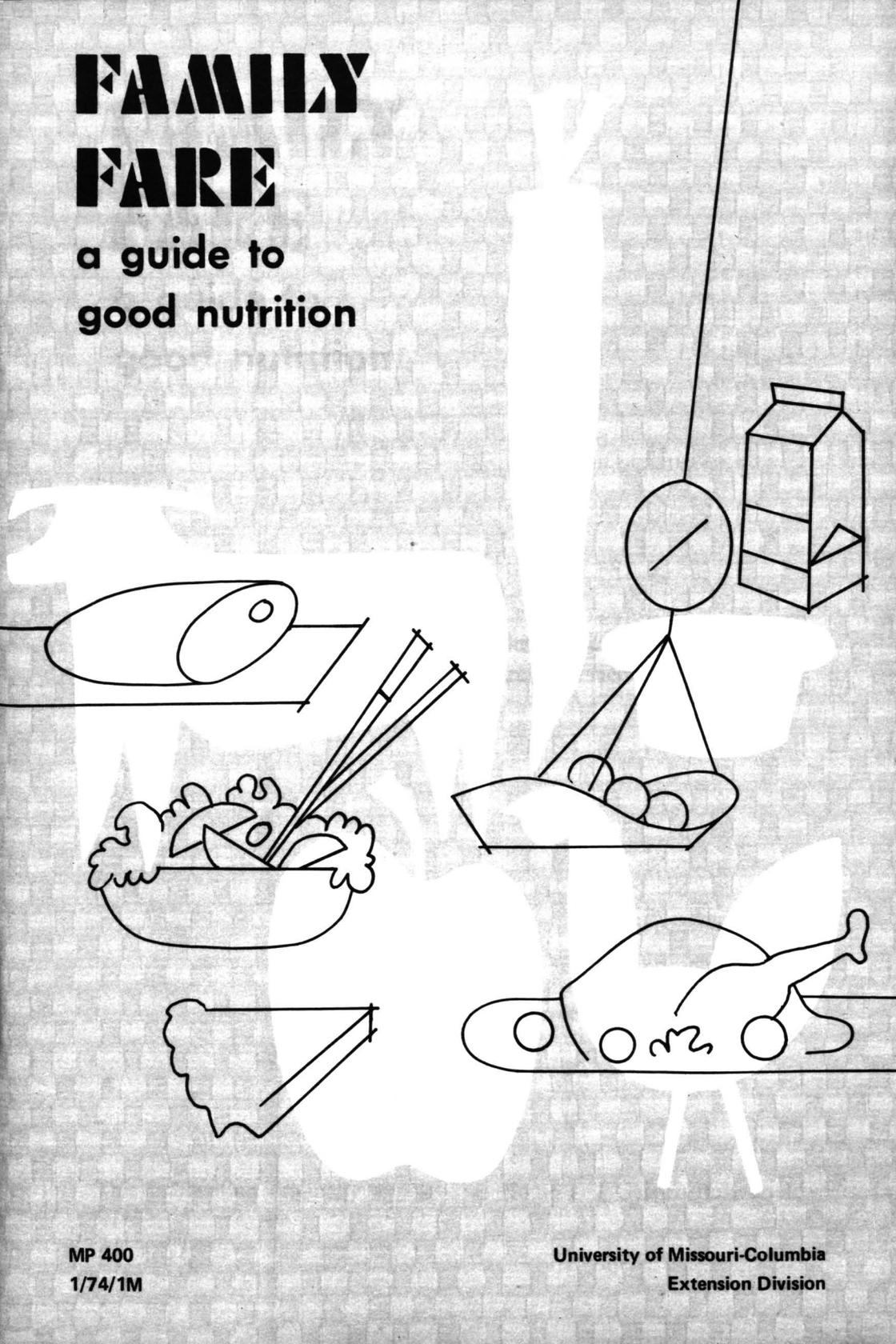


# FAMILY FARE

a guide to  
good nutrition





**FAMILY**

**FARE**

**a guide to  
good nutrition**

*Prepared by*

Consumer and Food Economics Research Division  
Agricultural Research Service

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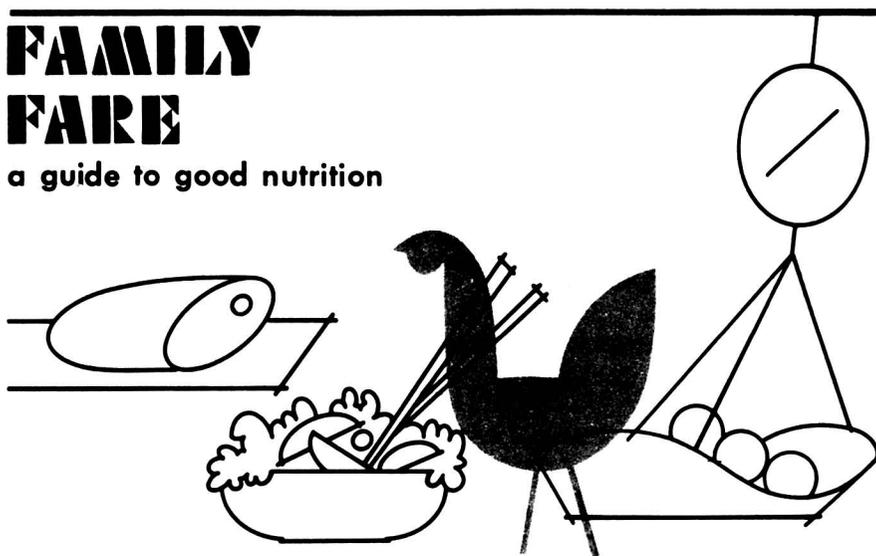
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# FAMILY FARE

a guide to good nutrition



Whether you are just learning the skills of food management and good cooking or are an experienced hand in the kitchen, this booklet—prepared by USDA food and nutrition scientists—can serve you well.

It combines good eating and good nutrition. It packs the results of years of food and nutrition research into a ready handbook for everyday use. It tells how to get the nutrients you need from a variety of foods—then translates this knowledge into taste-tested recipes and well-balanced meals.

Feeding your family well takes less time and work than it used to. Today's foods can have built-in convenience. Meals can be more varied because more food choices are available.

In this publication you'll find—

- A daily food guide—a simple, workable presentation of the kinds and amounts of foods to have each day.
- Tips on meal planning.
- Facts about important nutrients—tells how they function in the body and where they are found in foods.
- Helpful information on buying, storing, measuring, and using foods.
- A selection of recipes—main dishes, vegetables, salads, soups, sauces, breads, sandwiches, desserts—plus variations of some of these recipes.
- Menu suggestions.
- A list of cooking terms.

# NUTRITION . . .

## Food At Work For You

Nutrition is the food you eat and how the body uses it.

People differ in how much they want to know about nutrition, but everyone needs to know a few facts about food and health as a basis for selecting the foods to eat.

You need food to get energy for work and play, to move, to breathe, to keep the heart beating—just to be alive. Children and youths need energy from food to support growth.

Food also provides a variety of substances—nutrients—that are essential for the building, the upkeep, and the repair of body tissues, and for the efficient functioning of the body.

Everyone needs the same nutrients throughout life but in different amounts. Proportionately greater amounts are required for the growth of a body than just for its upkeep. Boys and men need more energy and nutrients than girls and women. Large people need more than small people. Active people require more food energy than inactive ones. People recovering from illness need more than healthy people.

Foods vary in the kinds and amounts of nutrients they contain. No one food provides all the nutrients in the amounts required for growth and health. You need a variety of foods each day to help assure getting all the different nutrients.

### A guide to eat by

Nutrition scientists have translated knowledge of the nutrient needs of people and the nutritive values of foods into an easy-to-use guide for food selection.

This Daily Food Guide, on pages 4 and 5, sorts foods into four groups on the basis of their similarity in nutrient content. Each of the broad food groups has a special contribution to make toward an adequate diet.

Here are some of the reasons different food groups are emphasized in the guide and the names of some of the nutrients these foods provide.

Meat, poultry, fish, and eggs from the *meat group* and their alternates—dry beans, dry peas, and nuts—are valued for their protein. This is needed for the growth and repair of body tissues—muscle, organs, blood, skin, and hair. These foods also contribute iron and B-vitamins.

Vegetables and fruits from the *vegetable-fruit group* are valuable sources of vitamins and minerals. In the guide, this group is counted on to supply most of the vitamin C and a large share of the vitamin A value in the diet. Choices are directed toward the citrus fruits and some other foods that are among the better sources of vitamin C; and toward the dark-green and deep-yellow ones for vitamin A value.

Vitamin C is needed for healthy gums and body tissues. Vitamin A is important for growth, normal vision, and a healthy condition of the skin and other body surfaces.

Foods from the *milk group* are relied on to meet most of the calcium needs for the day. Milk is the leading source of the mineral calcium, which is needed for bones and teeth.

Milk also provides protein, riboflavin, vitamin A, and many other nutrients. Cheese and ice cream also supply these nutrients, but in different proportions.

The *bread-cereal group*, with its whole-grain and enriched bread and other cereal products, furnishes protein, iron, several of the B-vitamins, and food energy.

Fats, oils, sugars, and sweets are not emphasized in the guide because they are common in every diet. Some of the fats and oils provide certain of the vitamins, and some furnish essential fatty acids, but the chief nutritional contribution of these foods is energy value.

## How to use the Daily Food Guide

Homemakers who follow the guide will find it flexible enough to use in choosing foods for families.

Food choices within the groups are wide enough to allow for a variety of everyday foods. Meals can be planned to include family favorites, foods in season, and foods to fit the family budget.

The size of servings can be suited to the needs of family members—small servings for children and for those wanting to lose weight; extra large servings (or seconds) for very active adults, teenagers, and those wanting to gain weight. Pregnant and nursing women also need more food.

Foods from the Daily Food Guide can easily fit into the family's pattern of eating. Enough milk is suggested for children to have some at each meal—and for adults at two meals. Milk can be served as a beverage, used in cooking, or poured over cereals or fruit. Some of the milk may be used in the form of cheese and ice cream.

A meat or alternate is usually a part of noon and evening meals, and may be included in breakfast as well. This more than takes care of the minimum servings suggested from the meat group.

# A Daily Food Guide

## MEAT GROUP



### **Foods Included**

Beef; veal; lamb; pork; variety meats, such as liver, heart, kidney.

Poultry and eggs.  
Fish and shellfish.  
As alternates—dry beans, dry peas, lentils, nuts, peanuts, peanut butter.

### **Amounts Recommended**

Choose 2 or more servings every day.

Count as a serving: 2 to 3 ounces of lean cooked meat, poultry, or fish—all without bone; 1 egg;  $\frac{1}{2}$  cup cooked dry beans, dry peas, or lentils; 2 tablespoons peanut butter may replace one-half serving of meat.

## VEGETABLE-FRUIT GROUP

### **Foods Included**

All vegetables and fruits. This guide emphasizes those that are valuable as sources of vitamin C and vitamin A.

#### *Sources of Vitamin C*

Good sources.—Grapefruit or grapefruit juice; orange or orange juice; cantaloup; guava; mango; papaya; raw strawberries; broccoli; brussels sprouts; green pepper; sweet red pepper.

Fair sources.—Honeydew melon; lemon; tangerine or tangerine juice; watermelon; as-

paragus tips; raw cabbage; collards; garden cress; kale; kohlrabi; mustard greens; potatoes and sweetpotatoes cooked in the jacket; spinach; tomatoes or tomato juice; turnip greens.

#### *Sources of Vitamin A*

Dark-green and deep-yellow vegetables and a few fruits, namely: Apricots, broccoli, cantaloup, carrots, chard, collards, cress, kale, mango, persimmon, pumpkin, spinach, sweetpotatoes, turnip greens and other dark-green leaves, winter squash.

### **Amounts Recommended**

Choose 4 or more servings every day, including:

1 serving of a good source of vitamin C or 2 servings of a fair source.

1 serving, at least every other day, of a good source of vitamin A. If the food chosen for vitamin C is also a good source of vitamin A, the additional serving of a vitamin A food may be omitted.

The remaining 1 to 3 or more servings may be of any vegetable or fruit, including those that are valuable for vitamin C and for vitamin A.

Count as 1 serving:  $\frac{1}{2}$  cup of vegetable or fruit; or a portion as ordinarily served, such as 1 medium apple, banana, orange, or potato, half a medium grapefruit or cantaloup, or the juice of 1 lemon.



## MILK GROUP

### **Foods Included**

Milk—fluid whole, evaporated, skim, dry, buttermilk.

Cheese—cottage; cream; Cheddar-type, natural or process.

Ice cream.

### **Amounts Recommended**

Some milk every day for everyone.

Recommended amounts are given below in terms of 8-ounce cups of whole fluid milk:

Children under 9	2 to 3	Adults	2 or more
Children 9 to 12	3 or more	Pregnant women	3 or more
Teen-agers	4 or more	Nursing mothers	4 or more

Part or all of the milk may be fluid skim milk, buttermilk, evaporated milk, or dry milk.

Cheese and ice cream may replace part of the milk. The amount of either it will take to replace a given amount of milk is figured on the basis of calcium content. Common portions of cheese and of ice cream and their milk equivalents in calcium are:

1-inch cube Cheddar-type cheese	= $\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup cottage cheese	= $\frac{1}{8}$ cup milk
2 tablespoons cream cheese	= 1 tablespoon milk
$\frac{1}{2}$ cup ice cream	= $\frac{1}{4}$ cup milk

## BREAD-CEREAL GROUP

### **Foods Included**

All breads and cereals that are whole grain, enriched, or restored; *check labels to be sure.*

Specifically, this group includes: Breads; cooked cereals; ready-to-eat cereals; cornmeal;

crackers; flour; grits; macaroni and spaghetti; noodles; rice; rolled oats; and quick breads and other baked goods if made with whole-grain or enriched flour. Bulgur and parboiled rice and wheat also may be included in this group.

### **Amounts Recommended**

Choose 4 servings or more daily. Or, if no cereals are chosen, have an extra serving of breads or baked goods, which will make at least 5 servings from this group daily.

Count as 1 serving: 1 slice of bread; 1 ounce ready-to-eat cereal;  $\frac{1}{2}$  to  $\frac{3}{4}$  cup cooked cereal, cornmeal, grits, macaroni, noodles, rice, or spaghetti.

## OTHER FOODS

To round out meals and meet energy needs, almost everyone will use some foods not specified in the four food groups. Such foods include: unenriched, refined breads, cereals, flours; sugars; butter, margarine, other fats. These often are ingredients in a recipe or added to other foods during preparation or at the table.

Try to include some vegetable oil among the fats used.



A fruit or juice at breakfast is customary in many families. The additional three or more servings of fruits and vegetables suggested can be divided between the other two meals.

A serving of bread or cereal readily fits into each meal. Cereal includes items such as macaroni, spaghetti, noodles, and rice. Some meals may contain both bread and cereal.

Foods from each group often appear in each meal—but this is not essential. The important thing is that the suggested number of servings from each food group be included sometime during the day.

Many people want and need more food than the minimum servings suggested from the four food groups. To round out meals and satisfy appetites, you can include additional foods from the four groups as well as other foods not listed in these groups.

## **The bonus of breakfast**

Food starts to work for you early in the day when you eat breakfast. It is a research fact that people who eat a good breakfast are more alert and productive in the morning—and more resistant to fatigue through the day—than those who skip breakfast.

After the fast of the night, the body needs to be replenished with food to get the energy and other materials—proteins, minerals, vitamins—required to keep it working efficiently.

And with today's convenience foods, breakfast can be prepared in a matter of minutes.

## **Tips on meal planning**

Keep these points in mind when you plan meals for your family:

- Include a variety of foods each day and from day to day. Introduce a new food from time to time.
- Vary flavors and textures. Contrast strong flavor with mild, sweet with sour. Combine crisp textures with smooth.
- Try to have some meat, poultry, fish, eggs, milk or cheese at each meal.
- Make a collection of nutritious recipes that the family enjoys and serve them often.
- Brighten food with color—a slice of red tomato, a sprig of dark greens, or other garnish.
- Combine different sizes and shapes of food in a meal, when possible.

# NUTRIENTS . . . What They Do and Where They Are Found

Here—for the easy reference and convenience of those who want to know more about nutrition—is a summary of the important nutrients found in food. It tells how these nutrients—proteins, carbohydrates, fats, minerals, vitamins, and water—function in the body, and lists foods that supply appreciable amounts of each of them.

These facts will help you understand why everyone needs a well-chosen variety of foods to be adequately nourished and healthy.

## Proteins

All life requires protein. It is the chief tissue builder; the basic substance of every cell in the body.

Protein is made up of smaller units called amino acids. After foods are eaten, the proteins are broken down—digested—into amino acids which are then rearranged to form the many special and distinct proteins in the body.

The proteins in food are usually made up of 18 or more amino acids. The body can make its own supply of more than half of these. But the others must come readymade from food and are called essential amino acids.

The amino acid makeup of a food protein determines its nutritive value. Proteins that supply all the essential amino acids in about the same proportions needed by the body rate highest in value. Foods that provide good amounts of these top-ranking proteins best meet the body's needs. Generally these are foods of animal origin—meat, fish, poultry, eggs, and milk.

Proteins from cereal grains, vegetables, and fruits do not provide as good an assortment of amino acids as animal proteins do, but they do supply valuable amounts of many amino acids. Proteins from legumes, especially soybeans, chickpeas, and peanuts, are almost as good as proteins from animal sources.

To have your daily meals rank well in protein quality, only a portion of the protein needs to come from animal sources. Combining cereal and vegetable foods with a little meat or other source of animal protein will improve the protein value of the meal. Examples of nourishing combinations are cereal with milk, rice with fish, spaghetti with meat sauce, vegetable stew with meat. Or you could simply have milk as a beverage along with foods of plant origin. *It is a good idea to have some food from animal sources at each meal.*

You need protein all through life for the maintenance and repair of body tissues. Children urgently need protein for normal growth.

Building of cells is only one of the roles of protein in the body. Among other functions, protein helps to—

- Make hemoglobin, the blood protein that carries oxygen to the cells and carries carbon dioxide away from the cells.
- Form antibodies that fight infection.
- Supply energy.

Important amounts of protein are found in meat, poultry, fish, milk, cheese, eggs, dry beans, dry peas, and nuts.

Bread, cereals, vegetables, and fruits contain relatively smaller amounts of protein. However, the quantity of bread—and perhaps of cereal—eaten daily may be large enough to make these foods important sources.

## Carbohydrates

Foods supply carbohydrates chiefly in three forms—starches' sugars, and celluloses (fibrous materials). Starches and sugars are major sources of energy for humans. Celluloses furnish bulk in the diet.

Glucose, commonly called blood sugar, is the form in which starches and sugars are mainly used by cells to furnish energy for body processes and to support activity and growth.

Carbohydrates spare proteins by supplying energy, thereby saving protein for tissue building and repair and for other special jobs. Carbohydrates also help the body use fats efficiently.

Good sources of starch are: grains (such as wheat, oats, corn, and rice), products made from grains (such as flour, macaroni, spaghetti, noodles, grits, breads, and breakfast cereals), potatoes, sweetpotatoes, and dry beans and peas.

Most other vegetables, fruits, and fruit juices contain smaller amounts of carbohydrate. In vegetables this is mainly in the form of starches; in fruits, it is chiefly sugars.

Cane and beet sugars, jellies, jams, candy, and other sweets, honey, molasses, and sirups are concentrated sources of sugar.

Fruits, vegetables, and whole-grain cereals provide bulk or roughage.

## Fats

Fats are concentrated sources of energy. Weight for weight, they give more than twice as much energy, or calories, as either carbohydrates or protein.

Everyone needs some fat. Primarily the fats supply energy, but they also carry the fat-soluble vitamins A, D, E, and K.

Fats also—

- Make up part of the structure of cells.
- Form a protective cushion around vital organs.
- Spare protein for body building and repair by providing energy.
- Supply an essential fatty acid, linoleic acid.

The body does not manufacture linoleic acid so it must be provided by food. It is found in valuable amounts in many oils that come from plants—particularly corn, cottonseed, safflower, sesame, soybean, and wheat germ. These are referred to as “polyunsaturated” fats or oils. Margarine, salad dressings, mayonnaise, and cooking oils are usually made from one or more of these oils. Nuts contain less linoleic acid than most vegetable oils; among the nuts, walnuts rate quite high. Poultry and fish oils have more linoleic acid than other animal fats, which rank fairly low as sources.

*In choosing your daily meals, it is well to keep the total amount of fat at a moderate level and to include some foods that contain polyunsaturated fats.*

In cooking, fats add flavor and variety to many foods. Fats also make foods—and meals—satisfying because fats digest slowly and delay a feeling of hunger.

Common sources of fats are: Butter, margarine, shortening, cooking and salad oils, cream, most cheeses, mayonnaise, salad dressings, nuts, and bacon and other fatty meats. Meats, whole milk, eggs, and chocolate contain some fat naturally. Many popular snacks, baked goods, pastries and other desserts are made with fat or cooked in it.

## Cholesterol

Cholesterol is a fat-like substance made in the body and found in every cell. It is a normal constituent of blood and tissues. In

addition to the cholesterol made in the body, smaller amounts come from food. Cholesterol content of the diet is but one of many factors that influence the cholesterol level in blood.

Cholesterol is found only in foods of animal origin. It is not present in fruits, vegetables, cereal grains, legumes, nuts, or in vegetable oils or other foods coming from plants. Organ meats, such as brains, liver and kidney, and egg yolk contain the largest amounts of any foods. Shellfish supply appreciable quantities. Other foods of animal origin contain smaller quantities.

## Mineral Elements

Many minerals are required by the body. They give strength and rigidity to certain body tissues, and help with numerous vital functions.

More information about some of the minerals follows.

### Calcium

Calcium is the most abundant mineral element in the body. Teamed up with phosphorus, it is largely responsible for the hardness of bones and teeth. About 99 percent of the calcium in the body is found in these two tissues.

The small amount of calcium in other body tissues and fluids aids in the proper functioning of the heart, muscles, and nerves, and helps the blood coagulate during bleeding.

Milk is outstanding as a source of calcium. Appreciable amounts are contributed by cheese (especially the Cheddar-types), ice cream, certain dark-green leafy vegetables (collards, kale, mustard greens, turnip greens), and canned salmon (if the bones are eaten).

### Iodine

People who live away from the seacoast in areas where the soil is low in iodine sometimes fail to get an adequate supply of this mineral. Getting too little iodine can cause goiter, a swelling of the thyroid gland.

Iodized salt and seafoods are reliable sources of iodine. Regular use of iodized salt is the most practical way to assure enough iodine in your diet.

## Iron

Iron is needed by the body in relatively small, but vital amounts. It combines with protein to make hemoglobin, the red substance of blood that carries oxygen from the lungs to body cells and removes carbon dioxide from the cells. Iron also helps the cells obtain energy from food.

Only a few foods contain much iron. Liver is a particularly good source. Lean meats, heart, kidney, shellfish, dry beans, dry peas, dark-green vegetables, dried fruit, egg yolk, and molasses also count as good sources. Whole-grain and enriched bread and cereals contain smaller amounts of iron, but when eaten frequently become important sources.

*Frequent use of foods providing important amounts of iron is particularly encouraged for young children, preteen and teenage girls, and for women of childbearing age.* Research shows these are the groups whose diets are most likely to be short in iron.

## Other essential minerals

Two other minerals with vitally important functions are phosphorus and magnesium. Like calcium, they are found in largest amounts in bones and teeth. Among their other functions, they play an indispensable role in the body's use of food for energy.

Magnesium is found in good amounts in nuts, whole-grain products, dry beans, dry peas, and dark-green vegetables. Phosphorus is found in a variety of foods. If your meals contain foods that provide enough protein and calcium, you very likely will get enough phosphorus as well.

The other 10 or so essential minerals not discussed here that help keep the body functioning in a smooth and orderly fashion will usually be provided in satisfactory amounts by a well-chosen variety of foods as outlined in the Daily Food Guide.

Fluoride—which helps protect teeth from decay—may be an exception. During the years when teeth are being formed, drinking water that contains a proper amount of fluoride (either natural or added) will make teeth more resistant to decay.

## Vitamins

Vitamins play a dynamic rôle in body processes—they take part in the release of energy from foods, promote normal growth of different kinds of tissue, and are essential to the proper functioning of nerves and muscle.

A dozen or more major vitamins that food must provide have been identified. Ordinarily, you can get all the vitamins you need from a well-chosen assortment of everyday foods, such as is suggested in the Daily Food Guide.

Here is a summary of the vitamins—including some of their functions and a list of foods that are dependable sources.

## **Vitamin A**

Vitamin A is needed for normal growth and for normal vision in dim light. It also helps keep the skin and inner linings of the body healthy and resistant to infection.

Vitamin A occurs only in foods of animal origin. However, many vegetables and fruits, particularly the green and yellow ones, contain a substance called carotene that the body can change into vitamin A.

Liver is outstanding for vitamin A. Important amounts are also found in eggs, butter, margarine, whole milk, and cheese made with whole milk. Carotene is found in largest amounts in dark-green and deep-yellow vegetables and in deep-yellow fruits.

