers for casseroles -**

Souper Cubes for freezing portion sizes and transferring to bags/containers/wax paper/vacuum sealed bags <https://amzn.to/4nVuRNK>

Foil pans (yikes I know)

Lay heavy (!) duty parchment paper in a glass casserole pan, freeze the dish then pull out the parchment paper. Works great for pies. Remember the paper will be baked with the food.

Restaurant supply plastic quart and pint containers

Vacuum seal anything that is going to be over a few mos, if you can

Cookies - a big bag or big Tupperware tub

When we moved to the farm where we live now I made ahead HUNDREDS of cookies, these sustained us during unpacking and days of absolute chaos! Also made ahead many many balls of pizza dough, frozen buns, bread dough, sloppy joes

There are freezer containers but I have never owned them

Jars - for the US and Ball jars: do not freeze in quarts if you can. Use straight sided pint and a half, or straight sided wide mouth pint. Straight sided half pint and 4 oz as well.

EU and US if you are lucky enough to find them: Weck jars are best for freezing

Leftover cheese/sour cream/tubs type containers

### **Label, label, label**

Industrial Sharpie that writes on greasy/wet (within reason) <https://amzn.to/3Qcl1dZ>

Non-gummy masking tape <https://amzn.to/4vbOBiG>

Souper Cubes <https://amzn.to/4nVuRNK>

Label everything in the kitchen if you can ha

A little postpartum tip if you have snackies/cookies you don't want anyone touching: add "lactation" to the name. Thank me later..

Leah's frozen fish business! <https://ketchikansams.com/discount/ANCESTRAL26>