## **Vitamin D**

Vitamin D is important in building strong bones and teeth because it enables the body to use the calcium and phosphorus supplied by food.

Few foods contain much vitamin D naturally. Milk with vitamin D added is a practical source. Small amounts of vitamin D are present in egg yolk, butter, liver; larger amounts occur in sardines, salmon, herring, and tuna.

Another source is the vitamin D produced by action of direct sunlight on the skin.

To supplement amounts from sunlight and food, vitamin D preparations may be prescribed by a physician for infants and young children.

## **Ascorbic acid (vitamin C)**

Ascorbic acid helps form and maintain cementing material that holds body cells together and strengthens the walls of blood vessels. It also assists in normal tooth and bone formation and aids in healing wounds.

Citrus fruits—oranges, grapefruit, tangerines, lemons, and their juices—and fresh strawberries are rich in ascorbic acid. Other important sources include tomatoes and tomato juice; broccoli; brussels sprouts; cabbage; green peppers; some dark-

green leafy vegetables such as collards, kale, mustard greens, spinach, turnip greens; potatoes and sweetpotatoes, especially when cooked in the jacket.

## The B vitamins

Three of the B vitamins—thiamin, riboflavin, and niacin—play a central role in the release of energy from food. Among them, they also help with proper functioning of nerves, normal appetite, good digestion, and healthy skin.

Generally, foods in the meat group of the Daily Food Guide are leading sources of these vitamins. Whole-grain and enriched bread and cereals supply smaller but important amounts. A few foods are outstanding sources—milk for riboflavin, lean pork for thiamin, and organ meats for all three.

Getting enough niacin is not a problem if a good amount of protein is included in daily meals. An essential amino acid—tryptophan—present in the protein can be changed by the body into niacin.

Other B vitamins, B<sub>6</sub>—and particularly B<sub>12</sub> and folacin (folic acid)—help prevent anemia. Vitamin B<sub>12</sub> is found only in foods of animal origin. The other two are widely distributed in foods. Folacin occurs in largest amounts in organ meats and dark-green, leafy vegetables. Good sources of vitamin B<sub>6</sub> include meats in general, whole-grain cereals, dry beans, potatoes, and dark-green, leafy vegetables.

## Other vitamins

Combinations of foods that provide sufficiently for the vitamins listed above are likely to furnish enough of the other vitamins not specified.

## Water

Water is essential for life. It ranks next to air, or oxygen, in importance. The body's need for water even exceeds its need for food. You can live for days, even weeks, without food, but only a few days without water.

About one-half to two-thirds of the body is made up of water. Water is the medium of body fluids, secretions, and excretions. It carries food materials from one part of the body to the other.

Also, water is the solvent for all products of digestion. It holds them in solution and permits them to pass through the intestinal wall into the bloodstream for use throughout the body. Water carries wastes from the body as well.

Some other roles of water are to—

- Regulate body temperature by evaporation through the skin and lungs.

- Aid digestion.

- Sustain the health of all cells.

It takes a regular and generous intake of water to perform all these jobs. The body gets water from many sources. The most obvious is the water you drink, but this often represents only a small part of total intake. Water also comes in beverages (coffee, tea, juice, soft drinks, milk) and soups. Foods, such as vegetables, fruits, meat, and even bread and dry cereals, contain some water. And water is formed when the body uses food for energy.

## Food Energy

Supplying enough energy to support the many functions of the body at work and play is one of the chief jobs of food. This energy comes from the fats, carbohydrates, and proteins in the foods you eat. Of the three, fat is the most concentrated source. It furnishes more than twice as much energy for a given weight as protein or carbohydrate.

Alcohol also supplies energy and ranks next to fat as a source—providing about three-fourths as much energy as an equal weight of fat.

Food energy is measured in calories. All foods furnish calories, some much less in a given serving than others. Foods that contain appreciable amounts of water are relatively low in calories because water, which has no calorie value, dilutes the energy-yielding nutrients in these foods. Many fresh fruits and vegetables are in this category. Calories climb, however, when sugar, fat, such as butter or margarine, or a fat-containing food like salad dressing or cream is added to them.

Foods rich in fat, starch, or sugar—and beverages high in alcohol—are high in calories.

When you choose foods that furnish more energy, or calories, than you need, the excess energy is stored in the body as fat. Continued overeating can lead to an unwanted gain in weight. If too little food is eaten to meet energy demands, the body's stored fat serves as an energy source. Weight loss results when there is a shortage of energy from food day after day.

Your weight stays about the same when the energy from food matches the energy needs of the body.

## **Maintaining desirable weight**

It is best to maintain desirable weight for one's height, at all ages, even during childhood. Here are two principles that you can use.

- Reduce food intake as you become less active. Exercise and activity use up energy—or calories. If you cut down activity but not food, you are providing more energy than the body needs.

- Reduce food intake as you—as an adult—get older. As adults grow older, less energy is needed to keep the body functioning.

To reduce food intake without shortchanging the body of essential nutrients, follow the pattern of choices suggested by the Daily Food Guide. Weight watchers need the same types of food for health as everyone else. Crash diets and food fads are not the answer and may be dangerous to health.

Cut down on food, but don't cut out any important kinds of foods.

Snacks are counted as a part of the day's total food. Sensible snacking can help meet nutritional needs, but indiscriminate eating between meals usually leads to more calories than are wanted, less of some nutrients than are needed.

Specific information on weight control is given in Home and Garden Bulletins 74, "Food and Your Weight," and 153, "Calories and Weight: the USDA Pocket Guide." Both contain basic weight-control facts and calorie values of common foods.

# Serving by Serving . . .

## Foods Provide for Daily Needs

Stars on the chart below give a general idea of how servings of familiar foods contribute toward dietary needs—the more stars, the better the food as a source of the nutrient. The percentages given below the chart are based on the National Research Council's recommended dietary allowances for a young man. For some kinds of food, values are for a specific food. For others, values are for a food group; in a varied diet, which is common in this country, group values are likely to average as shown.

Kind of food	Size of serving (ready-to-eat)	Protein	Calcium	Iron	Vitamin A value	B-vitamins		Vitamin C (ascorbic acid)	Food energy (in calories)
						Thiamin	Riboflavin		
Milk, whole fluid----	1 cup	*	****		*	*	**		160
Cheese, process Cheddar	1 ounce	*	***		*		*		105
Meat, poultry, fish (lean)	2 ounces	**		**	*	*	*		145
Eggs-----	1 large	**		*	*		*		80
Dry beans-----	¼ cup	**	**	****		*			230
Peanut butter-----	2 table- spoons	*		*					190
Bread, enriched	2 slices	*		*		*	*		120
Cereal, ready-to-eat	1 ounce			*		*			110
Citrus juice-----	½ cup					*		*****	55
Other fruit, fruit juice	½ cup			*	*			*	65
Tomatoes, tomato juice	½ cup			*	**			***	25
Dark-green and deep-yellow vegetables	½ cup		*	*	*****	*	*	****	45
Potatoes-----	1 medium			*		*		***	80
Other vegetables----	½ cup			*	*			**	45
Butter, margarine	1 table- spoon				*				100
Sugar-----	2 tea- spoons								30
Molasses-----	2 table- spoons		**	****					95

Part of daily need from a serving:  
 \*\*\*\*\*About 50 percent or more.  
 \*\*\*\*About 40 percent.

\*\*\*About 30 percent.  
 \*\*About 20 percent.  
 \*About 10 percent.

# Servings and Pounds

If you are a thrifty food shopper, you learn to buy the kinds and amounts of food that your family will use—with a minimum of waste. To avoid waste and to make the most of your food dollar, you also need to know how many servings you get from a market unit, such as 1 pound of fresh carrots or a 10-ounce package of frozen peaches.

Information in this section can help you decide how much to buy to feed your family.

The amount of meat, poultry, and fish to buy varies with the amount of bone, fat, and breading.

## Meat, poultry, and fish

	<i>Servings per pound</i> <sup>1</sup>
<b>MEAT</b>	
Much bone or gristle.....	1 or 2
Medium amounts of bone.....	2 or 3
Little or no bone.....	3 or 4
<b>POULTRY (READY-TO-COOK)</b>	
Chicken.....	2 or 3
Turkey.....	2 or 3
Duck and goose.....	2
<b>FISH</b>	
Whole.....	1 or 2
Dressed or pan-dressed.....	2 or 3
Portions or steaks.....	3
Fillets.....	3 or 4

<sup>1</sup> Three ounces of cooked lean meat, poultry, or fish per serving.

## Vegetables and fruits

For this table, a serving of vegetable is  $\frac{1}{2}$  cup cooked vegetable unless otherwise noted. A serving of fruit is  $\frac{1}{2}$  cup fruit; 1 medium apple, banana, peach, or pear; or 2 apricots or plums. A serving of

cooked fresh or dried fruit is  $\frac{1}{2}$  cup fruit and liquid.

	<i>Servings per pound</i> <sup>1</sup>
<b>FRESH VEGETABLES</b>	
Asparagus.....	3 or 4
Beans, lima <sup>2</sup> .....	2
Beans, snap.....	5 or 6
Beets, diced <sup>3</sup> .....	3 or 4
Broccoli.....	3 or 4
Brussels sprouts.....	4 or 5
Cabbage:	
Raw, shredded.....	9 or 10
Cooked.....	4 or 5
Carrots:	
Raw, diced or shredded <sup>3</sup> .....	5 or 6
Cooked <sup>3</sup> .....	4
Cauliflower.....	3
Celery:	
Raw, chopped or diced.....	5 or 6
Cooked.....	4
Kale <sup>4</sup> .....	5 or 6
Okra.....	4 or 5
Onions, cooked.....	3 or 4
Parsnips <sup>3</sup> .....	4
Peas <sup>2</sup> .....	2
Potatoes.....	4
Spinach <sup>5</sup> .....	4
Squash, summer.....	3 or 4
Squash, winter.....	2 or 3
Sweetpotatoes.....	3 or 4
Tomatoes, raw, diced or sliced.....	4

<sup>1</sup> As purchased.

<sup>2</sup> Bought in pod.

<sup>3</sup> Bought without tops.

<sup>4</sup> Bought untrimmed.

<sup>5</sup> Bought prepackaged.

	<i>Servings per package (9 or 10 oz.)</i>
<b>FROZEN VEGETABLES</b>	
Asparagus.....	2 or 3
Beans, lima.....	3 or 4
Beans, snap.....	3 or 4
Broccoli.....	3
Brussels sprouts.....	3
Cauliflower.....	3
Corn, whole kernel.....	3
Kale.....	2 or 3
Peas.....	3
Spinach.....	2 or 3

# Smart Buying

## Meat

Your best guides for selecting meat are the U.S. Department of Agriculture grades. Federally graded meats carry a purple grade stamp—a shield enclosing the letters “USDA” and the grade name. These stamps divide the wide range of meat quality into several groups.

Grade stamps appear on most retail beef, veal, calf, lamb, and mutton cuts. Pork is not usually graded. Some meat packers, wholesalers, and retailers use their own brand names to designate the quality levels of their products.

USDA Prime, the top grade, is used largely by hotels and restaurants. USDA Choice and USDA Good are the grades most commonly found in retail markets. USDA Standard and Commercial grades are not often sold at retail.

Another purple stamp that may appear on fresh retail meat cuts is the circular mark of Federal meat inspection (below, left). This shows that meat is inspected and passed for wholesomeness, and that it is processed under strict sanitary conditions. A round mark of Federal meat inspection (below, right) also

	<i>Servings per can (16 oz.)</i>
<b>CANNED VEGETABLES</b>	
Most vegetables.....	3 or 4
Greens, such as kale or spinach.....	2 or 3

	<i>Servings per pound</i>
<b>DRY VEGETABLES</b>	
Dry beans.....	11
Dry peas, lentils.....	10 or 11

	<i>Servings per market unit<sup>1</sup></i>
<b>FRESH FRUIT</b>	
Apples	} ----- 3 or 4 per pound
Bananas	
Peaches	
Pears	
Plums	} ----- 5 or 6 per pound
Apricots	
Cherries, sweet	
Grapes, seedless	
Blueberries	} ----- 4 or 5 per pint
Raspberries	
Strawberries.....	8 or 9 per quart

<sup>1</sup> As purchased.

	<i>Servings per package (10 or 12 oz.)</i>
<b>FROZEN FRUIT</b>	
Blueberries.....	3 or 4
Peaches.....	2 or 3
Raspberries.....	2 or 3
Strawberries.....	2 or 3

	<i>Servings per can (16 oz.)</i>
<b>CANNED FRUIT</b>	
Served with liquid.....	4
Drained.....	2 or 3

	<i>Servings per package (8 oz.)</i>
<b>DRIED FRUIT</b>	
Apples.....	8
Apricots.....	6
Mixed fruits.....	6
Peaches.....	7
Pears.....	4
Prunes.....	4 or 5



USDA meat inspection marks.

appears on processed meat products to show they are made from wholesome meat, are processed under sanitary conditions, and are truthfully labeled. All fresh or processed meat products that are shipped from one State to another must bear a mark of Federal inspection.

Not all meat is federally inspected. Some States and cities have their own regulations for locally produced means. However, under the Wholesome Meat Act of 1967, consumers are assured that all meat is inspected by either the Federal Government or an adequate State system.

### ***Meat and your money***

At the meat counter, consider the amount of cooked lean meat you will get for the money you pay.

The prices for a pound of beef chuck roast, pork rib roast, ground beef, and beef liver may be about the same at your store. In many instances, a pound of these roasts will provide only about half as much cooked lean meat as a pound of ground beef or beef liver. The other half of the pound of roast is bone, excess fat, and drippings.

So it would take twice as many pounds—and twice as much money—to feed your family the roasts as it would the ground beef or liver, even though the price per pound is the same.

### **Poultry**

In retail markets, ready-to-cook poultry is available chilled or frozen, whole or cut up. Processed poultry



**USDA poultry inspection and grademarks.**

products are also on the market in canned, frozen, dehydrated, and other convenient forms.

Look for both the round U.S. Department of Agriculture inspection mark and the shield-shaped grademark on the poultry you buy.

The round USDA inspection mark (above, left) means that poultry and poultry products have been officially inspected for wholesomeness, are truthfully labeled, and are not adulterated. USDA inspection is required in plants that produce poultry products for sale across State lines or in foreign trade.

The shield-shaped grademark (above, right) shows that the poultry has been officially graded for quality. Poultry must be USDA-inspected before it can be federally graded. The U.S. grades for poultry are based on meatiness, freedom from defects, and general appearance. The best grade of poultry is marked "USDA Grade A."

Chicken, turkey, duck, and goose are common forms of poultry. Guinea is available in some markets. The label may suggest suitable cooking methods and indicate the age of the poultry—for chicken: "broiler or fryer," "roaster," "stewing chicken;" for turkey: "fryer-roaster," "young hen," "young tom," "mature turkey."

## **Types of poultry**

Broilers, fryers, roasters, capons, and Rock Cornish game hens are young chickens with tender meat. Stewing chickens, hens, and fowl are mature chickens with less tender meat. Turkeys labeled fryer-roaster or young turkey are young birds with tender meat. Most ducks are marketed young as ducklings—broilers, fryers, and roasters. Most geese and guineas are marketed as young geese and young guineas.

Ready-to-cook chickens are sold chilled or frozen—whole or cut into parts. Most ready-to-cook turkeys are marketed frozen whole, in a wide range of sizes; some are available chilled. Frozen turkey halves, quarters, or parts are sometimes available. Ducks, geese, and guineas—like turkeys—are generally marketed frozen whole. Ducklings are also available as cut-up parts.

Frozen poultry, stuffed and ready for the oven, is available in many markets. Boneless poultry roasts and rolls—so convenient—are also on the market.

## **Fish**

Today there are about 240 commercial species of fish and shellfish marketed in the United States. They may be fresh, frozen, or canned.

Fresh fish are generally available by the pound in these forms—whole, dressed, and in steaks, fillets, and chunks. Most fish dealers will clean, dress, or fillet your fish for you. They can also tell you what fish are in season and what fish are a good buy.

Frozen fish are usually packed during the season when they are plentiful and are held in freezer storage until distributed. This means that you can buy most fish throughout the year. Frozen fish come whole, dressed, and in steaks, fillets, chunks, portions, and sticks.

Canned fish and specialty items containing fish are ready to serve or use as bought. Canned tuna, salmon, mackerel, and Maine sardines are widely available.

## **Market forms**

Familiarize yourself with these market forms of fish:

*Whole.*—Fish marketed just as they come from the water. Ask your dealer to scale, eviscerate, and remove head, tail, and fins.

*Dressed or pan-dressed.*—Fish with scales and entrails removed, and—usually—head, tail, and fins removed. Small fish are called pan-dressed and are ready to cook as purchased. Large dressed fish may be cooked as purchased, but often are filleted or cut into steaks or chunks.

*Steaks.*—Cross-section slices from large dressed fish cut  $\frac{5}{8}$  to 1 inch thick. Steaks can be cooked as purchased.

*Fillets.*—Sides of the fish cut lengthwise away from the backbone. They may be skinned or the skin may be left on. Fillets are ready to cook as purchased.

*Chunks.*—Cross sections of large dressed fish. A cross section of the backbone is the only bone in a chunk. They are ready to cook as purchased.

*Raw breaded fish portions.*—Portions cut from frozen fish blocks, coated with a batter, breaded, packaged, and frozen. Raw breaded fish portions weigh more than 1½ ounces. They are ready to cook as purchased.

*Fried fish portions.*—Portions cut from frozen fish blocks, coated with a batter, breaded, partially cooked, packaged, and frozen. Fried fish portions weigh more than 1½ ounces. They are ready to heat and serve as purchased.

*Fried fish sticks.*—Sticks cut from frozen fish blocks, coated with a batter, breaded, partially cooked, packaged, and frozen. Fried fish sticks weigh up to 1½ ounces. They are ready to heat and serve as purchased.

### **Inspection and grading**

The U.S. Department of Commerce provides an official inspection service that enables you to identify high-quality seafoods. Such products may be identified by the official USDC grade or inspection shields that appear on the label. Fishery products that display these shields have been processed under continuous in-plant inspection and have met definite quality, processing, and packaging requirements.

### **Eggs**

Buy graded eggs in cartons at a store that keeps them in refrigerated cases. Federally graded eggs are identified with a shield-shaped grademark that indicates the quality at the time of grading. If they have been properly handled since grading, there should be little loss in quality.

*Quality.*—U.S. Grade AA (or Fresh Fancy) and Grade A eggs are excellent for all purposes, but are especially good for poaching and frying where the appearance of the finished product is important. Grade B eggs are satisfactory for use in cooked dishes.

The grade of the egg does not affect its food value; lower grades are as high in nutrients as top grades. Buy either white or brown eggs. The color of the shell does not affect the nutritive value or quality of the egg.

*Size.*—Eggs are also classified by size according to weight per dozen. Size is independent of quality; large eggs may be of high or low quality and high-quality eggs may be of any size. Common market sizes of eggs and the minimum weight per dozen:

U.S. Extra Large—27 ounces.

U.S. Large—24 ounces.

U.S. Medium—21 ounces.

U.S. Small—18 ounces.

The substitution of one size egg for another often makes little difference in recipe results. However, in some recipes—for example in sponge and angelfood cakes—the proportion of egg to other ingredients is very important. For these recipes, it may be necessary to increase the number of eggs if you are using a smaller size.

### **Fresh fruits and vegetables**

Fresh fruits and vegetables are usually best in quality and lowest in cost when in season.

Whatever fruit or vegetable you are buying, look first for freshness. Pointers on selecting some fruits and vegetables follow on page 22.

## Fruits

*Apples.*—Good color usually indicates full flavor.

*Bananas.*—Bananas should be firm, fresh in appearance, and unscarred. Yellow or brown-flecked ones are ready for immediate use. Select slightly green-colored bananas for use within a few days.

*Berries.*—Select plump, solid berries with good color. Avoid wet or leaky berries. Blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

*Grapes.*—Grapes should be plump, fresh in appearance, and firmly attached to the stems. Red or black varieties should be well colored for the variety. Most white or green varieties should have a slightly amber tone.

*Melons (except watermelons).*—Ripe cantaloups have a yellowish surface color; honeydews, a creamy color; crenshaws, a golden-yellow color mottled with green; casabas, a yellow color; and persian melons, a dull gray-green color. Ripe melons of these types usually have a fruity aroma and a slight softening at the blossom end. A ripe cantaloup has no stem; other melons may have stems attached.

*Oranges, grapefruit, and lemons.*—Choose those heavy for their size. Smooth, thin skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep-yellow ones.

*Peaches.*—Best quality peaches are fairly firm, not bruised, with yellow or red color over the entire surface.

*Pears.*—Some pears, especially winter varieties, are marketed when slightly underripe and need to be ripened at home—at room temperature. Pears are ripe and ready to eat when they yield slightly to moderate pressure.

*Pineapples.*—Pineapple varieties vary greatly in color. Ripe pineapples have a fragrant, fruity aroma. Usually, the heavier the fruit for its size, the better the quality. Avoid pineapples that have decayed or moldy spots.

*Watermelons.*—Ripe watermelons have a somewhat dull surface and a creamy color underneath. The interior should be fully red and firm, and should have few immature seeds.

## Vegetables

*Asparagus.*—Stalks should be tender and firm; tips should be close and compact. Choose the stalks with little white—they are more tender. Use asparagus promptly—it toughens rapidly.

*Beans, snap.*—Choose slender beans with no large bumps (bumps indicate large seeds). Avoid beans with dry-looking pods.

*Broccoli.*—Look for small flower buds on compactly arranged heads with good green color. Avoid yellowing, soft, or spreading heads.

*Brussels sprouts.*—The heads should be firm with good green color. Yellowing outer leaves and softness indicate aging. Smudgy, dirty spots may indicate insect damage or decay.

*Cabbage*.—Choose heads that are firm and heavy. Outer leaves should be fresh, green, and free from worm-holes.

*Cauliflower*.—Choose heads that are compact, firm, and white or creamy white. Avoid discolored heads and those with soft spots.

*Celery*.—Best-quality celery is fresh and crisp. It is clean and has leaves that appear fresh; stems do not have black or brown discoloration. Avoid pithy, woody, or very stringy celery.

*Corn*.—Good-quality fresh corn has husks that are fresh and green. The ears are well filled with plump, firm, milky kernels. Immature ears of corn have small, undeveloped, watery kernels. Overmature ears have very firm, large, starchy kernels, often indented.

*Cucumbers*.—Choose firm, slender cucumbers for best quality. Avoid yellowed cucumbers and those with withered or shrivelled ends.

*Lettuce (head)*.—Select heads that are green, fresh, crisp, and fairly firm to firm. Head lettuce should be free from rusty appearance and excessive outer leaves.

*Onions (dry)*.—Size and color do not affect flavor or quality of dry onions. Clean, hard, well-shaped onions with dry skins are usually of good quality. Moisture at the neck may be a sign of decay. Mild-flavored onions, which are often large, may be elongated or flat. Stronger-flavored onions are usually medium size and globe shaped.

*Peas and lima beans*.—Select pods that are well filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

*Potatoes*.—Best-quality potatoes are firm, smooth, and well shaped. They are free from cuts, blemishes, and decay. To judge quality more easily, look for potatoes that are reasonably clean. Avoid potatoes with wasteful deep eyes. Potatoes with green skins may be bitter. If you plan to buy a large quantity of potatoes, buy a few first to see if they are the kind you want. Early-crop potatoes, harvested in spring and summer, tend to be less mealy when cooked than those harvested later.

*Root vegetables*.—Choose smooth, firm vegetables. Very large carrots may have woody cores; oversized radishes may be pithy; oversized turnips, beets, and parsnips may be woody. The size and condition of the tops on root vegetables do not necessarily indicate the eating quality.

*Sweetpotatoes*.—Choose sweetpotatoes that are clean, smooth, well shaped, and firm. Damp or soft spots may indicate decay. There are two types of sweetpotatoes. The moist type has soft, moist, orange-colored flesh and bronze or rosy skin. The dry type has firm, dry, somewhat mealy, yellow-colored flesh and yellow or light-brown skin.

*Tomatoes*.—Choose tomatoes that are plump, firm, and uniformly pink, red, or yellow in color. They should be free from growth cracks, scars, and bruises. The best flavored tomatoes are ripened on the vine.

For more information, see Home and Garden Bulletins 141, "How to Buy Fresh Fruits," and 143, "How to Buy Fresh Vegetables."

## Canned and frozen foods

*Canned.*—You may want to choose the highest quality for salads, or for serving “as is.” But second quality may do for combination dishes such as stews, casserole dishes, soups, and fruit puddings, where uniform size, shape, or color is not important.

*Frozen.*—Buy only packages that are frozen solid. Avoid partially thawed packages that feel soft or are stained. Thawing and refreezing lower quality.

## Wise Storing

### Meat, poultry, and fish

All meat should be promptly refrigerated.

The transparent wrap on prepackaged meat, poultry, or fish is designed for refrigerator storage at home for 1 or 2 days.

Meat or poultry wrapped in meat paper when brought from the store—or prepackaged roasts and steaks that may be stored in the refrigerator for 3 to 5 days—should be unwrapped, placed on a platter or tray, and loosely covered before refrigerating. Wrap and store fish separately from other foods. Poultry giblets should also be wrapped and stored separately.

Keep cooked meat, poultry, and fish, and the gravy or broth made from them, in covered containers in the refrigerator. Use within 1 or 2 days.

*Cured and smoked meats*—ham, frankfurters, bacon, sausage—can be stored in their original con-

tainers in the refrigerator. Mild-cured hams are similar to fresh meats in keeping quality. Use whole hams within a week, half hams and slices within 3 to 5 days. For best flavor, use bacon, franks, and smoked sausages within a week.

### Eggs

To help maintain quality, store eggs in the refrigerator promptly after purchase—large end up.

For best flavor and cooking quality, use eggs within 1 week if possible. Eggs held in the refrigerator for a long time may develop off-flavors and lose some thickening and leavening power.

Cover leftover yolks with cold water and refrigerate in a tightly covered container. Refrigerate leftover egg whites, too, in a tightly covered container. Use leftover yolks or whites within 1 or 2 days.

### Fresh fruits and vegetables

Fresh fruits should be ripe when stored in the refrigerator. Some unripe fruits will ripen if left for a time at room temperature—preferably in a cool room between 60° and 70° F.

Keep bananas at room temperature. They will turn dull brown if refrigerated. Sort berries and cherries; then refrigerate, unwashed. Use promptly. Refrigerate ripe pineapples.

Sweet corn keeps best if refrigerated uncovered in husks; use it promptly. Removing tops from carrots, beets, and radishes reduces wilting. Storing potatoes in a cool, dark place prevents greening.

## STORAGE GUIDE FOR FRUITS AND VEGETABLES

**Hold at room temperature until ripe; then refrigerate, uncovered:**

Apples	Grapes	Peaches
Apricots	Melons, except water-	Pears
Avocados	melons	Plums
Berries	Nectarines	Tomatoes
Cherries		

**Store in cool room or refrigerate, uncovered:**

Grapefruit	Limes
Lemons	Oranges

**Store in cool room, away from bright light:**

Onions, mature	Rutabagas	Sweetpotatoes
Potatoes	Squash, winter	

**Refrigerate, covered:**

Asparagus	Cauliflower	Parsnips
Beans, snap or wax	Celery	Peas, shelled
Beets	Corn, husked	Peppers, green
Broccoli	Cucumbers	Radishes
Cabbage	Greens	Squash, summer
Carrots	Onions, green	Turnips

**Refrigerate, uncovered:**

Beans, lima, in pods	Peas, in pods	Watermelons
Corn, in husks	Pineapples	

### Fats and oils

Refrigerate lard, butter, margarine, drippings, and opened containers of cooking and salad oils. You can store most firm vegetable shortenings (those that have been hydrogenated), covered, at room temperature. Refrigerate opened jars of salad dressing; do not freeze.

### Canned, frozen, and dried foods

*Canned foods.*—Store in a dry place at room temperature (not above 70° F.).

*Frozen foods.*—Can be stored in

freezing unit of refrigerator up to 1 week. For longer storage, keep in a freezer at 0° F.

*Dried foods.*—Store *dried fruits* in tightly closed containers at room temperature (not above 70° F.). In warm, humid weather, refrigerate.

Store *nonfat dry milk* in a closed container at a temperature of 75° F., or lower. Because of its higher milkfat content, *dry whole milk* does not keep as well as nonfat dry milk. Keep *dry whole milk* in a tightly closed container in the refrigerator. Refrigerate *reconstituted dry milk* as you would fresh fluid milk.

# Ingredients and Measurements

## About ingredients

Ingredients that may be used in place of other ingredients are listed on the next page.

Recipes in this bulletin were tested with the ingredients listed. Sometimes a choice of ingredients is given in the recipe or under Variations of the recipe.

"Flour" refers to *all-purpose flour, unsifted*. In a few recipes, where "cake flour" is specified it is also unsifted. Recipes in this bulletin are not intended for use with either instantized or self-rising flour.

"Baking powder" refers to *double-acting baking powder* that leavens during mixing and again during baking. Quick-acting baking powder (containing cream of tartar) is single-acting; it can be used most satisfactorily in foods that are mixed and baked immediately. (See One Ingredient For Another, p. 27, for amounts.)

"Fat or oil" refers to any type—butter, margarine, shortening, lard, or any kind of vegetable oil. In recipes specifying a particular type of fat—"butter or margarine," for example—you'll have best results with the fat suggested. Recipes in this bulletin are not intended for use with whipped fats.

## Measuring foods

All measurements given in this bulletin are level.

Frequently used food measurements are given below.

1 tablespoon = 3 teaspoons

1 fluid ounce = 2 tablespoons

$\frac{1}{4}$  cup = 4 tablespoons

$\frac{1}{3}$  cup = 5  $\frac{1}{3}$  tablespoons

$\frac{1}{2}$  cup = 8 tablespoons

$\frac{2}{3}$  cup = 10  $\frac{2}{3}$  tablespoons

$\frac{3}{4}$  cup = 12 tablespoons

1 cup = 16 tablespoons or 8 fluid ounces

1 pint = 2 cups

1 quart = 2 pints or 4 cups

*Part of cup*.—Use tablespoons or small measures— $\frac{1}{2}$ ,  $\frac{1}{3}$ ,  $\frac{1}{4}$  cup—for greater accuracy.

*Brown sugar*.—Pack firmly into cup or spoon and level off top with straight, thin edge of spatula or knife.

*Solid fats*.—Pack fat firmly into cup or smaller measure and level off top with straight, thin edge of spatula or knife.

To measure less than 1 cup, you can also use the water method: Partly fill a cup with cold water, leaving enough space for the amount of fat needed. (To measure  $\frac{1}{4}$  cup of fat, for example, fill cup with water to  $\frac{3}{4}$  mark.) Spoon fat into cup, push under water until water level reaches 1-cup mark. Drain thoroughly before using fat.

For solid fat in sticks or pounds, cut off amount needed. A 1-pound form measures about 2 cups; a  $\frac{1}{4}$ -pound stick of butter or margarine measures  $\frac{1}{2}$  cup.

*Flour.*—Spoon flour lightly into measuring cup until measure is overflowing. Do not shake or tap cup. Level off top with straight, thin edge of spatula or knife.

*Fine meal, fine crumbs.*—Stir lightly with fork or spoon. Measure like flour.

*Baking powder, cornstarch, cream of tartar, spices.*—Dip spoon into

container and bring it up heaping full. Level off top with straight, thin edge of spatula or knife.

*Dry milk.*—Pour dry milk from spout or opening in package, or spoon lightly, into measuring cup until measure is overflowing. Do not shake. Level off top with straight, thin edge of spatula or knife.

## ONE INGREDIENT FOR ANOTHER

<b>For these</b>	<b>You may use these</b>
1 whole egg, for baking or thickening	● 2 egg yolks.
1 cup butter or margarine for baking	● $\frac{3}{4}$ cup vegetable or animal shortening plus $\frac{1}{2}$ teaspoon salt.
1 ounce unsweetened chocolate	● 3 tablespoons cocoa plus 1 tablespoon fat.
1 teaspoon double-acting baking powder	{ ● 2 teaspoons quick-acting baking powder. ● $\frac{1}{2}$ teaspoon baking soda plus $\frac{1}{2}$ cup sour milk or buttermilk instead of $\frac{1}{2}$ cup sweet milk.
1 cup buttermilk or sour milk, for baking	{ ● 1 cup fluid whole milk plus 1 tablespoon vinegar or lemon juice. ● 1 cup fluid whole milk plus $1\frac{1}{2}$ teaspoons cream of tartar.
1 cup fluid whole milk	{ ● $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water. ● 1 cup fluid nonfat dry or skim milk plus $2\frac{1}{2}$ teaspoons butter or margarine.
1 cup fluid skim milk	● 1 cup reconstituted nonfat dry milk.
1 tablespoon flour, for thickening	{ ● $\frac{1}{2}$ tablespoon cornstarch. ● 2 teaspoons quick-cooking tapioca.
1 cup cake flour, for baking	● $\frac{3}{4}$ cup all-purpose flour.

**NOTE:** Seven-eighths cup equals 1 level cup minus 2 tablespoons.

# Main Dishes

Foods that abound in protein—meat, poultry, fish, eggs, and cheese—make satisfying main dishes. Thrifty main dishes often combine these protein-rich foods with vegetables and cereals—beef stew with vegetables or dumplings, chicken with rice, fish with stuffing, cheese with macaroni.

Dry beans and peas are also economical choices for main dishes.

If the main dish is not high in protein, you can supply additional protein with other foods in the meal. If, for example, a pound of meat is to serve eight persons, you might combine it with vegetables or cereal in a casserole or stew, have milk to drink, and serve cheese-topped apple pie for dessert.

## Meat

Meat cooked at low to moderate temperatures is more tender, juicy, and flavorful than meat cooked at high temperatures. There is more meat to serve because there is less shrinkage at low temperatures.

Beef may be cooked rare, medium, or well done. Lamb is enjoyed either medium or well done, but veal and pork are usually cooked well done.

Broiling, pan-frying, and roasting are recommended for tender meats only. Less tender cuts are more satisfactory if braised, pot-roasted, or simmered. For suggested methods for cooking, see guide on page 29.

Frozen meat need not be thawed before cooking, but extra cooking

time will be required if it is not thawed first.

### *Roasting . . . beef, veal, lamb, pork*

Place roast, fat side up, on a rack in a shallow pan. Do not add water; do not cover. Season either before or after cooking.

Check the timetable (p. 30) for approximate roasting times. The quality of the meat, its size and shape, and its temperature at the start of cooking will affect the roasting time. Times given here are for meats at refrigerator temperature. Frozen roasts may take  $1\frac{1}{2}$  to 2 times as long to cook as unfrozen roasts of the same weight and shape.

If you are using a meat thermometer, insert it so the tip is at the center of the thickest part of the roast, and not touching bone or fat.

### *Broiling . . . beef, lamb, cured ham*

Slash fat around edge of meat to prevent curling. Place meat on cold broiler grid.

Broiling temperature can be regulated by the distance meat is placed from heat source and whether the door is open or closed during broiling. Because broilers vary widely, follow the manufacturer's directions. If you like meat well done, place it farther from the heat source than for medium or rare meat—to avoid burning the outside before the center is cooked. Place thicker cuts farther from the heat source than thin ones, for the same reason.

## MEAT COOKING GUIDE

BEEF	VEAL	LAMB	PORK
<b>ROASTING</b>			
Chuck or shoulder Rib Round Rump Sirloin Sirloin tip Tenderloin	Loin Leg Shoulder	Leg Loin Rib Shoulder	Fresh and cured ham Fresh and cured shoulder Loin Spareribs
<b>BROILING</b>			
Patties (ground) Thick steaks: Chuck Club Porterhouse Rib Top round Sirloin T-bone	Liver	Chops Liver Patties (ground)	Bacon Canadian bacon Chops Cured ham slices
<b>PAN-BROILING, PAN-FRYING</b>			
Liver Patties (ground) Thin steaks: Club Cube steaks Porterhouse Rib Round Sirloin T-bone	Cube steaks Liver Patties (ground) Cutlets or round steak Loin and rib chops	Chops Liver Patties (ground)	Bacon Canadian bacon Cured ham slices Liver Thin chops Thin steaks
<b>BRAISING, POT-ROASTING</b>			
Chuck or shoulder Flank Liver Round Rump Shortribs Sirloin tip	Cutlets Loin and rib chops Roasts: Round Rump Shoulder	Breast Neck slices Shanks Shortribs Shoulder cuts	Chops Ham slices Liver Shanks Spareribs Steaks Tenderloin
<b>SIMMERING, STEWING</b>			
Brisket Corned beef Heel of round Neck Shanks Shortribs	Breast Riblets Shanks	Breast Neck slices Shanks	Cured ham Cured shoulder Hocks Shanks Spareribs

## TIMETABLE FOR ROASTING MEATS

Kind and cut of meat	Ready-to-cook weight	Approximate roasting time at 325° F.	Internal temperature of meat when done
<b>BEEF</b>			
Standing ribs:	<i>Pounds</i>	<i>Hours</i>	°F.
Rare .....	6 to 8	2½ to 3	140
Medium .....	6 to 8	3 to 3½	160
Well done .....	6 to 8	3¾ to 5	170
Rolled rump:			
Rare .....	5	2¼	140
Medium .....	5	3	160
Well done .....	5	3¼	170
Sirloin tip:			
Rare .....	3	1½	140
Medium .....	3	2	160
Well done .....	3	2¼	170
<b>VEAL</b>			
Leg .....	5 to 8	2½ to 3½	170
Loin .....	5	3	170
Shoulder .....	6	3½	170
<b>LAMB</b>			
Leg (whole) .....	6 to 7	3¼ to 4	180
Shoulder .....	3 to 6	2¼ to 3¼	180
Rolled shoulder .....	3 to 5	2½ to 3	180
<b>PORK, FRESH</b>			
Loin, center cut .....	3 to 5	2 to 3¼	170
Shoulder, picnic .....	5 to 8	3 to 4	170
Ham, whole .....	12 to 16	5½ to 6	170
Ham, boneless, rolled .....	10 to 14	4¾ to 5½	170
Spareribs .....	3 to 4	2	-----
<b>PORK, CURED</b>			
Cook-before-eating:			
Ham, whole .....	10 to 14	3½ to 4¼	160
Ham, half .....	5 to 7	2 to 2½	160
Picnic shoulder .....	6	3½	170
Fully cooked: <sup>1</sup>			
Ham, whole .....	12 to 16	3½ to 4	140
Ham, half .....	5 to 7	2	140

<sup>1</sup> Can also be served without heating, if desired.

Broil until top side of meat is browned, about half of total cooking time. Season, turn, and brown other side. Use timetable (next page) as a guide to total broiling time. To tell if meat is done, cut into it along bone and observe color.

Use a low temperature for broiling frozen meat, so the surface does not char before the interior thaws

and cooks. Allow 1½ to 2 times as long as specified in the timetable on page 31.

### **Pan broiling . . . beef, lamb, pork**

Choose thin steaks, chops, or ham slices (1 inch thick or less). Or shape meat patties less than an inch thick.

Slash fat around edge of meat to prevent it from curling. Grease pan lightly with fat or rub pan with fat edge of meat.

Cook meat slowly over moderate heat, turning occasionally as necessary. Pour off excess fat as it accumulates. Total cooking time will be 10 to 20 minutes, depending on the degree of doneness desired. Pork chops may take a little longer.

Remove meat from pan, season, and serve.

### **Braising . . . beef, veal, lamb, pork**

Brown meat slowly on all sides in enough added fat to keep meat from sticking. Use a heavy pan.

Meats may be floured or not, as desired, before browning. Floured meats brown better than unfloured meats. Meats that have a considerable amount of fat and that are not floured can be browned without added fat.

Season the meat. If necessary to prevent overbrowning, add a small amount of liquid (about ½ cup for a roast). Many cuts of meat can be braised without added liquid. Steam from meat juices trapped in a covered pan provides enough moisture. Cover pan tightly.

Cook slowly over low heat or in a 350° F. oven until tender, adding more liquid if needed. Use the timetable (p. 32) as a guide to braising time.

**TIMETABLE FOR BROILING MEATS**

Kind and cut of meat	Approximate thickness	Degree of doneness	Approximate total cooking time <sup>1</sup>
	<i>Inches</i>		<i>Minutes</i>
Beef steaks----- (Club, porterhouse, rib, sirloin, T-bone, tenderloin)	1	Rare-----	10 to 15
	1	Medium-----	15 to 20
	1	Well done-----	20 to 30
	1½	Rare-----	15 to 20
	1½	Medium-----	20 to 25
	1½	Well done-----	25 to 40
	2	Rare-----	25 to 35
Hamburgers-----	2	Medium-----	35 to 45
	2	Well done-----	45 to 55
	2	Well done-----	45 to 55
Lamb chops----- (Loin, rib, shoulder)	¾	Rare-----	8
	¾	Medium-----	12
	¾	Well done-----	14
Lamb chops----- (Loin, rib, shoulder)	1	Medium-----	12
	1	Well done-----	14
	1½	Medium-----	18
	1½	Well done-----	22
Cured ham slices----- (Cook-before-eating)	¾	Well done-----	13 to 14
	1	Well done-----	18 to 20

<sup>1</sup> Meat at refrigerator temperature at start of broiling.

## TIMETABLE FOR BRAISING MEATS

Kind and cut of meat	Approximate ready-to-cook weight or thickness	Approximate total cooking time
<b>BEEF</b>		
Pot roast, such as chuck or round.....	3 to 5 pounds.....	<i>Hours</i> 3 to 4
Steak, such as chuck or round.....	1 to 1½ inches.....	2 to 2½
Short ribs.....	2 to 2½ pounds.....	2 to 2½
<b>VEAL</b>		
Chops.....	½ to ¾ inch.....	¾
Shoulder, rolled.....	3 to 5 pounds.....	2 to 2½
<b>LAMB</b>		
Chops.....	½ to ¾ inch.....	½ to ¾
Shanks.....	1 pound each.....	1½ to 2
Shoulder, rolled.....	3 to 5 pounds.....	2 to 2½
<b>PORK</b>		
Chops.....	½ to 1 inch.....	¾ to 1
Spareribs.....	2 to 3 pounds.....	1½ to 2½

### Quick beef pie

*6 servings*

- 1½ pounds ground beef
- 1 medium-size onion, chopped
- ½ teaspoon salt
- 1 can (10½ ounces) condensed tomato soup
- 1 can (16 ounces) cut green beans, drained
- ¼ teaspoon pepper
- 1½ cups seasoned mashed potatoes
- ½ cup shredded Cheddar cheese

Crumble beef into large frypan. Add onion and salt, and cook until browned. Drain off excess fat.

Add soup, green beans, and pepper; simmer 5 minutes. Pour into greased 2-quart casserole.

Drop potatoes in mounds onto hot meat mixture. Sprinkle with cheese. Bake at 350° F. (moderate oven) 20 minutes.

#### **Menu suggestion**

Serve with buttered carrots, stuffed prune salad, and brownies.

### Beef stroganoff

*6 servings*

- ⅓ cup flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 pound sirloin tip steak, cut in very thin strips
- ½ cup finely chopped onion
- ¼ cup fat or oil
- 1 can (10½ ounces) condensed cream of mushroom soup
- 1 can (8 ounces) sliced mushrooms, drained
- 1 cup sour cream
- Cooked rice
- Paprika
- Parsley

Combine flour, salt, and pepper. Coat meat strips with flour mixture. Brown meat in hot fat in a large frypan. Add onion and cook until clear. Drain off excess fat.

Add soup and mushrooms. Simmer, covered, 10 to 15 minutes. Blend in sour cream and remove

from heat. Serve over rice. Sprinkle with paprika and garnish with parsley.

#### **Menu suggestion**

Serve with green beans, cucumber and tomato salad, and have sliced peaches and poundcake for dessert.

### **Luncheon special**

*6 servings*

2 cups medium white sauce (p. 67)  
2 cups shredded Cheddar cheese  
1 package (10 ounces) frozen cut green beans, cooked and drained  
1 can (12 ounces) luncheon meat, cut in thin strips  
1 tablespoon chopped pimiento  
White pepper, as desired  
Toast triangles

To hot white sauce, add remaining ingredients except toast. Cook over low heat 10 minutes, or just until cheese melts and mixture is hot. Serve on toast triangles.

#### **Menu suggestion**

Serve with glazed carrots, fruit salad, and chocolate pudding.

### **Curried meat**

*6 servings*

2 beef bouillon cubes  
1 1/3 cups hot water  
1 1/2 cups sliced celery  
2 tablespoons chopped onion  
3 tablespoons fat or oil  
1 tablespoon cornstarch  
1 teaspoon curry powder  
1/2 teaspoon salt  
3 cups chopped, cooked lamb, pork, or veal

Dissolve bouillon cubes in hot water.

Lightly brown celery and onion in hot fat in a large frypan. Blend in cornstarch and seasonings. Slowly stir in bouillon. Add meat. Cook mixture over moderate heat 15 to 20 minutes, stirring as needed to prevent sticking. Serve on rice.

#### **Menu suggestion**

Serve with italian green beans, citrus fruit salad, and spiced prune cake.

### **Sausage and potatoes au gratin**

*6 servings*

1 can (10 1/2 ounces) condensed cream of mushroom soup  
1/2 cup milk  
1/2 cup finely chopped onion  
1/4 cup chopped green pepper  
1 tablespoon chopped pimiento  
1/2 teaspoon salt  
1/4 teaspoon pepper  
4 cups thinly sliced potatoes  
1 package (8 ounces) precooked small smoked sausages, cut in bite-size pieces  
1 tablespoon butter or margarine  
1/2 cup shredded Cheddar cheese

Combine soup, milk, onion, green pepper, pimiento, salt, and pepper; blend well.

Place half the potatoes in a greased 2-quart casserole. Add half the sausage. Cover with half the soup mixture. Repeat layers. Dot with fat. Cover and bake at 350° F. (moderate oven) about 1 1/4 hours.

Remove cover. Sprinkle with cheese and bake, uncovered, 15 minutes more, or until potatoes are tender.

#### **Menu suggestion**

Serve with brussels sprouts, fruit, and gingerbread.

## Ham patties

6 servings

2 cups ground cooked ham  
1 cup mashed potatoes  
1 tablespoon chopped onion  
¼ teaspoon dry mustard  
¼ teaspoon salt  
1 tablespoon milk  
1 egg, beaten  
½ cup fine dry breadcrumbs  
3 tablespoons fat or oil

Combine ground ham, mashed potatoes, onion, mustard, and ¼ teaspoon salt. Chill about 1 hour. Shape into 12 patties.

Blend milk into beaten egg. Dip patties in egg mixture and then in crumbs.

Fry patties in hot fat until golden brown. Serve with egg sauce (p. 67).

### Menu suggestion

Serve with asparagus, molded fruit salad, cheese biscuits, and peanut butter cookies.

## Braised liver and onions

6 servings

1½ pounds sliced beef liver  
½ cup flour  
2 tablespoons fat or oil  
1½ teaspoons salt  
¼ teaspoon pepper  
1 large onion, sliced  
¼ cup water

Remove skin and large veins from liver. Coat meat with flour. Heat fat in large frypan over moderate heat and brown liver on one side.

Turn liver, sprinkle with seasonings and cover with onions. Add

water and cover pan tightly. Cook over low heat 20 to 30 minutes, or until liver is tender.

### Menu suggestion

Serve with stewed okra and tomatoes, spinach salad, and apple crisp.

## Spaghetti with meat sauce

6 servings

1 pound ground beef  
1 medium-size onion, finely chopped  
1 clove garlic, peeled  
½ teaspoon oregano  
1 teaspoon salt  
¼ teaspoon pepper  
1 can (6 ounces) tomato paste  
¾ cup water  
1 can (15 ounces) spanish-style tomato sauce  
1 bay leaf  
1 tablespoon sugar  
4 cups cooked spaghetti  
½ cup grated Parmesan or Romano cheese

Crumble ground beef into 4-quart saucepan. Add onion, garlic, oregano, salt, and pepper. Heat to brown meat.

Add tomato paste, water, tomato sauce, and bay leaf. Bring to a boil. Then simmer, uncovered, over low heat 45 minutes. Remove garlic. Add sugar and simmer 15 minutes longer.

Place hot spaghetti on a platter. Cover with meat sauce. Sprinkle with cheese.

### Menu suggestion

Serve with tossed green salad and upside-down cake.

## Meat loaf

*6 servings*

- 1½ pounds ground beef
- 3 slices soft white bread, torn into very small pieces
- 1 cup tomato juice or milk
- ½ cup finely chopped onion
- 1 egg, beaten
- 1 teaspoon salt
- ¼ teaspoon pepper

Mix ingredients thoroughly. Press into a 9- by 5- by 3-inch loafpan or shape into loaf.

Bake uncovered at 350° F. (moderate oven) about 1½ hours. Remove from oven and drain off excess fat.

### *Menu suggestion*

Serve with green bean-mushroom casserole, baked potatoes, celery sticks and olives, and orange sherbet.

## Stuffed green peppers

*6 servings*

- 3 large green peppers
- 2 teaspoons salt
- Boiling water
- 1 pound ground beef
- 1½ cups cooked rice
- 2 tablespoons finely chopped celery
- 2 tablespoons finely chopped onion
- ¼ cup chili sauce
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 egg
- 2 tablespoons shredded Cheddar cheese

Halve peppers lengthwise; remove stems, seeds, and membranes. Add 2 teaspoons salt to enough

boiling water to cover peppers; boil peppers 5 minutes. Drain.

Combine other ingredients except cheese; mix well. Fill pepper halves with this mixture and place in ½ inch of hot water in a baking pan.

Bake uncovered at 350° F. (moderate oven) 45 to 55 minutes. Sprinkle cheese over peppers and bake 5 minutes longer, or just until cheese melts.

### *Menu suggestion*

Serve with corn pudding and coleslaw, and have your favorite ice cream for dessert.

## Saucy luncheon meat

*6 servings*

- 2 packages (3 ounces each) cream cheese
- 2 tablespoons milk
- 1 pound bologna or other luncheon meat, finely diced
- ¼ cup finely chopped onion
- 2 tablespoons sliced ripe olives
- 2 teaspoons prepared mustard
- ¾ cup canned condensed cream of mushroom soup
- Biscuits, cooked rice, or noodles

Blend cream cheese with milk in top of double boiler. Add meat, onion, olives, mustard, and soup; mix thoroughly. Heat over simmering water 15 to 20 minutes, stirring occasionally. Serve over biscuits, rice, or noodles.

### *Menu suggestion*

Serve with kale, carrot and pineapple salad, and chocolate chip cookies.

## Beef stew

6 servings

- 1/3 cup flour
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1 1/2 pounds boneless stew beef, cut in 1-inch cubes
- 2 tablespoons fat or oil
- 3 cups water
- 3 medium-size onions, sliced
- 4 medium-size potatoes, cut in 1-inch cubes
- 5 medium-size carrots, quartered
- 1 1/2 cups frozen peas
- 1/4 cup water

Combine flour, salt, and pepper, coat meat with seasoned flour. Save remaining flour. Brown meat in hot fat in a 4-quart saucepan.

Add water and cover tightly. Simmer until meat is tender, about 1 1/2 hours.

Add onions, potatoes, and carrots. Cover and simmer 15 minutes.

Add peas. Cover and simmer until all vegetables are tender.

Blend 1/4 cup water with remaining flour. Add to stew, stirring gently; cook until thickened.

### Variation

*Irish stew.*—Use lean lamb instead of beef. Add 1 turnip, diced, with potatoes and carrots.

### Menu suggestion

Serve with tossed green salad and hot biscuits. Have fruit sherbet and cookies for dessert.

## Poultry

Serve poultry often—it's versatile, flavorful, and economical. You can buy chicken and turkey in convenient sizes—chilled or frozen—any day of the year. And for variety, try duck and goose.

### Preparing poultry

*Ready-to-cook poultry* needs little preparation before cooking. Inspect for pinfeathers. Wash and drain poultry.

Keep *frozen poultry* frozen until time to thaw or cook. Frozen poultry usually is thawed before cooking, but poultry parts or whole poultry frozen without giblets can be cooked without thawing. Cooking time will be longer than for unfrozen poultry. Do not thaw commercially frozen stuffed poultry before cooking.

To thaw poultry in the refrigerator, place frozen poultry on a tray or shallow pan to catch the thawing drip; if unwrapped, cover lightly. Remove giblets from cavity when bird is pliable.

If it is not practical to thaw poultry in the refrigerator, immerse poultry in a watertight wrapper in cold water. Change water often to hasten thawing. Or you can partially thaw poultry in the refrigerator and partially in cold water. It takes 1 to 8 hours to thaw poultry in cold water, or 1 to 3 days in a refrigerator.

Cook poultry promptly after thawing. Stuff poultry just before roasting.

## **Cooking guides**

Most poultry sold whole can be roasted. Stewing chickens and mature turkeys, however, are more tender if braised or stewed. They are good for stews, or to provide cooked meat for casseroles, sandwiches, and salads.

Broiler or fryer chickens can be roasted, ovenbaked, barbecued, or cooked on a rotisserie as well as broiled or fried. Fryer-roaster turkeys weighing 4 or 5 pounds can be roasted whole, or can be cut into parts and fried or broiled.

Rock Cornish game hens can be cooked like broiler or fryer chickens. Small ducks are suitable for broiling or frying; larger ones, for roasting or rotisserie cooking. Geese roast very well.

Roast poultry uncovered for best color and to reduce splitting and shrinkage. Poultry can be roasted with or without stuffing; unstuffed birds take slightly less time to cook. Cook poultry until tender and juicy; do not overcook.

## **Roasting**

Prepare the poultry as directed at left. Stuff the body and neck cavities lightly; allow about  $\frac{1}{2}$  cup of stuffing per pound of ready-to-cook poultry. See stuffing recipe (p. 38). Or if desired, leave poultry unstuffed.

Fold loose neck skin toward back; fasten with a skewer. Turn wingtips back of heavy wingbone to rest against neck skin. Tuck ends of legs under band of skin at tail or fasten legs together close to body.

To roast poultry, place breast side up on a rack in a shallow pan. Do not cover pan and do not add water.

See roasting guide (p. 38) for approximate times for roasting poultry.

A meat thermometer is the best guide to doneness of turkeys. Insert the thermometer into the center of the inner thigh muscle. Make sure it does not touch the bone.

Salt the giblets and neck, seal them in aluminum foil, and roast along with the poultry. Or simmer them in salted water until tender.

You can baste poultry with pan drippings or a little fat if you like.

If poultry browns early in the roasting period, cover the breast and drumsticks lightly with aluminum foil or with a thin cloth moistened with fat. After poultry is partly roasted, cut band of skin that holds legs together.

Use any one or more of the following ways to tell if poultry is done:

- A meat thermometer inserted in the center of the inner thigh muscle of a turkey reaches  $180^{\circ}$  to  $185^{\circ}$  F. If turkey is stuffed, also check stuffing temperature by inserting a thermometer into the body cavity for 5 minutes. Temperature should reach  $165^{\circ}$  F.

- Drumstick feels soft when you press meaty part with protected fingers.

- Drumstick moves up and down easily and leg joint gives readily.

**CAUTION:** Do not partly roast poultry on one day and complete roasting the following day.

## ROASTING GUIDE

Kind of poultry	Ready-to-cook weight <sup>1</sup>	Approximate roasting time at 325° F. for stuffed, poultry <sup>2</sup>	Internal temperature of poultry when done
	<i>Pounds</i>	<i>Hours</i>	° F.
Chickens ..... (Broilers, fryers, or roasters)	1½ to 2½--- 2½ to 4½---	1 to 2----- 2 to 3½-----	} 180 to 185 in center of inner thigh muscle.
Ducks.....	4 to 6-----	2 to 3-----	
Geese.....	6 to 8----- 8 to 12-----	3 to 3½----- 3½ to 4½-----	
Turkeys.....	6 to 8-----	3 to 3½-----	
	8 to 12-----	3½ to 4½-----	
	12 to 16-----	4½ to 5½-----	
	16 to 20----- 20 to 24-----	5½ to 6½----- 6½ to 7-----	

<sup>1</sup> Weight of giblets and neck included.

<sup>2</sup> Unstuffed poultry may take slightly less time than stuffed poultry. Cooking time is based on chilled poultry or poultry that has just been thawed—temperature not above 40° F. Frozen unstuffed poultry will take longer. Do not use this roasting guide for frozen commercially stuffed poultry; follow package directions.

### Stuffing

*About 1 quart*

3 tablespoons butter, margarine, or poultry fat

¾ cup chopped celery

3 tablespoons chopped parsley

2 tablespoons chopped onion

1 quart soft breadcrumbs

½ teaspoon savory seasoning

½ teaspoon salt

Pepper, as desired

Melt fat in heavy pan; add celery, parsley, and onion, and cook a few minutes.

Combine all ingredients. Mix lightly but well.

Use to stuff poultry, or bake in a separate pan during the last hour of cooking.

NOTE: Allow about ½ cup stuffing per pound of ready-to-cook

poultry. This stuffing may be used for baked fish, if desired.

### Variation

*Nut stuffing.*—Omit parsley and savory seasoning and add ½ cup of chopped nutmeats—roasted almonds, pecans, filberts, or cooked chestnuts.

### Braised boneless turkey roast

Place ready-to-cook boneless turkey roast on a rack in a pan; insert a meat thermometer in the center of the roast; cover pan tightly. Braise in an oven at 400° F. (hot) until thermometer registers about 170° F. Or, follow cooking directions on package.

NOTE: A 3-pound boneless turkey roast requires about 1½ hours cooking time. If desired, uncover roast last 20 minutes to brown.

## Broiled chicken

Plump young chicken, about 1½ to 2¼ pounds ready to cook

Melted fat or oil

Salt and pepper, as desired

Prepare chicken for cooking according to directions on page 36.

Split chicken down the back and, if desired, cut into halves through the breastbone. Break joints and cut off wingtips.

Brush chicken on both sides with melted fat and sprinkle with salt and pepper.

Preheat the broiler and grease broiler rack lightly. Place chicken on the rack, skin side down. Place broiler pan at the distance from heat recommended by the range manufacturer.

Broil chicken 20 to 30 minutes on one side or until browned; turn, brush with fat or oil, and broil until done, 15 to 25 minutes longer.

### Menu suggestion

Serve with broccoli, creamed potatoes, and lemon chiffon pie.

## Stewed chicken

Use a plump stewing chicken, 3 to 4 pounds ready to cook. Or, you can stew a broiler-fryer chicken, although the flavor will be somewhat milder.

Prepare chicken for cooking according to the directions on page 36. Leave whole or cut in serving-size pieces.

Place the chicken in a deep pan. Add enough water to half cover a whole chicken or to cover pieces. Season as desired.

Cover pan and cook over low heat until the chicken is tender—2 to 3

hours for a stewing chicken, 45 minutes to 1 hour for a broiler-fryer.

Cook giblets with the chicken or separately.

Serve stewed chicken in gravy made by thickening the broth, or use in any recipe that calls for cooked chicken.

## Fried chicken

Plump young chicken, 1½ to 3 pounds ready to cook

Salt, pepper, flour

Fat or oil

Prepare chicken for cooking according to the directions on page 36. Cut in serving pieces.

Season chicken with salt and pepper and roll in flour.

In a heavy frypan, heat ¼ to ¾ cup fat or oil—just enough to cover bottom of pan. Use moderate heat.

Brown chicken pieces on one side; turn and brown on other side.

Continue to cook slowly, uncovered, until tender. Or, if more convenient, cook in oven at 350° F. (moderate) until tender. Cooking time will be from 30 to 45 minutes.

### Variation

*Oven-fried chicken.*—Prepare the chicken according to directions on page 36. Cut in serving pieces. Preheat oven to 400° F. (hot). Shake or roll chicken pieces in seasoned flour and place in a baking pan containing hot fat (½ inch deep or less). Turn pieces to coat both sides with fat. Cook chicken skin side down for 30 minutes; turn; and cook 20 to 30 minutes longer, or until tender.

### Menu suggestion

Serve with mashed potatoes, carrots, and green salad. For dessert have cherry pie.

### Chicken a la king

6 servings

1 cup frozen green peas  
2 tablespoons finely chopped onion  
1/4 cup chopped green pepper  
1/3 cup boiling water  
2/3 cup flour  
1 cup cold milk  
2 cups chicken broth  
2 teaspoons salt  
Pepper, as desired  
1/2 teaspoon poultry seasoning  
2 cups diced cooked chicken or turkey  
1 can (4 ounces) mushroom stems and pieces, drained and chopped  
1 tablespoon chopped pimiento  
Cooked rice, toast, or biscuits

Cook peas, onion, and green pepper in boiling water in a covered pan 5 minutes. Drain; save the liquid.

Blend flour with milk. Combine vegetable cooking liquid, broth, and seasonings; slowly stir in flour mixture. Bring to a boil, stirring constantly; cook 1 minute.

Add chicken, cooked vegetables, mushrooms, and pimiento. Heat thoroughly and serve on rice, toast, or biscuits.

NOTE: Two chicken bouillon cubes and 2 cups of hot water may be used to make broth. Decrease salt to 1 teaspoon.

### Menu suggestion

Serve with green beans, molded pineapple and carrot salad, and apple crisp.

### Turkey-noodle bake

6 servings

4-ounce package noodles (about 2 cups uncooked)  
1/4 cup flour  
2 cups mushroom liquid and water  
2 chicken bouillon cubes  
1/4 teaspoon salt  
Pepper, as desired  
1/2 teaspoon poultry seasoning  
1 tablespoon chopped pimiento  
4-ounce can mushroom stems and pieces, drained, chopped  
2 cups cooked turkey, cubed  
3/4 cup shredded sharp process cheese  
1/3 cup fine dry breadcrumbs  
1 tablespoon butter or margarine

Cook noodles as directed on package; drain.

In a saucepan, blend flour with a little of the liquid to make a paste. Gradually stir in remaining liquid. Add bouillon cubes and seasonings.

Bring to a boil, stirring constantly. Reduce heat to simmer; cook 1 minute longer, stirring as needed.

Add pimiento and mushrooms to sauce.

In a 2-quart casserole place half the noodles and half the turkey in layers. Cover with half the sauce. Repeat layers.

Top with cheese; sprinkle with breadcrumbs; dot with fat.

Bake, uncovered, at 350° F. (moderate oven) 30 to 40 minutes or until bubbly and browned.

### Variation

*Chicken-noodle bake.*—Use chicken instead of turkey, and chicken broth instead of water and bouillon cubes.

### **Menu suggestion**

Serve with buttered beets, coleslaw, and have ice cream for dessert.

### **Chicken pie**

*6 servings, 9- or 10-inch pie*

#### **Filling**

3 tablespoons chicken fat, butter, or margarine  
1/4 cup flour  
1 1/4 cups chicken broth  
1 cup milk  
1 1/2 teaspoons salt  
1/8 teaspoon pepper  
1/4 teaspoon poultry seasoning, if desired  
2 cups cooked chicken, diced  
1 2/3 cups cooked peas and carrots

#### **Pastry for top crust**

1 cup flour  
3/4 teaspoon baking powder  
1/2 teaspoon salt  
1/3 cup shortening  
2 1/2 to 3 tablespoons water

Melt fat for the filling in a saucepan; blend in flour. Add broth, milk, and seasonings. Cook, stirring constantly, until thickened.

Add chicken and vegetables; heat thoroughly.

For the pastry, mix flour, with baking powder and salt.

Mix in fat until mixture is crumbly. Add a little water at a time, blending lightly.

Dough should be just moist enough to cling together when pressed into a ball.

Roll dough on a lightly floured surface; shape to fit top of 9- or 10-inch piepan. Make a few small slits near center.

Pour filling into piepan; top with pastry. Turn under pastry edges and press firmly to pan.

Bake at 400° F. (hot oven) 30 minutes, or until browned.

#### **Variation**

*Turkey pie.*—Use turkey broth and cooked turkey in place of chicken broth and cooked chicken.

#### **Menu suggestion**

Serve with sliced tomatoes and celery strips and have spicy fruit for dessert.

### **Braised chicken with vegetables**

*6 servings*

1/2 cup flour  
1 teaspoon salt  
1/4 teaspoon pepper  
3-pound ready-to-cook broiler-fryer chicken, cut up  
3 tablespoons fat or oil  
3/4 cup hot water  
1/2 teaspoon salt  
1 1/2 cups sliced carrots  
3 cups sliced celery  
3/4 cup finely chopped onion  
3/4 cup chopped green pepper

Combine flour, 1 teaspoon salt, and pepper; coat chicken pieces with mixture. Brown chicken in hot fat in large frypan. Drain excess fat from pan. Add water and 1/2 teaspoon salt. Cover tightly and simmer 45 minutes to 1 hour, or until chicken is almost tender.

Add vegetables and cook 20 to 30 minutes longer, or until vegetables are tender.

#### **Menu suggestion**

Serve with rice, lettuce and tomato salad, and fruit for dessert.

## Homemade noodles with chicken

6 servings

1 cup flour  
1 egg or ¼ cup egg yolks (3 or 4 yolks), slightly beaten  
1 tablespoon half-and-half or table cream  
1½ teaspoons salt  
¾ teaspoon poultry seasoning  
Pepper, as desired  
5 cups chicken broth  
3 cups cubed cooked chicken (p. 39)  
Paprika  
Parsley

Combine first three ingredients thoroughly and form into a ball. Do not knead. Divide into two parts. Roll each part on lightly floured surface until paper thin. Allow dough to dry 5 to 10 minutes.

With a thin sharp knife, cut dough into strips of desired width and length.

Add seasonings to broth; bring to a boil. Add noodles and boil 9 to 12 minutes, or until tender. Add chicken and continue cooking only until chicken is hot. Sprinkle with paprika and garnish with parsley.

**NOTE:** One chicken bouillon cube and 1 cup of water may be used for each cup of broth; decrease salt to taste.

### Timesaver

Use 1½ cups uncooked packaged noodles instead of making noodles.

### Menu suggestion

Serve with broccoli, tossed vegetable salad, and brownies.

## Fish

Fish may be cooked by any of the basic methods with excellent results. Fish should not be overcooked; cook only until it flakes easily when tested with a fork. This will leave the fish moist and tender and will bring out its flavor.

### Pan-fried fish fillets or steaks

6 servings

2 pounds fish fillets or steaks, fresh or frozen  
¼ cup milk  
1 egg, beaten  
1 teaspoon salt  
Pepper, as desired  
1½ cups fine dry bread, cereal, or cracker crumbs  
Fat or oil

Thaw frozen fish. Cut fish into 6 portions.

Combine milk, egg, salt, and pepper. Dip fish in milk mixture and roll in crumbs.

Place fish in a single layer in hot fat in a 10-inch frypan. Fry over moderate heat 4 to 5 minutes, or until brown. Turn carefully. Fry 4 to 5 minutes longer, or until fish are brown and flake easily when tested with a fork. Drain on absorbent paper.

### Variation

*Deep-fat fried fish fillets or steaks.*—Prepare fish as for pan-fried fish. Fill fry kettle one-third full of fat; heat to 350° F.

Place fish in a single layer in a fry basket. Fry 3 to 5 minutes, or until fish are brown and flake easily when tested with a fork. Drain on absorbent paper.

## TIMETABLE FOR COOKING FISH

Cooking method and market form	Approximate ready-to-cook weight or thickness	Cooking temperature	Approximate cooking time in minutes
<b>BAKING</b>			
Dressed.....	3 pounds.....	350° F.	45 to 60
Pan-dressed.....	3 pounds.....	350° F.	25 to 30
Fillets or steaks.....	2 pounds.....	350° F.	20 to 25
Portions.....	2 pounds.....	400° F.	15 to 20
Sticks.....	2¼ pounds.....	400° F.	15 to 20
<b>BROILING</b>			
Pan-dressed.....	3 pounds.....		10 to 16 <sup>1</sup>
Fillets or steaks.....	½ to 1 inch.....		10 to 15
Portions.....	¾ to ½ inch.....		10 to 15
Sticks.....	¾ to ½ inch.....		10 to 15
<b>CHARCOAL BROILING</b>			
Pan-dressed.....	3 pounds.....	Moderate.....	10 to 16 <sup>1</sup>
Fillets or steaks.....	½ to 1 inch.....	Moderate.....	10 to 16 <sup>1</sup>
Portions.....	¾ to ½ inch.....	Moderate.....	8 to 10 <sup>1</sup>
Sticks.....	¾ to ½ inch.....	Moderate.....	8 to 10 <sup>1</sup>
<b>DEEP-FAT FRYING</b>			
Pan-dressed.....	3 pounds.....	350° F.	3 to 5
Fillets or steaks.....	½ to 1 inch.....	350° F.	3 to 5
Portions.....	¾ to ½ inch.....	350° F.	3 to 5
Sticks.....	¾ to ½ inch.....	350° F.	3 to 5
<b>OVEN-FRYING</b>			
Pan-dressed.....	3 pounds.....	500° F.	15 to 20
Fillets or steaks.....	½ to 1 inch.....	500° F.	10 to 15
<b>PAN-FRYING</b>			
Pan-dressed.....	3 pounds.....	Moderate.....	8 to 10 <sup>1</sup>
Fillets or steaks.....	½ to 1 inch.....	Moderate.....	8 to 10 <sup>1</sup>
Portions.....	¾ to ½ inch.....	Moderate.....	8 to 10 <sup>1</sup>
Sticks.....	¾ to ½ inch.....	Moderate.....	8 to 10 <sup>1</sup>
<b>POACHING</b>			
Fillets or steaks.....	2 pounds.....	Simmer.....	5 to 10
<b>STEAMING</b>			
Fillets or steaks.....	2 pounds.....	Boil.....	5 to 10

<sup>1</sup> Turn once.

### **Menu suggestion**

Serve with tartar sauce, baked potatoes, snap beans, tossed green salad, and upside-down cake.

### **Salmon loaf**

*6 servings*

- 1 can (16 ounces) salmon
- ½ cup milk
- 3 cups soft breadcrumbs
- ¼ cup butter or margarine, melted
- ⅓ cup salmon liquid
- 3 egg yolks, beaten
- 2 tablespoons finely chopped green pepper
- 2 tablespoons finely chopped onion
- 1 tablespoon lemon juice
- ⅛ teaspoon pepper
- 3 egg whites, stiffly beaten

Drain salmon; save the liquid. Flake salmon.

Heat milk. Add breadcrumbs and butter or margarine and let stand 5 minutes. Add salmon liquid and beat until smooth. Add egg yolks, green pepper, onion, lemon juice, pepper, and salmon; mix well. Fold in egg whites. Pour into a well-greased 1½-quart loafpan.

Bake at 350° F. (moderate oven) 40 to 50 minutes, or until firm in center. Remove from oven and let stand 5 minutes. Loosen from sides of pan with a spatula and invert on a serving platter. Serve plain or with a sauce.

### **Menu suggestion**

Serve with onion or pea sauce, scalloped potatoes, lettuce salad, and apple crisp.

### **Broiled pan-dressed fish**

*6 servings*

- 3 pounds pan-dressed fish, fresh or frozen
- ¼ cup melted fat or oil
- ¼ cup lemon juice
- 1½ teaspoons salt
- ¾ teaspoon paprika
- Pepper, as desired

Thaw frozen fish. Clean, wash, and dry fish.

Combine fat and seasonings. Place fish on well-greased broiler pan. Brush fish inside and out with seasoned fat.

Broil about 4 inches from heat 5 to 8 minutes. Turn fish carefully and brush on remaining fat. Broil 5 to 8 minutes longer, or until fish flake easily when tested with a fork.

### **Menu suggestion**

Serve with fried potatoes, spinach, grapefruit salad, and gingerbread.

### **Baked fish fillets or steaks**

*6 servings*

- 2 pounds fish fillets or steaks, fresh or frozen
- 2 tablespoons melted fat or oil
- 2 tablespoons lemon juice
- 1 teaspoon salt
- ½ teaspoon paprika
- Pepper, as desired

Thaw frozen fish. Cut into 6 portions.

Place fish in a single layer, skin side down, in a well-greased baking dish. Combine remaining ingredients and pour over fish.

Bake at 350° F. (moderate oven) 20 to 25 minutes, or until fish flake easily when tested with a fork.

### **Menu suggestion**

Serve with french-fried potatoes, cabbage, molded vegetable salad, and lemon chiffon pie.

### **Oven-fried fish fillets or steaks**

*6 servings*

- 2 pounds fish fillets or steaks, fresh or frozen
- ½ cup milk
- 1 teaspoon salt
- 1½ cups cereal crumbs or toasted fine dry breadcrumbs
- ¼ cup melted fat or oil

Thaw frozen fish. Cut into 6 portions.

Combine milk and salt. Dip fish in milk and roll in crumbs. Place fish in a single layer, skin side down, on a well-greased baking pan. Pour fat over fish.

Bake at 500° F. (extremely hot oven) 10 to 15 minutes, or until fish are brown and flake easily when tested with a fork.

### **Menu suggestion**

Serve with broccoli, potatoes with cheese sauce, lettuce salad, and peach crisp.

### **Baked stuffed fish**

*6 servings*

- 1 dressed fish (3 pounds), fresh or frozen
- Salt and pepper, as desired
- 3 cups stuffing (p. 38)
- 2 tablespoons melted fat or oil

Thaw frozen fish. Clean, wash, and dry fish.

Sprinkle inside with salt and pepper. Place fish on a well-greased 18- by 13-inch bake-and-serve platter. Stuff fish loosely. Brush fish with fat.

Bake at 350° F. (moderate oven) 45 to 60 minutes, or until the fish flakes easily when tested with a fork.

NOTE: Fish may be baked without stuffing.

### **Menu suggestion**

Serve with broiled tomatoes, peas and celery, coleslaw, and fruit pie.

### **Topsy turvy tuna pie**

*6 servings*

- 1 can (6½ or 7 ounces) tuna
- 2 tablespoons chopped onion
- 1 tablespoon tuna oil
- 1 can (10½ ounces) condensed cream of mushroom soup
- 2 eggs, beaten
- ½ cup soft breadcrumbs
- 6 thin slices lemon or orange
- 1 package (12 ounces) cornbread or corn muffin mix

Drain tuna; save oil. Flake tuna. Cook onion in oil until tender. Add soup, eggs, breadcrumbs, and tuna; mix well. Arrange lemon or orange slices on the bottom of a well-greased 10-inch piepan. Pour tuna mixture over fruit slices.

Prepare cornbread mix as directed on package. Spread batter over tuna mixture.

Bake at 400° F. (hot oven) 25 to 30 minutes, or until brown. Remove from oven and let stand 5 minutes. Loosen from sides of pan with a spatula and invert on a serving plate.

### **Menu suggestion**

Serve with stewed okra and tomatoes, celery sticks, brownies, and fruit.

### **Sardine puff**

*6 servings*

- 2 cans (3 $\frac{3}{4}$  or 4 ounces each) Maine sardines
- 8 slices white bread
- 1 $\frac{1}{2}$  tablespoons butter or margarine
- $\frac{1}{4}$  cup chopped green pepper
- $\frac{3}{4}$  cup shredded sharp natural Cheddar cheese
- 3 eggs
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon dry mustard
- Pepper, as desired
- 2 cups milk
- Paprika

Drain sardines and cut into thirds.

Remove crusts from bread, spread with butter or margarine, and cut bread into  $\frac{1}{2}$ -inch cubes. Place half the bread cubes in a well-greased 12- by 8- by 2-inch baking dish. Cover with sardines, green pepper, and half the cheese. Top with remaining bread cubes and cheese.

Beat eggs, salt, mustard, and pepper. Add milk and mix well. Pour over bread and sprinkle with paprika.

Bake at 350° F. (moderate oven) 45 to 50 minutes, or until firm in the center. Remove from oven and let stand 5 minutes before serving.

### **Menu suggestion**

Serve with green peas, a relish plate, and orange bavarian cream.

## **Eggs, cheese, dry beans**

Main dishes made with eggs, cheese, or dry beans are economical choices for family meals.

### **Cooking eggs**

For best eating quality, eggs should be cooked with low to moderate heat, for just the right amount of time. If cooking temperature is too high or the egg is cooked too long, the white becomes tough and the yolk mealy.

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### **Caution on Use of Cracked or Soiled Eggs**

Cracked or soiled eggs may contain bacteria that can produce food poisoning. For your protection, use cracked or soiled eggs only when they are thoroughly cooked or when the foods in which they are an ingredient are thoroughly cooked.

In this publication, a warning note is given with each recipe in which cracked or soiled eggs should not be used.

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### **Scrambled eggs**

Break eggs into a bowl. Add milk as follows: For creamy scrambled eggs, add 1 tablespoon milk for each egg; for dry scrambled eggs, add  $\frac{1}{2}$  tablespoon milk for each egg. For a product with uniform yellow color, beat mixture enough to blend yolks and whites thoroughly. If you prefer scrambled eggs with flecks of yellow and white, beat only slightly. Season with salt and pepper.

Pour the mixture into a heated frypan in which a little fat has been melted. Cook slowly, stirring occasionally to let the uncooked portion flow to the bottom. Cook until the mixture is set, but still moist.

Or, if preferred, use a double boiler. Melt a little fat in the top part, pour in the egg mixture, place over simmering water in the bottom of the boiler, and cook as above.

*NOTE: For this recipe, use only clean eggs with no cracks in shells.*

### **Variation**

Before cooking the mixture, add herbs, chopped onion, shredded cheese, or small pieces of cooked bacon or ham.

### **Eggs cooked in shell**

Put eggs in a pan; cover them completely with cold water.

*For soft-cooked eggs*, heat water slowly to simmering. Cover pan and remove from heat. Let stand 3 to 5 minutes; allow the longer time for a larger number of eggs or for a firmer consistency.

*NOTE: For this recipe, use only clean eggs with no cracks in shells.*

*For hard-cooked eggs*, bring water to simmering and simmer 20 to 25 minutes. Do not let the water boil. Serve the eggs hot or plunge them at once into cold running water and leave until cold.

*NOTE:* The green discoloration that sometimes appears between the white and the yolk of a hard-cooked egg results from a chemical reaction, which is harmless. To help

prevent this discoloration, cook eggs at low temperature, avoid overcooking, and cool promptly.

### **Fried eggs**

Heat a small amount of fat in a frypan. Bacon or ham drippings may be used for flavor. Break eggs, one at a time, into a saucer, and slip them into the fat. Sprinkle with salt and pepper. Cook over low heat, basting with the fat, until whites are firm.

Or, if you prefer eggs with less fat, use this "fry-poach" method. Melt a little fat in a frypan over low heat—just enough to grease the bottom. Add eggs one at a time, pour in 2 or 3 tablespoons of water, cover pan tightly, and steam until eggs are done. Season before serving.

*NOTE: For this recipe, use only clean eggs with no cracks in shells.*

### **French toast**

*6 servings*

4 eggs, beaten

$\frac{2}{3}$  cup milk

$\frac{1}{4}$  teaspoon salt

12 slices white bread

2 tablespoons fat or oil

Combine eggs, milk, and salt. Dip each side of bread in egg mixture.

Brown on both sides in fat on a hot griddle—3 to 4 minutes on each side. Serve immediately.

*NOTE: For this recipe, use only clean eggs with no cracks in shells.*

### **Variation**

Add  $\frac{1}{2}$  teaspoon cinnamon or nutmeg to egg mixture before dipping bread.

## Plain or french omelet

6 servings

6 eggs

$\frac{3}{4}$  teaspoon salt

Pepper, as desired

6 tablespoons milk

3 tablespoons butter or margarine

Beat eggs until yolks and whites are well mixed.

Add salt, pepper, and milk.

Melt the fat in a large frypan and pour in the egg mixture.

Cook over moderate heat. As the omelet cooks, lift edges toward center and tip pan so that the uncooked mixture flows under the cooked portion. Continue cooking until bottom is light brown.

Fold one half of the omelet over the other half and serve at once.

NOTE: *For this recipe, use only clean eggs with no cracks in shells.*

### Variations

Spread tart jelly or browned mushrooms on half the omelet just before folding.

Sprinkle top of the omelet with shredded cheese, your favorite herbs, or bits of crisp bacon or ham.

## Poached eggs

Break eggs into a saucer or custard cup, one at a time, then slip them into gently boiling, salted water—enough water to cover the eggs in a shallow pan.

Reheat water to simmering, take pan from heat, cover. Let stand 5 minutes, or until eggs are of desired firmness. Remove eggs from water and sprinkle with salt and pepper.

NOTE: *For this recipe, use only clean eggs with no cracks in shells.*

## Poached eggs supreme

6 servings

1 can (10 $\frac{1}{2}$  ounces) condensed Cheddar cheese soup

2 tablespoons chopped green pepper

$\frac{1}{4}$  cup process sharp Cheddar cheese spread

6 slices toast

6 eggs

Combine soup and green pepper; heat. Spread cheese on toast. Poach eggs until firm (p. 48). Place eggs on toast and cover with hot soup mixture. Serve immediately.

NOTE: *For this recipe, use only clean eggs with no cracks in shells.*

### Menu suggestion

Serve with green beans, fruit salad, and oatmeal cookies.

## Deviled eggs

6 servings

6 eggs

$\frac{1}{4}$  cup mayonnaise

1 teaspoon prepared mustard

$\frac{1}{2}$  teaspoon vinegar

$\frac{1}{4}$  teaspoon salt

White pepper, as desired

Paprika

Hard-cook eggs as directed on page 47. Cool eggs under cold running water 5 to 10 minutes. Peel shells from eggs. Cut eggs in half lengthwise. Mash yolks with remaining ingredients except paprika until mixture is smooth. Fill whites with this mixture; sprinkle with paprika.

### Variation

*Ham-deviled eggs.*—Omit salt. Add 1 can (2 $\frac{1}{4}$  ounces) deviled ham to yolk mixture.

## Baked eggs in hash nests

6 servings

- 1 can (24 ounces) corned beef hash
- 6 eggs
- 2 tablespoons fine dry breadcrumbs, if desired
- Salt and pepper, as desired
- 1 tablespoon butter or margarine

Spread hash evenly in a 10½- by 7- by 2-inch baking pan. Form six depressions by pressing the bottom of a ½-cup measure into the hash.

Break an egg into each depression. Sprinkle each egg with breadcrumbs, if desired. Sprinkle with salt and pepper; dot with fat.

Bake at 325° F. (slow oven) 20 to 25 minutes, or until eggs are as firm as desired.

*NOTE: For this recipe, use only clean eggs with no cracks in shells.*

### Menu suggestion

Serve with mixed vegetables, lettuce wedges, and brownies.

### Cooking cheese

Cheese, like eggs, should be cooked at low temperatures and never overcooked.

Melt cheese over simmering water, or add it to a hot mixture. Add cheese to a sauce after the sauce is cooked and heat only long enough to melt the cheese. Add cheese to an omelet just before folding.

Bake casseroles containing cheese at low to moderate temperatures. To keep cheese toppings from

toughening or hardening, cover the cheese with crumbs or add cheese just a few minutes before the casserole comes out of the oven.

Cheese blends more readily with other ingredients and melts more quickly if you shred or dice it first.

## Spanish rice with cheese

6 servings

- 3 slices bacon
- 1 small onion, finely chopped
- ¼ cup chopped green pepper
- ¼ cup chopped celery
- 1 cup water
- ½ teaspoon salt
- ¾ cup packaged precooked rice
- 2 cups cooked or canned tomatoes
- 1 teaspoon sugar
- ¼ teaspoon worcestershire sauce
- 1 cup shredded Cheddar cheese

Fry bacon in a heavy 2-quart saucepan. Drain bacon on paper. In 1 tablespoon bacon drippings, lightly brown onion, green pepper, and celery.

Add water and salt; bring to a boil. Stir in rice, tomatoes, sugar, and worcestershire sauce. Simmer until rice is just tender, stirring occasionally.

Crumble bacon and stir into rice mixture. Sprinkle cheese over top. Cover and continue cooking over very low heat until cheese is melted, about 5 minutes.

### Menu suggestion

Serve with kale, fruit salad, and ice cream.

## Pizza

2 pizzas, 14 inches in diameter

- 1 yeast roll recipe (p. 69)
- 4 cups shredded cheese (Mozzarella, Muenster, Colby, or process Swiss or Cheddar)
- 2 cans (8 ounces each) spanish-style tomato sauce
- 1/2 teaspoon oregano
- 1/2 cup grated Parmesan cheese

Preheat oven with oven regulator set at broil; leave oven door closed.

Prepare roll dough as directed in recipe, but do not allow to rise. Divide dough into two equal portions; form each into a ball. On a floured surface, roll out each ball of dough into a 14-inch circle. Place on lightly greased pizza pans or baking sheets, turning up edges of dough slightly to form rim.

Sprinkle each pizza with 2 cups shredded cheese. Combine tomato sauce and oregano; spread half the mixture over each pizza. Sprinkle half the Parmesan cheese over each pizza.

Place pizzas in preheated oven and turn oven regulator to 525° F. (extremely hot). Bake 20 to 25 minutes, or until crust is crisp.

NOTE: Any of toppings below may be added before Parmesan cheese. Amounts are for 1 pizza:

- 1 can (8 ounces) sliced mushrooms, drained
- 3/4 pound ground beef, browned and drained
- 1/4 pound pepperoni, thinly sliced
- 3/4 pound fresh pork sausage, browned and drained

### Menu suggestion

Serve with mixed vegetable salad and fruit for dessert.

## Macaroni with cheese sauce

6 servings

- 1/4 cup butter or margarine
- 1/4 cup flour
- 1/2 teaspoon salt
- 2 cups milk
- 1/2 teaspoon mustard
- 1 1/2 cups cut-up process Cheddar cheese
- 3 cups cooked macaroni

Melt fat and mix in flour and salt. Add milk slowly, stirring constantly, until sauce starts to boil. Lower heat and cook 3 minutes, or until thick.

Add mustard and cheese. Stir over low heat until cheese softens.

Mix in cooked macaroni and heat through.

### Menu suggestion

Serve with broiled tomatoes, asparagus, lettuce, and apple crisp.

## Baked cheese fondue

6 servings

- 12 slices white bread
- 3/4 pound process Cheddar cheese, thinly sliced
- 3 eggs, beaten
- 3 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Sage, as desired
- 1 tablespoon butter or margarine

Grease an 8- by 12- by 2-inch baking dish. Trim crusts from bread. Lay 6 slices in dish; cover with cheese. Top with remaining bread. Combine eggs and milk. Add seasonings and pour over bread. Dot with fat.

Bake at 350° F. (moderate oven) 45 minutes to 1 hour, or until set.

### Variation

Place a layer of  $\frac{3}{4}$  cup ground cooked ham on top of cheese before topping with bread.

### Menu suggestion

Serve with peas, coleslaw, and apple pie.

### Cooking dry beans

Dry beans need soaking before cooking. Use  $2\frac{1}{2}$  cups water for 1 cup of blackeye beans (blackeye peas, cowpeas), Great Northern beans, and lima beans. Use 3 cups water for 1 cup of kidney beans, pea (navy) beans, and pinto beans.

To soak them quickly, boil beans 2 minutes, remove from heat, and let stand 1 hour. Or if you prefer, boil beans 2 minutes and let them stand overnight.

Cook the beans in the soaking water. Add 1 teaspoon salt for 1 cup of beans; boil gently for the time given below. One cup of uncooked beans yields about  $2\frac{1}{2}$  cups cooked beans.

<i>Kind of beans</i>	<i>Approximate cooking time (hours)</i>
Blackeye (blackeye peas, cowpeas).....	$\frac{1}{2}$
Great Northern.....	1 to $1\frac{1}{2}$
Kidney.....	2
Lima.....	1
Pea (navy).....	$1\frac{1}{2}$ to 2
Pinto.....	2

Dry beans will cook more quickly if you add baking soda to the water before soaking. If tap water is of medium hardness, adding  $\frac{1}{8}$  teaspoon soda to the water for each cup of dry beans reduces cooking time about one-fourth. Measure soda exactly; too much soda affects flavor and nutritive value of beans.

To reduce foaming when cooking dry beans, add 1 tablespoon meat drippings or other fat to the cooking water for each cup of beans.

Cooked dry beans may be seasoned and eaten without further cooking, or they may be baked, or combined with other foods.

If acid ingredients like tomatoes, catsup, or vinegar are included in the recipe, add them after the beans are tender. Acids prevent softening of the beans.

### Boston baked beans

*6 servings*

- 2 cups dry navy beans
- 6 cups ( $1\frac{1}{2}$  quarts) water
- $\frac{1}{4}$  pound salt pork, cut in chunks or slices
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{4}$  cup brown sugar, packed
- 1 teaspoon dry mustard
- 2 teaspoons chopped onion
- $\frac{1}{2}$  cup dark molasses

Boil beans in water 2 minutes. Soak 1 hour, or overnight if preferred.

Add salt pork and salt to beans and simmer until beans are tender, about  $1\frac{1}{2}$  hours. Drain; save  $\frac{1}{2}$  cup liquid. Place beans in a 3-quart casserole.

Combine bean cooking liquid, brown sugar, mustard, onion, and molasses. Pour over beans. Bake uncovered at  $350^{\circ}$  F. (moderate oven) 1 hour, or until beans are lightly browned on top and of desired consistency.

### Menu suggestion

Serve with frankfurters or cold cuts, coleslaw, and baked apples.

# Vegetables

Knowing how to prepare vegetables to retain their nutritive value and appetite appeal is a test of any good cook. To help you improve your skill with vegetables, here are some cooking tips—

- Boil vegetables in as little water as possible; losses in vitamins and minerals will be less, the less water you use. Serve the cooking liquids with your vegetables, or make them into sauces, gravies, or soups.

- Cook vegetables until just tender, and serve them immediately; they will taste better and retain more nutrients.

- Trim leafy vegetables like lettuce and cabbage sparingly. Use the dark outer leaves—they are especially rich in nutrients. Remove woody midribs from kale leaves—there is little nutritive loss and the kale cooks more uniformly.

## Fresh vegetables

### *Preparing for cooking*

Wash vegetables thoroughly. Use plenty of water for leafy greens; wash several times, lifting vegetables from the water.

Remove bruised, wilted, or tough parts; trim sparingly.

Soak fresh brussels sprouts and broccoli in cold salt water (2 teaspoons salt for each quart of water) 30 to 60 minutes to remove any insects.

### *Cooking times*

In using the Boiling Guide for Fresh Vegetables on the following

page, remember that vegetables may require shorter or longer cooking time than given, the exact time depending on quality and variety of vegetable. The altitude at which you live will also affect cooking times; you can shorten the time by cutting, slicing, dicing, or coarsely shredding vegetables.

### *Boiling fresh vegetables*

Bring salted water to a boil. One-half to 1 cup water usually is enough for 6 servings of young, tender vegetables. Older root vegetables that need longer cooking may require water to cover. Spinach and other greens need only the water clinging to their leaves from washing if cooked over low heat in a pan with a tight-fitting lid. Tomatoes can be cooked in their own juice.

Add vegetable. Cover, and quickly bring water back to a boil. Reduce heat and cook gently until vegetable is just tender. Start timing after water returns to boiling.

## Frozen and canned vegetables

*Frozen.*—Cook frozen vegetables according to package directions. For uniform cooking, thaw leafy vegetables just enough to separate the leaves before you put them in boiling water. Partly thaw corn on the cob before cooking it. If necessary, separate pieces of frozen vegetables with a fork during cooking.

*Canned.*—Commercially canned vegetables need reheating only. If liquid is not served with the vegetable, save it for other uses. (See Ways to Use Leftovers, p. 85.)

Unless you are absolutely sure home-canned vegetables have been

processed correctly, bring them to a rolling boil. Then cover and boil for at least 10 minutes. Boil spinach and corn 20 minutes. If food looks spoiled, foams, or has an off-odor during heating, destroy it.

### Serving boiled vegetables

*Hot, seasoned.*—Any vegetable or a combination of two or more.

Before cooking, add a pinch of an herb, such as marjoram or thyme. Or after cooking, season with butter, margarine, or drippings—or with salad oil and lemon juice, horse-radish, or garlic. Or sprinkle cooked vegetables with herb vinegar or crumbled bacon.

*Mashed.*—Potatoes, sweetpotatoes, turnips, rutabagas, kohlrabi, carrots, winter squash.

Drain and mash cooked vegetable. Add hot milk or cream to moisten if needed. Season with salt, pepper, and butter or margarine. Beat until fluffy.

*Creamed.*—Peas, carrots, celery, cabbage, asparagus, broccoli, potatoes, snap beans, onions, lima beans, cauliflower, spinach.

For 6 servings, combine 3 cups drained cooked vegetable with 1½ cups medium white sauce (p. 67); heat. You may prefer thin white sauce with potatoes or lima beans.

For quick creamed vegetables, pour 1 can (10½ ounces) undiluted

## BOILING GUIDE FOR FRESH VEGETABLES

<i>Vegetable</i>	<i>Boiling time (minutes)</i>	<i>Vegetable</i>	<i>Boiling time (minutes)</i>
Asparagus:		Collards.....	10 to 20
Whole.....	10 to 20	Corn, on cob.....	5 to 15
Tips.....	5 to 15	Kale.....	10 to 15
Beans:		Okra.....	10 to 15
Lima.....	25 to 30	Onions.....	15 to 30
Snap, 1-inch pieces.....	12 to 16	Parsnips:	
Beets:		Whole.....	20 to 40
Young, whole.....	30 to 45	Quartered.....	8 to 15
Older, whole.....	45 to 90	Peas.....	12 to 16
Sliced or diced.....	15 to 25	Potatoes:	
Beet greens, young.....	5 to 15	Whole, medium size.....	25 to 40
Broccoli, heavy stalks, split....	10 to 15	Quartered.....	20 to 25
Brussels sprouts.....	15 to 20	Diced.....	10 to 15
Cabbage:		Rutabagas, pared, cut up....	20 to 30
Shredded.....	3 to 10	Spinach.....	3 to 10
Quartered.....	10 to 15	Squash:	
Carrots:		Summer, sliced.....	8 to 15
Young, whole.....	15 to 20	Winter, cut up.....	15 to 20
Older, whole.....	20 to 30	Sweetpotatoes, whole.....	35 to 55
Sliced or diced.....	10 to 20	Tomatoes, cut up.....	7 to 15
Cauliflower:		Turnips:	
Separated.....	8 to 15	Cut up.....	10 to 20
Whole.....	15 to 25	Whole.....	20 to 30
Celery, cut up.....	15 to 18	Turnip greens.....	10 to 30
Chard.....	10 to 20		

condensed soup—Cheddar cheese or cream of celery or mushroom—over 3 cups drained cooked vegetable; heat.

*Chilled, in salads.*—Chill cooked vegetables and marinate them in sweet french or italian dressing. See recipes on page 63.

*With a sauce.*—Suggestions for vegetable and sauce combinations follow. Sauce recipes begin on page 67.

- Asparagus—mock hollandaise sauce, lemon-butter sauce, egg sauce.

- Green beans—quick mushroom or celery sauce.

- Broccoli—sour cream sauce, lemon-butter sauce, mock hollandaise sauce.

- Cauliflower—lemon-butter sauce, cheese sauce.

- Peas—onion sauce, quick mushroom or celery sauce.

- Potatoes—sour cream sauce, cheese sauce.

- Spinach—lemon-butter sauce, mock hollandaise sauce, egg sauce.

- Sweetpotatoes—honey-orange sauce.

## Panned vegetables

Panning is a good way to cook cabbage, carrots, or corn.

For 6 servings, use 1½ quarts finely shredded cabbage or 1 quart cut corn or thinly sliced carrots.

Heat 1½ to 2 tablespoons butter, margarine, meat drippings, or oil in a heavy pan over moderate heat. Add vegetable and sprinkle with ½ teaspoon salt. Add 3 tablespoons water (6 tablespoons for corn) and cover pan tightly to hold in steam.

Cook over low heat until vegetable is tender; stir occasionally to prevent sticking. Cabbage will require 6 to 8 minutes, carrots about 10 minutes, and corn 15 to 18 minutes.

### Variation

Add finely chopped onion or onion juice before cooking. Or add bits of crumbled crisp bacon or diced ham to cooked vegetable.

## Spinach soufflé

6 servings

1 package (10 ounces) frozen chopped spinach

1 tablespoon finely chopped onion

¼ cup fat or oil

⅓ cup flour

1½ cups milk

1½ teaspoons salt

¼ teaspoon pepper

4 eggs, separated

½ teaspoon cream of tartar

Cook spinach as directed on package, but omit salt. Drain.

Lightly brown onion in fat in a heavy 1-quart saucepan. Blend in flour. Slowly stir in milk. Bring to a boil, stirring constantly. Reduce heat and cook 1 minute more, stirring constantly. Add salt, pepper, and spinach.

Beat egg yolks slightly; stir in a little of hot mixture. Then stir egg yolks into remaining hot mixture and cook 1 minute more. Cool slightly.

Add cream of tartar to egg whites and beat until stiff but not dry. Fold in spinach mixture. Pour into a greased 2-quart casserole. Set casserole in a pan of hot water.

Bake at 350° F. (moderate oven) about 1¼ hours. Souffle is done when a knife inserted in the center comes out clean.

### **Broiled tomatoes**

*6 servings*

3 large or 6 small ripe tomatoes  
Salt and pepper, as desired  
2 teaspoons butter or margarine  
2 tablespoons fine dry breadcrumbs

Wash tomatoes; cut off stem ends. Cut large tomatoes in 1-inch slices; cut small tomatoes in half crosswise.

Place cut side up on broiler rack. Sprinkle with salt and pepper. Dot each slice with fat and sprinkle with breadcrumbs.

Broil until tomatoes are soft and crumbs lightly browned, 5 to 7 minutes.

### **Sweetpotatoes in orange shells**

*6 servings*

3 oranges  
1 can (16 ounces) sweetpotatoes, undrained  
2 tablespoons butter or margarine, melted  
3 tablespoons brown sugar, packed  
½ teaspoon salt  
¼ cup flaked coconut  
6 miniature marshmallows

Squeeze oranges; save juice.

Remove membranes from orange shells.

Mash sweetpotatoes. Blend in 3 tablespoons orange juice, fat, brown sugar, and salt. Stir in coconut.

Spoon sweetpotato mixture into the orange shells. Place in a shallow baking pan.

Bake at 350° F. (moderate oven) for 20 to 30 minutes, or until lightly browned on top.

Top with marshmallows and bake about 5 minutes longer to melt and brown marshmallows.

### **Hungarian cabbage**

*6 servings*

2 slices bacon  
2 quarts coarsely shredded cabbage (about 1 pound)  
¾ teaspoon salt  
Pepper, as desired  
2 tablespoons vinegar  
2 tablespoons water

Fry bacon until crisp; remove from pan. Add remaining ingredients to fat in pan.

Cover tightly and cook over low heat, stirring occasionally, for 20 to 25 minutes. Cabbage should be tender but crisp.

Crumble bacon over top before serving.

### **Stewed okra and tomatoes**

*6 servings*

1 small onion, chopped  
2 tablespoons fat or oil  
1 package (10 ounces) frozen okra  
1 can (16 ounces) tomatoes  
½ teaspoon salt  
¼ teaspoon pepper

Cook onion in fat in saucepan over moderate heat until lightly browned.

Add remaining ingredients and cook until okra is tender and mixture thickens, 10 to 15 minutes. Stir occasionally to prevent sticking.

## Quick cauliflower au gratin

6 servings

- 2 packages (10 ounces each) frozen cauliflower
- 1 can (10½ ounces) condensed Cheddar cheese soup
- 2 tablespoons fine dry breadcrumbs
- 1 teaspoon melted butter or margarine

Cook frozen cauliflower according to package directions.

Drain cauliflower and place in a greased 1-quart casserole. Pour undiluted soup over cauliflower. Mix crumbs with fat and sprinkle over top. Bake at 350° F. (moderate oven) 20 to 30 minutes, or until sauce bubbles and crumbs are brown.

NOTE: Two pounds of fresh cauliflower, separated into small flowerets and cooked until tender, can be used instead of frozen cauliflower.

### Variation

*Quick spinach au gratin.*—Use 2 packages (10 ounces each) frozen chopped spinach. Crumble 6 slices crisp fried bacon over mixture before topping with crumb mixture.

## Lima bean creole

6 servings

- 2 packages (10 ounces each) frozen lima beans
- 6 slices bacon
- ¼ cup finely chopped onion
- 2 tablespoons chopped green pepper
- ½ teaspoon salt
- Pepper, as desired
- 2 cups cooked or canned tomatoes

Cook beans as directed on package; drain.

Fry bacon; drain on absorbent paper. In 2 tablespoons bacon drippings, brown onion and green pepper. Crumble bacon. Add browned onion and green pepper, bacon, seasonings, and tomatoes to beans. Cover and simmer gently 15 minutes.

### Variations

*Green bean creole.*—Use 2 packages (10 ounces each) frozen cut green beans instead of lima beans.

*Eggplant creole.*—Use 1 medium-size eggplant, pared and cubed, instead of beans. Do not cook eggplant before combining with other ingredients. Increase salt to 1 teaspoon. Cook 15 to 20 minutes, until eggplant is tender.

## Scalloped zucchini squash

6 servings

- 6 cups thinly sliced zucchini squash
- 1 cup boiling water
- ¾ cup medium white sauce (p. 67)
- 2 eggs, beaten
- 1 teaspoon salt
- ½ teaspoon worcestershire sauce
- 1 teaspoon finely chopped onion
- ¼ cup fine dry breadcrumbs
- 1 tablespoon butter or margarine, melted

Cook squash in boiling water until tender, about 5 minutes. Drain.

Make white sauce.

Stir a little hot white sauce into beaten eggs; then gradually stir eggs into remaining sauce. Stir in salt, worcestershire sauce, onion, and cooked squash.

Put in a greased 1-quart casserole. Mix breadcrumbs with fat; sprinkle over squash mixture. Bake at 325° F. (slow oven) about 35 minutes.

### Ham-seasoned green beans

*6 servings*

1½ pounds green beans, broken into short pieces  
2 small onions, quartered  
½ stalk celery, sliced  
About 2 ounces cooked ham, cut into bite-sized pieces  
2 teaspoons salt  
Pepper, as desired  
½ cup water  
1 tablespoon butter or margarine

Place beans in a 2-quart saucepan. Add remaining ingredients. Simmer until beans are tender, 12 to 20 minutes.

NOTE: Instead of fresh green beans, use 2 packages (10 ounces each) frozen cut green beans.

### Harvard beets

*6 servings*

3 tablespoons cornstarch  
⅓ cup sugar  
¾ teaspoon salt  
1½ cups beet liquid (or beet liquid plus water)  
2 tablespoons vinegar  
1½ tablespoons butter or margarine  
3 cups sliced cooked or canned beets

Mix cornstarch, sugar, and salt. Blend in beet liquid, vinegar, and fat. Cook over moderate heat, stirring constantly, until thickened.

Add beets to sauce. Let stand 10 minutes, if desired, to blend flavors. Heat to serving temperature.

### Eggplant casserole

*6 servings*

2 cups pared, cubed eggplant  
2 tablespoons finely chopped onion  
¼ cup water  
2 eggs, slightly beaten  
2 slices soft bread, torn in very small pieces  
½ cup milk  
1 teaspoon salt  
Pepper, as desired  
1¼ cups shredded sharp Cheddar cheese

Cook eggplant and onion in unsalted water until eggplant is tender, about 7 minutes; drain. Combine all ingredients except ¼ cup cheese; mix well. Pour into a greased 1-quart casserole. Bake uncovered at 350° F. (moderate oven) 25 minutes. Sprinkle with remaining cheese and bake 5 minutes longer.

### Glazed carrots

*6 servings*

2 tablespoons butter or margarine  
¼ cup brown sugar, packed  
1 tablespoon water  
3 cups cooked carrots, cut in strips

Blend fat, sugar, and water in a heavy fry pan over low heat. Add carrots. Cook over low heat 5 to 10 minutes, turning carrots to coat all sides with sirup. Keep heat low to prevent scorching.

## Potato patties

*6 patties*

- 2 cups seasoned mashed potatoes
- 1 egg or 2 egg yolks, slightly beaten
- 1 tablespoon finely chopped onion
- 1 tablespoon chopped green pepper
- 2 tablespoons fat or oil

Combine all ingredients except fat; mix well. Shape into six patties. Brown well in hot fat, about 4 minutes on each side.

NOTE: Leftover mashed potatoes or instant mashed potatoes, prepared according to package directions, may be used in this recipe.

## Stuffed baked potatoes

*6 servings*

- 6 medium-size baking potatoes
- 1 package (3 ounces) cream cheese, at room temperature
- $\frac{1}{3}$  cup milk
- 1 teaspoon salt
- $\frac{1}{3}$  cup butter or margarine
- Paprika

Rub potatoes with a little fat if soft skins are desired. Bake at 425° F. (hot oven) 50 to 60 minutes, or until potato is soft when pressed. Slash tops lengthwise and crosswise. Fold back flaps, scoop out inside, and mash thoroughly.

Soften cream cheese and blend in milk, salt, and fat until smooth and creamy. Add cream cheese mixture gradually to hot potato, blending thoroughly.

Stuff skins with potato mixture. Sprinkle with paprika. Return to oven a few minutes to brown tops.

## Green bean-mushroom casserole

*6 servings*

- 2 packages (10 ounces each) frozen cut green beans
- $\frac{1}{4}$  cup finely chopped onion
- $\frac{1}{4}$  cup water
- 1 teaspoon salt
- 1 can (10  $\frac{1}{2}$  ounces) condensed cream of mushroom soup
- 1 can (4 ounces) mushroom stems and pieces, drained, chopped
- $\frac{1}{2}$  cup canned french-fried onion rings

Cook beans and chopped onion in water with salt until beans are tender, 12 to 15 minutes. Drain.

Stir in undiluted soup and mushrooms. Pour into greased 1  $\frac{1}{2}$ -quart casserole. Top with onion rings. Cover and bake at 350° F. (moderate oven) 30 minutes, or until mixture is heated through and top is brown.

## Onions in mushroom sauce

*6 servings*

- 1  $\frac{1}{2}$  pounds small yellow onions
- 1 cup water
- 1 teaspoon salt
- 1 can (10  $\frac{1}{2}$  ounces) condensed cream of mushroom soup
- Parsley

Peel and quarter onions. Leave very small onions whole. Simmer onions in salted water 15 to 20 minutes, or until just tender. Drain.

Add undiluted soup and simmer 10 to 15 minutes longer. Garnish with parsley before serving.

# Salads and Salad Dressings

What better way to serve a variety of fruits, vegetables, even meats—than in a colorful salad? As an appetizer, a side dish, a dessert, or the main course of your meal, a salad brings lots of goodness to your table. Salads can be light or hearty, depending on the ingredients you choose.

Summertime salads often feature a medley of fresh fruits. Tossed green salads are year-round favorites. Salads made from eggs and potatoes, from seafoods, and from meats and cheeses also deserve a place in your meal planning.

## Tips on salad making

Selecting top-quality fruits and vegetables is a good start toward a good salad. Fresh food has eye and taste appeal.

Give salad foods the best care to avoid damage and to keep them fresh. If you prepare salad ingredients ahead of time, store them, without dressing, in the refrigerator.

If you plan to use unpeeled fruits or vegetables in a salad, choose those with smooth, tender, colorful skins.

See page 22 for other pointers on selecting fresh fruits and vegetables. You'll find suggestions for storing them on page 24.

## For appetite appeal

Chill ingredients before you mix your salad.

For tossed green salads, tear greens into fairly large pieces. This will give your salad more body.

Always thoroughly drain the greens you use in salads.

Vary your salad greens. Try chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage.

Some salad fruits are likely to turn dark on standing; dip these in a little citrus juice.

Drain canned fruits and vegetables before you add them to a salad.

## Tips on dressings

Main-dish salads made with meat, fish, poultry, eggs, beans, cheese, or potatoes usually call for a mayonnaise-type dressing, but some are good with french or italian dressing (p. 63).

On vegetable salads and vegetable-fruit combinations, try french, italian, thousand island, or Roquefort or blue cheese dressing (p. 63). Fruit salads taste best with sweet dressings—sweet french, orange-honey, or celery seed dressing (p. 63).

Prevent sogginess and wilting by using just enough salad dressing to moisten ingredients. Add dressing to raw vegetable salads at the last minute unless your recipe calls for marinated vegetables.

## Salad go-togethers

Some salad combinations are traditional—lettuce and sliced tomatoes, canned peaches and cottage cheese. You can make a variety of salads by sometimes contrasting

flavors and textures, sometimes complementing them.

Ingredients that go well together in salads are suggested below.

### **Fruit salad combinations**

*6 servings*

● Pare and section 2 grapefruit and 3 oranges. For each salad arrange grapefruit and orange sections on a lettuce leaf; garnish with a maraschino cherry half.

● Lightly mix  $1\frac{1}{2}$  cups each of cantaloup, honeydew, and watermelon balls or cubes. Serve on crisp salad greens. Allow about  $\frac{2}{3}$  cup fruit per serving.

● Drain 1 can ( $13\frac{1}{2}$  ounces) pineapple tidbits; combine with 3 oranges, pared and sectioned, and 1 banana, sliced. Place on crisp salad greens and sprinkle with  $\frac{1}{4}$  cup chopped walnuts. Allow about  $\frac{1}{2}$  cup fruit per serving.

● Lightly mix 2 cups cantaloup cubes;  $\frac{1}{2}$  cup fresh blueberries; and 1 large banana, sliced. Serve on crisp salad greens; allow about  $\frac{1}{2}$  cup fruit per salad.

● Combine 4 peaches, peeled and sliced;  $\frac{1}{2}$  cup halved seedless grapes;  $\frac{1}{2}$  cup halved, seeded Tokay grapes; and 1 large banana, sliced. Serve on crisp salad greens; allow about  $\frac{2}{3}$  cup fruit per serving.

### **Vegetable salad combinations**

*6 servings*

● Lightly toss together  $\frac{1}{2}$  pound young spinach leaves, torn in bite-size pieces; 2 green onions, thinly sliced; and 4 crisp bacon strips, crumbled. Garnish with 2 hard-cooked eggs, chopped.

● Lightly toss together 2 carrots, thinly sliced;  $\frac{1}{2}$  head raw cauliflower, thinly sliced;  $\frac{1}{2}$  head lettuce, torn in bite-size pieces;  $\frac{1}{4}$  cup chopped green pepper; and 2 tomatoes, cut in wedges.

● Cook, drain, and chill 1 package (10 ounces) frozen mixed vegetables; lightly toss together with  $\frac{1}{2}$  head lettuce, torn in bite-size pieces.

### **Marinated vegetable salads**

*6 servings*

**Asparagus spear salad.**—Hard cook 2 eggs; chill. Drain 1 can (16 ounces) asparagus spears and marinate overnight in  $\frac{1}{2}$  cup sweet french dressing (p. 63). For each salad arrange asparagus spears on a lettuce leaf, top with a strip of canned pimiento, and sprinkle with chopped hard-cooked egg.

**Cucumber and onion salad.**—Score 2 cucumbers with a fork; pare first, if desired. Slice thinly. Slice  $\frac{1}{2}$  medium onion and separate it into rings. Marinate cucumber and onion slices 3 to 4 hours in  $\frac{1}{2}$  cup sweet french dressing (p. 63). Serve garnished with tomato wedges.

**Green bean salad.**—Drain 1 can (16 ounces) cut green beans and 1 can (8 ounces) cut wax beans. Thinly slice 1 small onion and separate into rings. Toss beans and onion rings with  $\frac{1}{2}$  cup chopped sweet red or green pepper. Marinate overnight in  $\frac{1}{2}$  cup sweet french dressing (p. 63).

**Three-bean salad.**—Drain 8-ounce cans of green beans, wax beans, and kidney beans; continue as directed for green bean salad.

## Creamy fruit salad

6 servings

- 1 package (3 ounces) cream cheese
- 1 tablespoon sirup from canned mandarin oranges
- 1 can (11 ounces) mandarin orange sections, drained
- 1 can (13 ½ ounces) pineapple tidbits, drained
- 1 cup miniature marshmallows
- ⅓ cup halved, drained maraschino cherries
- Lettuce

Beat cream cheese with liquid from mandarin oranges until creamy. Add oranges, pineapple, and marshmallows; combine gently but thoroughly. Lightly fold in cherries. Chill. Serve in lettuce cups.

### Variation

*Frozen fruit salad.*—Blend ¼ cup mayonnaise with cream cheese and liquid before adding the fruits. Whip 1 envelope of dessert topping mix as directed on package label. Fold whipped topping and cherries into the fruit mixture. Pour into a 1½-quart mold and freeze overnight. Dip in warm water to unmold.

## Molded pineapple-carrot salad

6 servings

- 1 package (3 ounces) lemon-flavored gelatin
- 1 cup shredded raw carrots
- 1 can (10 ½ ounces) crushed pineapple, drained
- ¼ cup raisins
- Lettuce
- Mayonnaise

Prepare gelatin according to package directions, using pineapple

sirup as part of the liquid. Chill until mixture is slightly thickened.

Fold in carrots, pineapple, and raisins; pour into a 1-quart mold. Chill until firm. Serve on lettuce; top with mayonnaise if desired.

## Souffle meat salad

6 servings

- 1 package (3 ounces) lemon-flavored gelatin
- 1 cup boiling water
- ½ cup cold water
- ½ cup salad dressing
- 2 tablespoons vinegar
- ¼ teaspoon salt
- Pepper, as desired
- ½ cup chopped celery
- 1 tablespoon chopped parsley
- 1 tablespoon grated onion
- 2 cups chopped cooked meat
- Salad greens

Dissolve gelatin in boiling water. Add cold water, salad dressing, vinegar, salt, and pepper. Beat until smooth. Chill until slightly thickened.

Whip until fluffy. Fold in celery, parsley, onion, and meat. Pour into a 1-quart mold. Chill until firm.

Unmold on salad greens.

### Variations

*Souffle poultry salad.*—Use 2 cups chopped cooked poultry as the meat.

*Souffle fish salad.*—Use 2 cups flaked canned or cooked fish as the meat.

### Menu suggestion

Serve with broiled tomatoes, asparagus, and have apple pie with cheese for dessert.

## Stuffed prune salad

6 servings

- ½ cup creamed cottage cheese
  - 1 to 2 tablespoons milk, if needed
  - 1 to 2 teaspoons grated orange rind, as desired
  - ¼ cup chopped peanuts
  - ¼ teaspoon salt (if peanuts are unsalted)
  - 18 chilled, pitted, cooked prunes
- Salad greens

If cottage cheese is dry, soften it with milk. Mix in orange rind, 3 tablespoons peanuts, and salt; stuff into prunes.

Arrange prunes on salad greens and sprinkle with rest of peanuts.

## Luncheon chef salad bowl

6 main-dish salads

- 2 medium heads lettuce
  - 8 radishes, thinly sliced
  - 4 green onions, with tops, thinly sliced
  - 3 large ripe tomatoes, cut into 8 wedges each
  - 3 cups cooked ham (about 1 pound), cut into 1-inch cubes
  - 2 cups coarsely shredded Swiss cheese
- Croutons (p. 66)  
Salad dressing

Wash and drain lettuce. Reserve outer lettuce leaves; tear remaining lettuce into bite-size pieces. Combine torn lettuce, radishes, and green onions; toss lightly.

Line 6 individual salad bowls with lettuce leaves. For each salad, use 2 cups lettuce mixture and top with 4 tomato wedges, ½ cup ham cubes, and ⅓ cup shredded cheese. Top with croutons. Serve with dressing of your choice.

## Menu suggestion

Serve with garlic bread and have quick cherry cobbler for dessert.

## Coleslaw

6 servings

- 1½ teaspoons salt
- ½ teaspoon dry mustard
- White pepper, as desired
- ¼ cup sugar
- 2 tablespoons lemon juice
- 1 tablespoon tarragon vinegar
- ¼ cup table cream
- 3 cups coarsely shredded cabbage
- ¼ cup finely chopped green pepper
- 1 tablespoon chopped pimiento
- ½ cup finely chopped celery
- 2 tablespoons finely chopped onion

Thoroughly mix all ingredients except vegetables.

Combine vegetables; mix well. Gently stir in the dressing. Chill before serving.

## Potato salad

6 servings

- ½ cup mayonnaise
- 1 teaspoon dry mustard
- 2 ½ teaspoons salt
- 2 tablespoons finely chopped onion
- 2 tablespoons chopped green pepper
- ¾ cup finely chopped celery
- ¼ cup sweet pickle relish
- 1 tablespoon chopped pimiento
- 6 medium-size boiled potatoes, diced
- 3 hard-cooked eggs, chopped

Combine ingredients except potatoes and eggs; mix thoroughly. Pour this mixture over potatoes and mix gently. Add chopped eggs. Chill several hours before serving.

### **Variation**

*Pea salad.*—Use 1 package (10 ounces) frozen peas, cooked and drained, or 1 can (16 ounces) peas, drained, in place of potatoes. Reduce salt to 1 teaspoon. Add 1 cup process Cheddar cheese cubes.

### **Basic french dressing**

*About 1 cup*

$\frac{2}{3}$  cup salad oil  
1 tablespoon tarragon vinegar  
2 tablespoons lemon juice  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{2}$  teaspoon dry mustard  
White pepper, as desired

Thoroughly mix all ingredients. Chill. Shake well just before serving.

### **Variations**

*Sweet french dressing.*—Increase vinegar to 2 tablespoons and add  $\frac{1}{4}$  cup sugar.

*Italian dressing.*—Use  $\frac{1}{4}$  teaspoon white pepper. Add  $\frac{1}{4}$  cup finely chopped onion, 1 teaspoon finely chopped garlic, 2 tablespoons sugar,  $\frac{1}{2}$  cup catsup, and  $\frac{1}{2}$  teaspoon oregano. Refrigerate, covered, overnight to blend flavors. Strain to remove onion and garlic before serving. About  $1\frac{1}{2}$  cups.

### **Roquefort/blue cheese dressing**

*About 1 cup*

1 cup mayonnaise  
1 package (4 ounces) Roquefort or blue cheese, crumbled  
2 tablespoons half-and-half or table cream  
 $\frac{1}{2}$  teaspoon tabasco sauce

Mix all ingredients.  
Refrigerate until used.

### **Orange-honey french dressing**

*About  $1\frac{1}{4}$  cups*

$\frac{1}{4}$  cup orange juice frozen concentrate  
1 tablespoon vinegar  
 $\frac{1}{4}$  cup honey  
 $\frac{1}{2}$  teaspoon dry mustard  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{2}{3}$  cup salad oil

Thoroughly mix all ingredients except salad oil.

Add the oil slowly while beating constantly with rotary or electric beater.

Refrigerate until used.

### **Celery seed dressing**

*About 1 cup*

$\frac{1}{3}$  cup sugar  
2 tablespoons lemon juice  
1 tablespoon tarragon vinegar  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{2}$  teaspoon dry mustard  
1 teaspoon celery seed  
 $\frac{2}{3}$  cup salad oil

Thoroughly mix all ingredients except salad oil.

Add the oil slowly while beating constantly with rotary or electric beater.

Refrigerate until used.

### **Thousand island dressing**

*About 2 cups*

1 cup mayonnaise  
 $\frac{1}{4}$  cup sweet pickle relish  
2 tablespoons chili sauce  
1 tablespoon chopped green pepper  
1 tablespoon finely chopped onion  
1 hard-cooked egg, finely chopped

Mix all ingredients except the egg. Gently mix in the chopped egg.

Refrigerate until used.

# Soups

Steaming hot, hearty soups and chowders make delicious dishes for luncheon or supper. When they contain substantial amounts of fish, meat, milk, dry beans or peas, they are filling enough to be the main part of your meal. Or you can serve soup with a salad or a sandwich.

## Turkey-vegetable soup

*6 servings*

- 1 small onion, chopped
- 2 tablespoons butter or margarine
- 2 cups water
- 2 chicken bouillon cubes
- 2 cups cooked turkey, diced
- ½ cup celery tops and pieces
- 1½ cups diced potatoes
- 1 cup diced carrots
- 2 ½ cups milk
- 2 tablespoons flour
- 1 teaspoon salt
- ⅛ teaspoon pepper

Cook onion in fat until tender. Add water, bouillon cubes, turkey, and vegetables.

Boil gently, covered, until vegetables are tender.

Stir a little of the milk into the flour until mixture is smooth; add remaining milk, salt, and pepper. Add milk mixture to soup.

Simmer, stirring occasionally to prevent sticking, until soup is slightly thickened.

### *Variation*

*Chicken-vegetable soup.*—Use chicken instead of turkey, and

chicken broth instead of water and bouillon cubes.

### *Menu suggestion*

Serve with a cucumber salad, toast, and cherry pie.

## Hearty vegetable soup

*6 servings*

- 1 cup cooked beef, cut in small pieces
- 6 cups beef broth
- 2 cups fresh or canned tomatoes
- 1 cup diced potatoes
- ¾ cup diced carrots
- ½ cup sliced onion
- 3 cups other uncooked vegetables (green peas, chopped cabbage, diced celery, cut green beans, chopped green pepper, sliced okra, diced turnips, cut corn)
- 1½ teaspoons salt
- ⅛ teaspoon pepper

Combine beef and broth in a large saucepan. Add remaining ingredients.

Cook, covered, about 35 minutes, or until vegetables are tender.

**NOTES:** In place of beef broth use 6 beef bouillon cubes and 6 cups water. (Liquid from canned or cooked vegetables may replace some of the water.)

Canned or leftover vegetables may be used instead of uncooked vegetables. Add to soup during last few minutes of cooking.

### *Menu suggestion*

Serve with toasted cheese sandwiches and have fruit gelatin for dessert.

## **Bean soup**

*6 servings*

1½ cups dry beans

7 cups water

Ham pieces or ham bone

1 small onion, chopped

2 celery stalks, chopped

1 teaspoon salt

¼ teaspoon pepper

Boil beans in the water for 2 minutes; remove from heat. Let soak in cooking water 1 hour, or overnight if preferred.

Add remaining ingredients. Simmer, covered, until beans are soft, about 2 to 3 hours.

Remove ham bone and partially mash beans before serving soup.

### **Menu suggestion**

Serve with coleslaw, cornbread, and apple pie with cheese.

## **New England fish chowder**

*6 servings*

1 pound fish fillets or steaks, fresh or frozen

2 tablespoons chopped bacon or salt pork

½ cup chopped onion

2½ cups diced potatoes

1½ cups boiling water

1 teaspoon salt

Pepper, as desired

2 cups milk

1 tablespoon butter

Chopped parsley

Thaw frozen fish. Remove skin and bones. Cut fish into 1-inch pieces.

Fry bacon or salt pork in a 3-quart saucepan until crisp. Add onion and cook until tender. Add potatoes,

water, salt, pepper, and fish. Cover; simmer 15 to 20 minutes, or until potatoes are tender.

Add milk and butter. Heat. Garnish with parsley.

### **Menu suggestion**

Serve with crackers, fruit salad, and chocolate cake.

## **Manhattan fish chowder**

*6 servings*

1 pound fish fillets or steaks, fresh or frozen

¼ cup chopped bacon or salt pork

½ cup chopped onion

2 cups boiling water

1 can (16 ounces) tomatoes

1 cup diced potatoes

½ cup diced carrots

½ cup chopped celery

¼ cup catsup

1 tablespoon worcestershire sauce

1 teaspoon salt

¼ teaspoon pepper

¼ teaspoon thyme

Chopped parsley

Thaw frozen fish. Remove skin and bones. Cut fish into 1-inch pieces.

Fry bacon or salt pork in a 3-quart saucepan until crisp. Add onion and cook until tender. Add water, vegetables, catsup, and seasonings except parsley. Cover and simmer 40 to 45 minutes, or until vegetables are tender.

Add fish. Cover and simmer about 10 minutes longer, or until fish flake easily when tested with a fork. Garnish with parsley.

### **Menu suggestion**

Serve with marinated green bean salad, peaches, and oatmeal cookies.

## Croutons

6 servings

3 slices bread  
2 tablespoons softened butter or margarine  
¼ teaspoon garlic salt  
Paprika

Trim crusts from bread. Blend butter or margarine with garlic salt; spread on both sides of bread. Cut bread into cubes; place them on baking sheet and sprinkle with paprika.

Bake at 300° F. (slow oven) until crisp and golden brown, about 20 to 30 minutes.

Serve on soups or salads or as a soup accompaniment.

### Variation

*Cheese croutons.*—Mix bread cubes lightly with ½ cup grated Parmesan cheese before placing on baking sheet.

## Creamy potato soup

6 servings

5 cups raw diced potatoes  
¼ cup finely chopped onion  
1½ cups water  
3 cups potato cooking liquid and milk  
2 tablespoons butter or margarine  
2 teaspoons salt  
Pepper, as desired  
Paprika or chopped parsley

Cook potatoes and onion in water in a covered saucepan until potatoes are tender, about 15 min-

utes. Drain and mash potatoes; save cooking liquid.

Measure liquid; add enough milk to make 3 cups.

Slowly stir liquid into potatoes; add fat and seasonings.

Simmer a few minutes to blend flavors. Garnish with paprika or parsley.

### Menu suggestion

Serve with tossed vegetable salad, cheese muffins, and fresh fruit.

## Cream of broccoli soup

6 servings

1 package (10 ounces) frozen chopped broccoli  
1 tablespoon finely chopped onion  
¼ cup flour  
3 cups vegetable cooking liquid and milk  
1 tablespoon butter or margarine  
1½ teaspoons salt  
Pepper, as desired  
1 hard-cooked egg, sliced, if desired

Cook broccoli according to package directions, but omit salt and add onion. Drain; save cooking liquid.

Mix flour with part of milk mixture until smooth. Add remaining liquid to broccoli. Stir in flour mixture, fat, and seasonings.

Cook over moderate heat, stirring occasionally, until soup is slightly thickened and flavors are blended. Garnish with slices of hard-cooked egg, if desired. Serve with croutons (see recipe on this page).

### Menu suggestion

Serve with meat sandwiches and baked apples.

# Sauces and Gravies

Sauces and gravies are not difficult if you begin with these basic recipes. As you become more expert, you can develop your own variations.

## White sauce

1 cup

	<i>Thin</i>	<i>Medium</i>	<i>Thick</i>
Fat (tablespoons)....	1	1 or 2	2 or 3
Flour (tablespoons)....	1	2	3 or 4
Salt (teaspoon).....	¼	¼	¼
Milk (cup).....	1	1	1

Melt butter, margarine, or other fat in heavy saucepan. Blend in flour until smooth. Add salt. Add milk slowly, stirring rapidly to prevent lumping. Bring mixture to a boil, stirring constantly. Reduce heat and cook 1 minute, stirring constantly. Remove from heat.

*Thin white sauce* is used in cream soup, gravy, and in creamed and scalloped vegetables, eggs, fish, and meat.

*Medium white sauce* is also used in gravy and in creamed and scalloped vegetables, eggs, fish, and meat.

*Thick white sauce* is used in hollandaise sauce and as a binder for croquettes and souffles.

## Variations

*Cheese sauce*.—Add 1 cup of finely grated cheese to 1 cup hot white sauce, either thin or medium.

Stir until cheese is melted, taking care not to overcook.

*Egg sauce*.—To 1 cup of hot medium white sauce add: 3 chopped, hard-cooked eggs; 1 tablespoon lemon juice; a few drops of yellow food coloring, if desired. Stir.

*Onion sauce*.—Use proportions for medium white sauce. Brown ½ cup of finely chopped onion in fat before adding flour; then continue as directed above. Add white pepper, as desired.

## Gravy

For a thin gravy use 1 tablespoon each of flour and fat or drippings to each cup of liquid; for a medium gravy use 2 tablespoons of flour and 1 or 2 tablespoons of fat or drippings, as desired. If drippings are scant, add a bouillon cube or a little meat extract to the liquid.

**METHOD 1.**—Use with fat or with drippings containing only fat and browned crusty bits. Measure fat or drippings. Stir flour into fat; brown over low heat. Add liquid slowly, stirring constantly. Cook until thickened, stirring occasionally. Season to taste.

**METHOD 2.**—Use with fat or drippings containing a considerable amount of liquid. Measure drippings; if necessary add water to make desired amount of liquid. Heat. Combine flour with an equal amount of cold water by stirring or shaking until smooth. Stir slowly into hot liquid. Cook until thickened, stirring occasionally. Season to taste.

### **Tartar sauce**

*About ¾ cup*

- ½ cup mayonnaise or salad dressing
- 1 tablespoon chopped olives
- 1 tablespoon chopped onion
- 1 tablespoon chopped parsley
- 1 tablespoon chopped sweet pickle

Combine all ingredients and mix well. Chill. Serve with fish.

### **Honey-orange sauce**

*About 1 cup*

- ⅓ cup honey
- 1 tablespoon cornstarch
- 1 teaspoon grated orange rind
- ½ cup orange juice
- ¼ cup water
- 2 tablespoons butter or margarine

Combine honey, cornstarch, and orange rind in a heavy saucepan. Stir in orange juice and water. Bring to a boil; add fat and blend well. Cool slightly. (Sauce thickens as it cools.)

Can be spooned over warm gingerbread or other desserts.

### **Sour cream sauce**

*About 1 cup*

- 1 cup sour cream
- 1 tablespoon chopped fresh or frozen chives or green onion tops
- ¼ teaspoon salt
- 3 drops worcestershire sauce
- White pepper, as desired

Combine all ingredients thoroughly at least 2 hours before serving. Refrigerate. Serve at room temperature or slightly chilled.

Can be served with broccoli or baked potatoes.

### **Quick vegetable sauce**

*About 2 cups*

- 1 can (10½ ounces) condensed cream of vegetable, celery, or mushroom soup
- ½ cup half-and-half or table cream

Combine ingredients and heat. Serve over vegetables, meats, or fish.

### **Mock hollandaise sauce**

*About 1 cup*

- 1 cup thick white sauce, made with 3 tablespoons flour and 3 tablespoons fat (p. 67)
- 2 egg yolks, slightly beaten
- 2 tablespoons lemon juice

Make 1 cup of thick white sauce. Add a little hot white sauce to beaten egg yolks; then stir egg mixture into remaining white sauce. Cook 1 minute over low heat.

Stir in lemon juice. Serve immediately.

Can be served with asparagus, broccoli, or spinach.

*NOTE: For this recipe, use only clean eggs with no cracks in shells.*

### **Lemon-butter sauce**

*About ⅓ cup*

- ¼ cup melted butter or margarine
- ¾ teaspoon salt
- ¾ teaspoon paprika
- 1 tablespoon lemon juice
- 2 teaspoons prepared horseradish

Mix all ingredients well. Serve hot over vegetables or fish.

# Breads and Sandwiches

## Hot breads

Bake a batch of home-made bread or yeast rolls, and watch tired appetites perk up. Surprise your family with hot biscuits or muffins.

For a leisurely Sunday breakfast, make waffles or pancakes.

Before using the recipes for breads, see the section on ingredients and measurements (p. 26).

## Yeast rolls

*18 to 24 rolls*

1 package active dry yeast or 1 cake compressed yeast

¼ cup warm water (about 110° F.)

¾ cup hot milk

¼ cup shortening or oil

¼ cup sugar

1¼ teaspoons salt

1 egg

About 4 cups flour

Dissolve yeast in water. Mix milk, fat, sugar, and salt in a large mixing bowl. Cool to lukewarm.

Stir in egg and yeast. Add 2 cups flour and beat until smooth. Gradually stir in more flour until dough leaves sides of bowl.

Turn dough out onto lightly floured surface and knead until dough is smooth and elastic.

Place in a lightly greased bowl and turn over once to grease upper side of dough. Cover and let rise in a warm place (80° to 85° F.) until

almost double in bulk, 1 to 1¼ hours. Dough should rise until a light touch leaves a slight depression. Press the dough down into the bowl to remove air bubbles.

To make plain rolls, divide dough into small pieces and roll into balls about 1½ inches in diameter. Place in a shallow greased pan with sides touching—or 1 inch apart if you prefer crusty sides.

Cover loosely and let rise in a warm place until double in bulk, 45 minutes to 1 hour.

Bake at 400° F. (hot oven) 15 to 20 minutes.

Brush rolls with melted butter or margarine after removing them from the oven.

## Variations

*Crescent rolls.*—Divide dough into three portions. On a lightly floured surface, roll out each portion into a circle about 10 inches in diameter. Brush with melted butter or margarine. Cut each circle into 6 wedges; roll wedges up tightly, beginning at wide end. Place on greased baking sheet with points down; curve ends to form crescents. Let rise and bake.

*Cinnamon-nut rolls.*—Roll dough out on lightly floured surface into a rectangle about ¼-inch thick. Brush with melted butter or margarine. Sprinkle with a mixture of ½ cup sugar and 2 teaspoons cinnamon. Press ½ cup chopped nuts into dough. Roll as for jelly roll; seal edge. Cut into ¾-inch slices. Place close together, cut side down, in a greased shallow baking pan. Let rise and bake.

*Cloverleaf rolls.*—Divide dough into very small pieces and roll into balls about  $\frac{3}{4}$  inch in diameter. Dip each ball in melted butter or margarine and place three balls together in a greased muffin tin. Let rise and bake.

## Biscuits

*12 biscuits*

2 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
 $\frac{1}{3}$  cup shortening  
About  $\frac{3}{4}$  cup milk

Mix dry ingredients thoroughly. Mix in fat only until mixture is crumbly.

Add most of the milk and stir to mix. Add more milk as needed to make a dough that is soft but not too sticky to knead. Knead dough gently on a lightly floured surface 10 to 12 times. Form into a ball.

Pat or roll dough to  $\frac{1}{2}$ - to  $\frac{3}{4}$ -inch thickness. Cut with a floured biscuit cutter or cut into squares with a knife. Place on an ungreased baking sheet—1 inch apart for crusty biscuits; together for softer biscuits.

Bake at 450° F. (very hot oven) 12 to 15 minutes, or until golden brown.

### Variations

*Cheese biscuits.*—Combine  $\frac{3}{4}$  cup shredded sharp or extra sharp cheese with dry ingredients before adding fat.

*Sweet biscuits or shortcake.*—Combine 1 tablespoon sugar with dry ingredients. Use  $\frac{1}{4}$  cup butter or margarine for fat. Reduce milk to  $\frac{2}{3}$  cup. Bake at 425° F. (hot oven) 10 to 15 minutes.

## Popovers

*12 popovers*

3 eggs  
1 cup milk  
2 tablespoons melted fat or oil  
1 cup flour  
 $\frac{1}{2}$  teaspoon salt

Grease muffin tins and place them in an oven that is preheating at 450° F. (very hot).

Beat eggs well in a large mixing bowl. Add milk and fat. Mix flour and salt; add to liquid mixture. Beat until smooth.

Fill hot muffin tins half full of batter. Bake at 450° F. 15 minutes; reduce heat to 375° F. (moderate oven) and bake 10 minutes longer. Do not open oven door during baking.

Immediately after baking, insert a paring knife through the top of each popover to allow steam to escape.

## Combread

*6 servings*

1 cup yellow cornmeal  
1 cup flour  
4 teaspoons baking powder  
 $\frac{1}{4}$  or  $\frac{1}{3}$  cup sugar, as desired  
 $\frac{1}{2}$  teaspoon salt  
1 cup milk  
1 egg, beaten  
 $\frac{1}{4}$  cup melted shortening or oil

Mix dry ingredients thoroughly. Combine milk and egg; stir in fat. Add liquid to dry ingredients; stir only enough to mix.

Pour batter into a greased 8- by 8- by 2-inch baking pan. Bake at

400° F. (hot oven) about 25 minutes, or until lightly browned.

### Variation

*Corn muffins.*—Fill greased muffin tins half full of batter. Bake at 400° F. (hot oven) about 20 minutes. Makes 12 muffins.

## Spoonbread

6 servings

- 3 cups milk
- 1 cup cornmeal
- 1½ teaspoons salt
- 2 tablespoons butter or margarine
- 4 egg yolks, beaten
- 4 egg whites

Combine milk, cornmeal, and salt. Cook over low heat, stirring constantly, until thickened, about 15 minutes. Mix in fat. Cool to lukewarm. Stir in egg yolks.

Beat egg whites until stiff, but not dry. Fold into mixture; pour into greased 1½-quart casserole.

Bake at 400° F. (hot oven) for 35 to 40 minutes or until set. Serve immediately.

## Muffins

12 muffins

- 1 egg
- 1 cup milk
- ⅓ cup oil or melted shortening
- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ⅓ cup sugar

Beat egg until yolk and white are well blended. Blend in milk and fat.

Mix dry ingredients thoroughly. Add liquid and stir until dry ingredients are barely moistened. Do not overmix. Batter should be lumpy.

Fill greased muffin tins half full of batter. Bake at 400° F. (hot oven) 20 to 25 minutes.

### Variations

*Blueberry muffins.*—Increase sugar to ½ cup. Lightly blend in ¾ cup fresh or drained canned blueberries when combining liquid and dry ingredients. Do not crush berries.

*Bran muffins.*—Reduce flour to 1¼ cups. Mix 2 cups bran flakes or raisin bran cereal with dry ingredients before adding liquid.

*Oatmeal-raisin muffins.*—Reduce flour to 1¼ cups. Mix 1 cup quick-cooking rolled oats and ½ cup raisins with dry ingredients before adding liquid.

## Nut bread

1 loaf

- ⅔ cup sugar
- ¼ cup shortening
- 2 eggs
- 2 cups flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 1 cup orange juice or milk
- ½ teaspoon vanilla
- ⅔ cup chopped nuts

Beat sugar, shortening, and eggs until creamy.

Mix flour, baking powder, and salt thoroughly. Stir into egg mixture alternately with liquid and vanilla; stir nuts into last portion of flour mixture before blending it into batter.

Pour into greased 9- by 5- by 3-inch loafpan. Bake at 350° F. (moderate oven) 50 to 60 minutes, or until no batter clings to toothpick inserted in center of loaf. Remove from pan and cool on rack.

## Quick coffee cake

6 servings

3 tablespoons softened butter or margarine  
½ cup granulated sugar  
1 egg  
1 cup flour  
1¼ teaspoons baking powder  
¼ teaspoon salt  
⅓ cup milk  
¼ teaspoon vanilla  
⅓ cup brown sugar, packed  
½ teaspoon cinnamon  
2 tablespoons butter or margarine

Mix 3 tablespoons fat with granulated sugar. Add egg and beat until creamy.

Mix flour, baking powder, and salt thoroughly; add to sugar mixture alternately with milk. Add vanilla. Spread batter evenly in a greased 8-inch square baking pan.

Mix brown sugar and cinnamon and sprinkle over batter. Dot with 2 tablespoons fat. Bake at 350° F. (moderate oven) 25 to 30 minutes.

## Pancakes

About 12 pancakes, 4½ inches in diameter

2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
2 tablespoons sugar  
1 egg, well beaten  
1¾ cups milk  
⅓ cup oil or melted fat

Heat griddle while mixing batter. When griddle is hot enough, drops of water sprinkled on it will bounce.

Mix dry ingredients thoroughly. Combine egg with milk and fat.

Add to dry ingredients and stir only until combined. Batter will be lumpy.

For each pancake, pour about ¼ cup batter onto hot griddle. Cook until edges become slightly dry and bubbles form on top. Turn and brown the other side.

### Variation

*Waffles.*—Increase eggs to 3. Pour batter into hot waffle iron and bake until steaming has almost stopped.

**NOTE:** For a lighter-textured waffle, beat egg whites separately until stiff but not dry. Fold into waffle batter.

## Sandwiches

Sandwiches play many roles in family fare. You can make them fancy for teas and parties—light for snacks—or hearty for the main course at lunch or supper.

Spread sandwich fillings generously, all the way to the edge of the bread. Fillings should be moist, but not wet. Experiment with new fillings, and with different kinds of bread.

### Bacon-cheese sandwiches

6 servings

6 slices bacon  
6 slices bread  
6 slices (1 ounce each) cheese

Cut bacon slices into halves crosswise; fry until most of fat has cooked out.

Preheat oven with broiler pan and rack in place.

Put a slice of cheese on each bread slice. Top with partly cooked bacon.

Place sandwiches under broiler to lightly brown bacon and melt cheese.

## Barbecued beef sandwiches

6 servings

1½ pounds ground beef  
1 cup chopped onion  
1 cup chopped celery  
1 can (8 ounces) spanish-style tomato sauce  
¼ cup catsup  
2 tablespoons brown sugar, packed  
2 tablespoons vinegar  
2 tablespoons barbecue sauce  
1 tablespoon worcestershire sauce  
1 tablespoon prepared mustard  
2 teaspoons salt  
Pepper, as desired  
6 hamburger buns

Crumble beef into saucepan and brown lightly. Drain off excess fat. Mix in onion and celery. Combine tomato sauce, catsup, brown sugar, vinegar, barbecue sauce, and seasonings. Pour over meat, cover pan, and simmer barbecue 1½ to 2 hours, or until flavors are well blended.

Spoon beef mixture over buns.

## Fish-cheeseburgers

6 servings

6 frozen fried fish portions or 12 frozen fried fish sticks  
6 buttered hamburger buns  
6 tablespoons chili sauce  
6 slices (1 ounce each) cheese

Place frozen fried fish portions or fish sticks in a single layer on a well-greased baking sheet.

Bake at 400° F. (hot oven) 15 to 20 minutes, or until heated through.

Place 1 fish portion or 2 fish sticks on bottom half of each bun on a baking sheet. Top each sandwich with 1 tablespoon chili sauce, a slice of cheese, and other half of bun.

Bake at 350° F. (moderate oven) 8 to 10 minutes, or until cheese melts.

## Meat salad sandwiches

6 servings

2 cups ground cooked meat  
⅓ cup mayonnaise or salad dressing  
⅓ cup pickle relish  
½ teaspoon salt (omit when ham is used)

Pepper, as desired

12 slices bread

Softened butter or margarine

Combine meat, salad dressing, relish, and seasonings; mix well. Chill.

Spread bread with butter or margarine. Then spread 6 slices with meat mixture and top each with second slice of bread.

## Variations

*Grilled open-face sandwiches.*—

Use 6 slices bread. Toast bread on one side under broiler. Spread untoasted side of the bread with butter or margarine and meat mixture. Broil sandwiches until meat browns slightly. Serve piping hot.

*Poultry salad sandwiches.*—Use 2 cups of ground cooked poultry as the meat.

# Desserts

Dessert adds a touch that gives a good dinner its final, satisfying note.

Before using the dessert recipes in this bulletin, refer to the section on ingredients and measurements (p. 26).

Cake recipes in this publication generally need to be adapted for use in high-altitude areas. Write to your State Experiment Station or contact your county extension agent for information on baking cakes in your area.

For pies and cakes, use pans of the size specified.

To grease pans for cakes, coat lightly with unsalted fat or oil. Then sprinkle lightly with a little flour. Tip pan from side to side to coat evenly; then shake out excess flour.

In recipes that call for greased and floured cakepans, you may use a wax paper lining if you prefer. Cut wax paper to fit the bottom of the pan. Then grease the paper lightly.

## Pastry

*8- or 9-inch pastry shell*

1 cup flour  
½ teaspoon salt  
⅓ cup shortening  
About 2 tablespoons cold water

Mix flour and salt thoroughly. Mix in fat only until mixture is crumbly.

Add a little water at a time, blending lightly. Dough should be just moist enough to cling together when pressed.

Shape dough into a ball. Roll out on a lightly floured surface or between two sheets of waxed paper. Fit carefully into piepan. Lift edges and smooth out air bubbles. For baked pastry shell, trim pastry, leaving about 1 inch around the edge. Fold edge under and shape into an upright rim.

Prick bottom and sides well with a fork. Bake at 450° F. (very hot oven) 12 to 15 minutes, or until golden brown.

## Variation

*Two-crust pie.*—Double the recipe. Form dough into two balls, one slightly larger than the other. Roll out larger ball of dough and fit into piepan. Roll out remaining dough for top crust; make several slits in crust to let steam escape during baking. Put filling into pastry-lined pan. Top with second crust. Fold edges of crusts under and press together to seal. Bake as directed in pie recipe.

## Apple pie

*8-inch pie, 6 servings*

Pastry for 2-crust 8-inch pie (above)  
5 cups pared, sliced tart apples  
⅔ cup sugar  
1 tablespoon cornstarch  
½ teaspoon cinnamon  
1 or 2 tablespoons butter or margarine, if desired

Prepare unbaked pastry.

Mix dry ingredients lightly with apples in a bowl. Put filling into pastry-lined pan. Dot with fat, if desired. Top with second crust.

Bake at 400° F. (hot oven) for 40 to 60 minutes, or until filling bubbles and the crust is golden brown.

**NOTE:** If fruit is sweet, decrease amount of sugar; if unusually tart, increase sugar.

### Variations

*Blueberry pie.*—Use 3 cups fresh blueberries instead of apples. Omit cinnamon and increase cornstarch to 3 tablespoons. Sprinkle fruit with 2 tablespoons lemon juice. Bake 50 to 60 minutes.

*Cherry pie.*—Instead of apples, use 1 can (16 ounces) pitted red sour cherries, water pack. Do not drain. Omit cinnamon. Increase cornstarch to 2 tablespoons. Add  $\frac{1}{8}$  teaspoon almond extract and a few drops of red food coloring, if desired. Bake 40 to 45 minutes.

*Peach pie.*—Use 3 cups fresh sliced peaches instead of apples. Use only  $\frac{1}{4}$  teaspoon cinnamon. Bake 40 to 50 minutes.

## Vanilla cream pie

*8-inch pie, 6 servings*

- 1 8-inch pastry shell (p. 74)
- 3 tablespoons cornstarch
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  teaspoon salt
- 2 cups milk
- 2 egg yolks, beaten
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla
- $\frac{1}{2}$  cup whipping cream
- 1 tablespoon confectioner's sugar

Prepare, bake, and cool pastry shell.

Mix cornstarch, sugar, and salt in heavy saucepan. Gradually stir in milk.

Cook over moderate heat, stirring constantly, until thickened. Simmer 1 minute longer.

Stir a little of the hot mixture into egg yolks; then stir yolks into remaining hot mixture. Cook 1 minute longer, stirring constantly. Stir in fat and vanilla.

Set saucepan in cold water to cool. Stir frequently. Change water occasionally.

Pour filling into pastry shell. Chill thoroughly.

Before serving, whip cream until stiff and beat in confectioner's sugar. Spread over pie.

**NOTE:** For this recipe, use only clean eggs with no cracks in shells.

Use whipped dessert topping instead of whipped cream, if desired.

### Variations

*Coconut cream pie.*—Stir  $\frac{1}{2}$  to 1 cup shredded coconut, as desired, into the hot filling with fat and vanilla.

*Banana cream pie.*—Slice 2 bananas into pie shell before adding filling.

*Chocolate cream pie.*—Increase sugar to  $\frac{3}{4}$  cup. Cut 1  $\frac{1}{2}$  ounces bitter chocolate into cream filling after adding milk.

## Graham cracker crust

*8- or 9-inch pie*

- $\frac{1}{3}$  cup butter or margarine
- 2 tablespoons sugar
- 1  $\frac{1}{4}$  cups graham cracker crumbs

Stir fat and sugar together in a saucepan over low heat until fat is melted. Blend in cracker crumbs. Press evenly into piepan. Chill.

## Pecan pie

*9-inch pie, 8 servings*

- 1 unbaked 9-inch pastry shell (p. 74)
- 1 cup pecan halves
- 3 eggs, beaten
- ½ cup sugar
- 1 cup dark corn sirup
- ¼ teaspoon salt
- 1 teaspoon vanilla
- ¼ cup melted butter or margarine

Prepare unbaked pastry shell. Spread nuts in bottom of pastry shell.

Combine remaining ingredients and pour over nuts. Bake at 375° F. (moderate oven) 30 to 40 minutes, or until the filling appears set when the pie is gently moved.

## Pumpkin pie

*8-inch pie, 6 servings*

- 1 unbaked 8-inch pastry shell (p. 74)
- 1 cup canned pumpkin
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- ⅛ teaspoon cloves
- 1 cup milk, half-and-half, or evaporated milk
- ½ cup sugar
- 1 egg, slightly beaten
- ½ teaspoon salt

Prepare unbaked pastry shell. Blend pumpkin and spices thoroughly. Stir in remaining ingredients; mix well. Pour into pastry shell.

Bake at 400° F. (hot oven) about 1 hour. Pie is done when a table knife inserted in center comes out clean. Filling may be soft but will set on cooling.

## Quick meringue-topped pie

*8-inch pie, 6 servings*

- 1 baked 8-inch pastry shell (p. 74)
- 1 package (3 to 4 ounces) pudding and pie filling mix, any flavor
- 2 egg whites
- ¼ teaspoon salt
- ¼ cup sugar

Prepare pastry shell.

Make pie filling according to package directions. Cool filling slightly; then pour into baked pastry shell.

Beat egg whites until foamy. Add salt and beat until soft peaks form. Add sugar gradually, beating constantly, and continue beating until stiff peaks form.

Pile meringue on pie while filling is still warm. Bake at 350° F. (moderate oven) 15 to 20 minutes, or until lightly browned.

*NOTE: For this recipe, use only clean eggs with no cracks in shells.*

## Lemon chiffon pie

*8-inch pie, 6 servings*

- 1 8-inch graham cracker crust (p. 75) or baked pastry shell (p. 74)
- 1 tablespoon unflavored gelatin
- ¼ cup cold water
- 3 egg yolks
- ½ cup lemon juice
- ½ teaspoon grated lemon rind
- ¾ cup sugar
- 3 egg whites
- ¼ teaspoon salt

Prepare graham cracker crust or pastry shell.

Soften gelatin in cold water. Beat egg yolks slightly. Add juice, rind,

and half the sugar. Cook over low heat, stirring constantly, until mixture begins to thicken, 10 to 15 minutes.

Add gelatin; stir until dissolved. Chill until mixture begins to thicken.

Beat egg whites until foamy. Add salt and beat until soft peaks form. Slowly add remaining sugar, beating constantly until stiff. Fold into chilled mixture.

Pour into crust and chill until firm.

**NOTE:** For this recipe, use only clean eggs with no cracks in shells.

### Variation

*Lime chiffon pie.*—Use  $\frac{1}{2}$  cup lime juice and  $\frac{1}{2}$  teaspoon grated lime rind in place of lemon. Add a few drops of green food coloring to dissolved gelatin before chilling.

### Fruit delight pie

*9-inch pie, 8 servings*

- 1 9-inch graham cracker crust (p. 75)
- 1 envelope whipped dessert topping mix
- 1 package (8 ounces) cream cheese, at room temperature
- $\frac{1}{4}$  cup confectioner's sugar
- $\frac{1}{4}$  teaspoon vanilla
- $\frac{1}{2}$  cup chopped pecans
- 1 cup canned blueberry, peach, or cherry pie filling

Make graham cracker crust.

Prepare whipped dessert topping according to package directions. Beat in cream cheese, sugar, and vanilla until smooth. Stir in nuts.

Pour into pie shell. Top with pie filling. Chill at least 3 hours before serving.

### Spiced prune cake

*Two 8- or 9-inch layers*

- 1 package spice cake mix (for 2-layer cake)
- $1\frac{1}{4}$  cups drained, pitted, and chopped cooked prunes

Prepare cake batter according to package directions. Thoroughly mix prunes into cake batter. Pour batter into two greased and floured 8- or 9-inch layer cakepans.

Bake according to package directions but increase baking time by 10 minutes. Cool cake a few minutes before removing from the pans. When cool, frost with creamy white frosting (p. 79).

### Velvety white cake

*Two 8-inch layers*

- 2 cups cake flour
- $1\frac{1}{4}$  cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- $\frac{1}{2}$  cup softened butter or margarine or shortening
- 1 cup milk
- 4 egg whites, unbeaten
- 1 teaspoon vanilla
- $\frac{1}{4}$  teaspoon almond extract, if desired

Mix dry ingredients well. Add fat and half of the milk; beat until creamy. Add remaining milk, egg whites, and flavoring; beat until creamy.

Pour into two 8-inch greased and floured layer cakepans. Bake at 375° F. (moderate oven) 25 to 30 minutes, or until the cake surface springs back when touched lightly. Cool cake for a few minutes before removing from the pans. When cool, frost as desired.

## Gingerbread

6 to 9 servings

½ cup shortening  
½ cup brown sugar, packed  
1 egg  
½ cup molasses  
1½ cups flour  
½ teaspoon salt  
¾ teaspoon baking soda  
½ teaspoon ginger  
½ teaspoon cinnamon  
½ cup boiling water

Beat shortening and sugar until creamy. Add egg and molasses; beat well.

Mix dry ingredients thoroughly. Add to molasses mixture alternately with boiling water. Beat after each addition.

Pour batter into a greased 8- by 8- by 2-inch baking pan. Bake at 350° F. (moderate oven) 35 to 40 minutes. Serve warm.

## Upside-down cake

6 servings

2 tablespoons butter or margarine  
½ cup brown sugar, packed  
6 drained canned peach halves  
6 drained maraschino cherries, halved  
12 pecan halves  
1 recipe quick coffee cake batter (p. 72)

Melt fat in a 9-inch layer cakepan over low heat. Sprinkle brown sugar over fat. Arrange fruit and nuts in sugar mixture.

Prepare coffee cake batter and pour over fruit; spread evenly. Bake at 350° F. (moderate oven) 30 to 40 minutes.

Loosen cake from sides of pan and invert on serving plate. Allow to cool 5 minutes before removing pan.

## Variations

Use 12 canned apricot halves or 6 canned pineapple slices or 1 cup of drained canned crushed pineapple for the fruit.

## Timesaver

Instead of quick coffee cake batter, use a 1-layer package of cake mix, prepared by package directions.

## Cherry cobbler

6 servings

½ recipe sweet biscuit dough (p. 70)  
⅔ cup sugar  
2 tablespoons cornstarch  
1 can (16 ounces) pitted red sour cherries, water pack  
⅛ teaspoon almond extract  
Few drops red food coloring  
1 tablespoon butter or margarine

Make biscuit dough but do not roll out.

Blend sugar and cornstarch in a 1-quart saucepan. Gradually stir in cherries. Cook over moderate heat until thickened and clear, stirring constantly. Remove from heat. Add flavoring, food coloring, and fat. Pour into a 1½-quart casserole.

Drop biscuit dough by spoonfuls onto hot cherry mixture. Bake at 425° F. (hot oven) 15 to 20 minutes, or until filling bubbles and topping is lightly browned.

### **Timesaver**

*Quick cherry cobbler.*—Use 1 can (21 ounces) cherry pie filling. Heat to boiling and stir in 1 tablespoon butter or margarine. For biscuit topping, combine 1 cup packaged biscuit mix and 1 tablespoon sugar. Add  $\frac{1}{3}$  cup milk and 1 tablespoon melted butter or margarine; stir until moistened. Drop by spoonfuls onto hot cherry filling and bake as directed.

### **Chocolate cake**

*Two 8-inch layers*

1 $\frac{3}{4}$  cups cake flour  
1 $\frac{1}{3}$  cups sugar  
1 teaspoon salt  
1 teaspoon baking soda  
 $\frac{1}{2}$  cup softened butter or margarine  
1 cup milk  
1 teaspoon vanilla  
2 eggs  
2 or 3 ounces (2 or 3 squares) unsweetened chocolate, melted

Mix dry ingredients well. Add fat and half of the milk; beat until creamy. Mix in remaining milk, vanilla, and eggs. Add chocolate; beat until creamy.

Pour into two 8-inch greased and floured layer cake pans. Bake at 350° F. (moderate oven) 30 to 35 minutes, or until the cake surface springs back when touched lightly. Cool cake a few minutes before removing from the pans. When cool, frost with creamy chocolate frosting (this page).

NOTE: For a loaf cake, use a greased and floured 9- by 12-inch cakepan. Bake about 40 minutes.

### **Creamy white frosting**

*For 8-inch layer cake or 9- by 12-inch loaf cake*

About 2 $\frac{1}{2}$  cups confectioner's sugar  
 $\frac{1}{3}$  cup softened butter or margarine  
3 tablespoons milk  
1 teaspoon vanilla

Beat about 2 cups of the sugar with all other ingredients until frosting is creamy and smooth. Beat in enough of the remaining sugar for a frosting that will spread evenly. Spread on cooled cake.

### **Variation**

*Creamy chocolate frosting.*—Mix in 1 or 2 ounces (1 or 2 squares) of melted chocolate. Or increase milk to  $\frac{1}{4}$  cup and use  $\frac{1}{3}$  cup cocoa. Beat until creamy and smooth.

### **Caramel-nut frosting**

*For 8-inch layer cake or 9- by 12-inch loaf cake*

$\frac{1}{2}$  cup butter or margarine  
1 cup brown sugar, packed  
 $\frac{1}{4}$  cup milk  
2 cups confectioner's sugar  
 $\frac{2}{3}$  cup finely chopped pecans or walnuts  
 $\frac{1}{2}$  teaspoon vanilla  
Nut halves, as desired

Combine, fat, brown sugar, and milk. Cook over medium heat, stirring constantly, only until mixture boils and sugar is dissolved. Cool slightly.

Beat confectioner's sugar into cooked mixture until frosting reaches spreading consistency. Add chopped nuts and vanilla; mix well.

Spread on cooled cake. Garnish with nut halves.

## Orange bavarian cream

6 servings

- 1 tablespoon unflavored gelatin
- ¼ cup cold water
- ¾ cup orange juice
- 2 tablespoons lemon juice
- ½ teaspoon grated orange rind
- ⅓ cup sugar
- ¼ teaspoon salt
- 1 cup whipping cream
- 1 cup fresh orange sections, cut in pieces

Soften gelatin in water. Combine fruit juices, orange rind, sugar, and salt; heat to simmering. Dissolve gelatin in hot mixture. Chill until mixture begins to thicken.

Whip cream only until stiff. Fold whipped cream and orange sections into gelatin mixture. Pour into a 1-quart mold and chill until firm.

## Oatmeal cookies

3 to 4 dozen cookies

- 1 cup flour
- 1¼ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup shortening
- 1 cup brown sugar, packed
- 1 egg
- ¾ teaspoon vanilla
- 1½ cups quick-cooking rolled oats

Mix flour, baking powder, soda, and salt. Beat shortening and sugar until creamy. Beat in egg and vanilla. Blend in flour mixture. Stir in rolled oats. Chill.

Shape dough into balls about 1 inch in diameter. Place about 2 inches apart on an ungreased baking sheet. Bake at 350° F. (moderate oven) 10 to 15 minutes.

Remove from baking sheet while warm.

## Variations

*Raisin-oatmeal cookies.*—Add ½ cup raisins with the oats.

*Coconut- or nut-oatmeal cookies.*—Add ½ cup flaked coconut or ½ cup chopped nuts with the oats.

*Orange-oatmeal cookies.*—Add 2 tablespoons orange juice and 1 teaspoon grated orange rind to shortening and sugar mixture. Add ½ cup raisins and ½ cup chopped nuts with the oats. Chill dough thoroughly; drop from teaspoon onto baking sheet.

## Peanut butter cookies

4 to 5 dozen cookies

- 1 cup shortening
- 1 cup peanut butter
- 1 cup granulated sugar
- 1 cup brown sugar, packed
- 2 eggs
- 1 teaspoon vanilla
- 2½ cups flour
- ½ teaspoon salt
- ¾ teaspoon baking soda
- ½ teaspoon baking powder

Beat shortening and peanut butter until creamy. Gradually add sugars, beating thoroughly after each addition. Beat in eggs and vanilla.

Mix remaining ingredients and blend into peanut butter mixture. Shape dough into balls about 1 inch in diameter. Place about 2 inches apart on an ungreased baking sheet. Flatten each cookie. Criss-cross top of each cookie with a fork, if desired.

Bake at 375° F. (moderate oven) 10 to 15 minutes.

Remove from baking sheet while warm.

### Variation

*Top-hat cookies.*—Roll balls of dough in granulated sugar before placing on baking sheet. Do not flatten. Bake 10 minutes; then remove from oven and press a milk chocolate candy kiss into center of each cookie. Return to oven and bake 2 to 5 minutes longer, or until cookies are done.

### Molasses snaps

*3 to 4 dozen cookies*

$\frac{3}{4}$  cup shortening  
1 cup brown sugar, packed  
2 eggs  
 $\frac{1}{4}$  cup molasses  
 $2\frac{1}{4}$  cups flour  
2 teaspoons baking soda  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon cloves  
1 teaspoon cinnamon  
1 teaspoon ginger  
 $\frac{1}{2}$  cup chopped nuts, if desired  
 $\frac{1}{2}$  cup raisins, if desired

Beat shortening and sugar until creamy. Beat in eggs and molasses.

Mix dry ingredients and stir in raisins and nuts, if used. Stir flour mixture into molasses mixture.

Drop dough from a teaspoon onto a lightly greased baking sheet; space cookies about 2 inches apart. Bake at 375° F. (moderate oven) 10 to 12 minutes, or until set but not hard.

Remove from baking sheet while warm.

### Chocolate sparkles

*5 to 6 dozen cookies*

1 cup softened butter or margarine  
 $1\frac{1}{4}$  cups sugar  
2 eggs  
2 ounces (2 squares) unsweetened chocolate, melted  
 $\frac{1}{2}$  teaspoon vanilla  
 $2\frac{2}{3}$  cups flour  
2 teaspoons cream of tartar  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  cup sugar

Beat fat and  $1\frac{1}{4}$  cups sugar until creamy. Beat in eggs; add melted chocolate and vanilla.

Mix flour, cream of tartar, soda, and salt. Stir into chocolate mixture; blend well. Chill dough.

Shape dough into balls about 1 inch in diameter. Roll balls in  $\frac{1}{4}$  cup sugar and place about 2 inches apart on an ungreased baking sheet. Bake at 400° F. (hot oven) 8 to 10 minutes.

Remove from baking sheet while warm.

### Variations

*Cinnamon-sugar cookies.*—Omit chocolate. Roll balls of dough in a mixture of  $\frac{1}{4}$  cup sugar and 1 tablespoon cinnamon; bake as directed.

*Chocolate chip cookies.*—In place of  $1\frac{1}{2}$  cups granulated sugar, use  $\frac{1}{2}$  cup granulated sugar and 1 cup brown sugar. Beat sugars with butter or margarine. Omit the chocolate. Stir  $\frac{2}{3}$  cup chopped nuts and 1 package (12 ounces) chocolate chips into the dough. Drop dough from a teaspoon onto an ungreased baking sheet and bake as directed.

## Apple crisp

6 servings

2 tablespoons granulated sugar  
¼ teaspoon cinnamon  
4 cups pared, sliced tart apples  
¼ cup water  
½ cup flour  
⅛ teaspoon salt  
¼ teaspoon cinnamon  
¼ teaspoon nutmeg  
⅓ cup brown sugar, packed  
3 tablespoons softened butter or margarine

Mix granulated sugar with ¼ teaspoon cinnamon; sprinkle over apples and mix lightly. Spread apples in a greased 8- by 8- by 2-inch baking pan. Sprinkle with the water.

Blend flour, salt, cinnamon, nutmeg, and brown sugar. Mix in fat to make a crumbly mixture. Spread over apples. Bake uncovered at 350° F. (moderate oven) 40 minutes or until lightly browned and apples are tender.

## Baked apples

6 servings

6 large baking apples  
6 tablespoons sugar  
2 tablespoons butter or margarine  
Cinnamon, as desired  
½ cup water

Wash and core apples. Pare apples one-third of the way down or slit the skin around the apple about half-way down.

Place apples in a baking dish. Put sugar and butter or margarine in the center of each apple. Sprinkle with cinnamon. Pour the water around apples to prevent sticking.

Bake uncovered at 400° F. (hot oven) until tender, 45 minutes to 1 hour.

### Variation

*Cranberry-baked apples.*—Omit the sugar, fat, and cinnamon. Combine ¾ cup chopped raw cranberries, ½ cup sugar, and 3 tablespoons chopped nuts. Stuff apples with this mixture before baking.

## Brownies

16 brownies

2 ounces (2 squares) unsweetened chocolate  
⅓ cup shortening or oil  
1 cup sugar  
2 eggs, slightly beaten  
1 teaspoon vanilla  
⅔ cup flour  
½ teaspoon baking powder  
½ teaspoon salt  
½ cup chopped nuts

Melt chocolate and fat together over low heat. Cool slightly. Mix sugar with eggs.

Stir chocolate mixture into eggs gradually. Add vanilla.

Mix dry ingredients, stir in nuts, and add to chocolate mixture.

Spread batter in a greased 8-inch square baking pan. Bake at 350° F. (moderate oven) 25 to 30 minutes or until crust is shiny and brownies begin to shrink from pan. Cool in pan. Cut into 2-inch squares.

### Variation

*Chewy brownies.*—Follow directions above, but omit baking powder.

## Baked custard

6 servings

4 eggs, slightly beaten

$\frac{1}{3}$  cup sugar

$\frac{1}{4}$  teaspoon salt

3 cups hot milk

1 teaspoon vanilla

Nutmeg, as desired

Combine eggs, sugar, and salt. Stir in the milk gradually. Add vanilla.

Pour into custard cups. Sprinkle with nutmeg. Set cups in a pan of hot water.

Bake at 325° F. (slow oven) 30 to 40 minutes, or until the tip of a knife inserted in the center comes out clean.

## Raisin-nut bread pudding

6 servings

2 cups milk

1 tablespoon butter or margarine

$\frac{1}{4}$  cup brown sugar, packed

1 teaspoon cinnamon

$\frac{1}{2}$  teaspoon nutmeg

$\frac{1}{2}$  teaspoon vanilla

2 egg yolks, slightly beaten

4 slices bread, cut in 1-inch cubes

$\frac{1}{2}$  cup raisins

$\frac{1}{2}$  cup slivered almonds

2 egg whites

$\frac{1}{4}$  teaspoon salt

Heat milk. Stir in fat, sugar, cinnamon, nutmeg, and vanilla.

Stir a little of the milk mixture into egg yolks; then stir yolks into rest of milk mixture. Add bread cubes, raisins, and half the nuts.

Beat egg whites until foamy. Add salt and beat until stiff but not dry. Fold egg whites into pudding mixture. Pour into greased

1-quart casserole. Sprinkle top with rest of nuts. Place casserole in pan of hot water.

Bake at 325° F. (slow oven)  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours, or until the tip of a knife inserted in the center comes out clean.

## Quick ice cream desserts

*Pecan balls.*—Toast pecans by spreading  $1\frac{1}{2}$  cups in a shallow pan, and baking at 300° F. (slow oven) 15 to 20 minutes, or until lightly browned. Cool and chop. Shape 1 quart ice cream into 6 balls. Roll balls in pecans. Place on a tray covered with wax paper and return to freezer until firm. Just before serving, top balls with hot fudge sauce. Makes 6 servings.

*Snowballs.*—Shape 1 quart ice cream into 6 balls. Roll balls in  $\frac{1}{2}$  cup flaked coconut. Return balls to freezer as directed above. Makes 6 servings.

*Ice cream sandwiches.*—Slice 1 quart ice cream into 6 slices. Place each slice between 2 graham crackers (plain, cinnamon-flavored, or chocolate-coated). Serve immediately or return to freezer until time to serve. Makes 6 sandwiches.

*Buttered nut sundaes.*—Add  $\frac{1}{2}$  cup chopped pecans or walnuts to 2 tablespoons melted butter or margarine in a frypan. Toast nuts over low heat for 15 to 20 minutes, stirring as needed, until they are lightly browned. Stir in  $\frac{1}{4}$  cup brown sugar (packed) and  $\frac{1}{4}$  cup water; simmer 2 minutes. Pour warm sauce over ice cream. Makes about  $\frac{3}{4}$  cup or enough for 6 sundaes.

# Ways to Use Leftovers

Don't throw good leftover food away. Use your cooking skill—and your imagination—to make leftovers tasty.

Some leftovers make good second meals merely by reheating. Others are better prepared in a new way—with seasonings, sauces, crisp toppings. Try leftover fruit in muffins, vegetables in omelets. Substitute 2 leftover egg yolks for 1 whole egg in baked custard. And soups often become richer, more delicious when leftovers are added.

Listed below are some of the ways in which leftovers may be used.

## **Egg yolks, in—**

- Baked custard
- Cakes, cookies
- Homemade noodles
- Mock hollandaise sauce
- Scrambled eggs

## **Egg whites, in—**

- Cakes
- Meringue
- Souffles

## **Hard-cooked egg or yolk, in—**

- Casseroles
- Egg sauce
- Garnish
- Salads

- Sandwiches
- Thousand island dressing

## **Buttermilk, in—**

- Cakes, cookies
- Quick breads

## **Sour cream, in—**

- Beef stroganoff
- Cakes, cookies
- Salad dressings
- Sauce for vegetables

## **Cooked meats, poultry, fish, in—**

- Casseroles
- Creamed foods
- Curries
- Hash
- Patties
- Potpies
- Salads
- Sandwiches

## **Meat or poultry drippings and broth, in—**

- Gravies
- Sauces
- Soups
- Stews

## **Cooked potatoes, in—**

- Fried or creamed potatoes
- Meat or potato patties
- Meat-pie topping
- Potatoes in cheese sauce
- Salads
- Soups, stews, or chowders

**Cooked snap beans, lima beans,  
corn, peas, carrots, in—**

Casseroles  
Creamed dishes  
Meat, poultry, or fish pies  
Salads  
Sauces  
Scalloped vegetables  
Soups  
Stews  
Vegetables in cheese sauce

**Cooked leafy vegetables, chopped,  
in—**

Creamed or scalloped vegetables  
Omelets  
Souffles  
Soups

**Vegetable cooking liquids, in—**

Gravies  
Sauces  
Soups  
Stews

**Cooked or canned fruits, in—**

Fruit cups  
Fruit sauces  
Gelatin desserts  
Prune cake  
Quick breads  
Salads  
Shortcake  
Upside-down cake  
Yeast breads

**Fruit cooking liquids or fruit sirups,  
in—**

Fruit cups  
Fruit sauces

Fruit drinks  
Gelatin mixtures  
Tapioca puddings

**Cooked wheat, oat, or corn cereals,  
in—**

Fried cereal  
Meat loaf or patties  
Souffles  
Sweet puddings

**Cooked rice, noodles, macaroni,  
spaghetti, in—**

Baked macaroni and cheese  
Casseroles  
Macaroni salad  
Meat or cheese loaf  
Spanish rice

**Bread, in—**

Bread pudding  
Croutons  
Dry crumbs for breading meat,  
poultry, or fish  
Fondues  
French toast  
Meat loaf, salmon loaf  
Sardine puff  
Stuffings

**Cookies or unfrosted cake, in—**

Crumb crust for pies  
Ice cream sandwiches  
Refrigerator cake (cake strips or  
cookies layered with pudding or  
whipped cream and chilled)  
Toasted cake slices, served with  
fruit or ice cream

# Cooking Terms

- Bake** To cook in an oven or oven-type appliance in a covered or uncovered container.
- Barbecue** To roast slowly on a spit or rack, usually basting with a highly seasoned sauce. Also, foods cooked in or served with barbecue sauce.
- Baste** To pour melted fat, drippings, or other liquid over food to moisten it during cooking.
- Boil** To cook in water or other liquid at boiling temperature (212° F. at sea level). Bubbles rise continually and break on the surface.
- Braise** To cook meat or poultry slowly in steam from meat juices or added liquid trapped and held in a covered pan. Meat may be browned in a small amount of fat before braising.
- Broil** To cook uncovered on a rack placed directly under heat or over an open fire.  
*Pan broil.*—To cook in uncovered pan over direct heat, pouring fat off as it accumulates.
- Caramelize** To heat sugar or food containing sugar until a brown color and characteristic flavor develop.
- Fold** To combine two mixtures (or two ingredients such as beaten egg white and sugar) by gently cutting down through mixture, turning over, and repeating until well mixed.
- Fry** To cook in fat without water, uncovered.  
*Pan-fry or saute.*—To cook in frypan in a small amount of fat.  
*Deep-fry or french-fry.*—To cook in a deep kettle, in enough fat to cover or float food.

<b>Grill</b>	Same as broil.
<b>Knead</b>	To press, stretch, and fold dough or other mixture to make it elastic or smooth. Bread dough becomes elastic; fondant becomes smooth and satiny.
<b>Marinate</b>	To let foods stand in a liquid (usually mixture of oil with vinegar or lemon juice) to add flavor or to make more tender.
<b>Parboil</b>	To boil until partly cooked.
<b>Poach</b>	To simmer gently in liquid so food retains its shape.
<b>Pot-roast</b>	To cook large cuts of meat by braising.
<b>Reconstitute</b>	To restore concentrated food—such as frozen orange juice or dry milk—to its original state, usually by adding water.
<b>Rehydrate</b>	To soak or cook dried foods to restore the water lost in drying.
<b>Roast</b>	To cook in heated air—usually in an oven—without water, uncovered.
<b>Simmer</b>	To cook in liquid just below the boiling point, at temperatures of 185° to 210° F. Bubbles form slowly and break below the surface.
<b>Steam</b>	To cook food in steam, with or without pressure. Food is steamed in a covered container on a rack or in a perforated pan over boiling water.
<b>Stew</b>	To cook in liquid, just below the boiling point.



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Scanner manufacturer	Zeutschel
Scanner model	OS 15000
Scanning system software	Omniscan v.12.4 SR4 (1947) 64-bit
Optical resolution	600 dpi
Color settings	24 bit color
File types	tiff

Source information

Source type	text book
Source ID	010-509808950

Notes

Derivatives - Access copy

Compression	Tiff:compression: 1
Editing software	Adobe Photoshop CS5
Editing characteristics	
Resolution	300dpi
Color	gray scale
File types	pdf / tiff
Notes	

MscSPEC-MU0MP400specs

MU Libraries  
University of Missouri--Columbia

Digitization Information Page

Local identifier MscSPEC-MU0MP400

Capture information

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