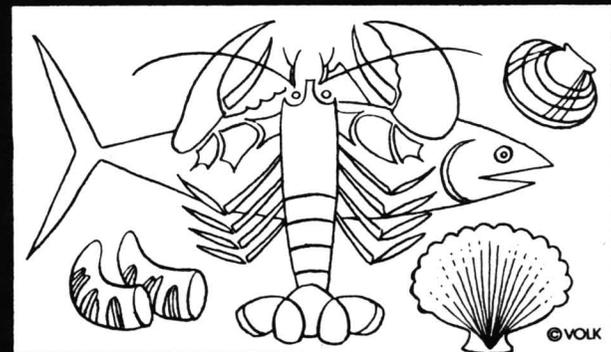
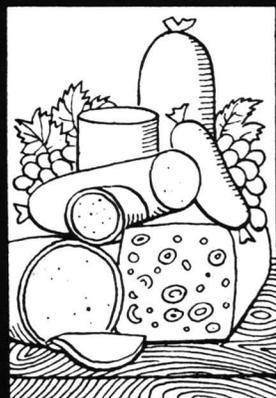
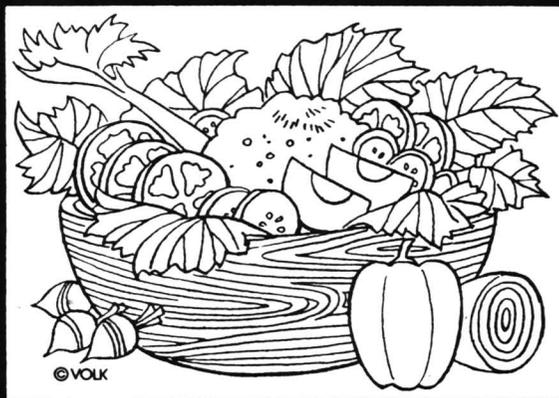
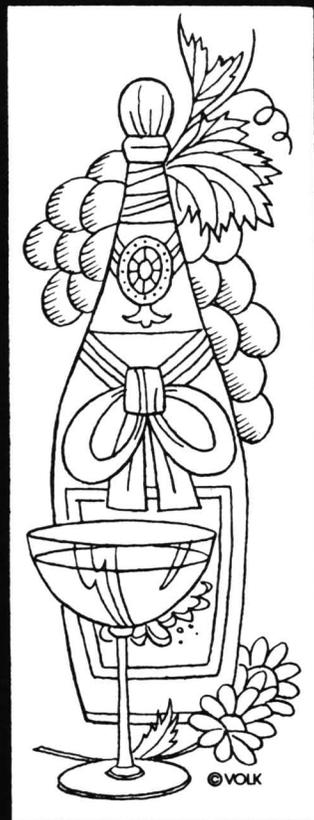


Cooking for Small Groups



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COOKING FOR SMALL GROUPS

Recipes in this bulletin have been selected and standardized to help people who prepare food for small-group gatherings. You may find them useful for a club luncheon, a small church or community supper, a big family get-together, or for varying the menus in a small institution.

For all these occasions, it pays to use taste-tested recipes that yield a given amount of food. With the recipes given here, you

will not run short of food nor be faced with leftovers. The recipes yield 25 servings, but you can adjust them for 15 to 50 servings as shown on page 19.

You will find recipes for main dishes, vegetables, salads, breads, and desserts. Calories per serving are given for each recipe. Menus for luncheon or dinner are included to suggest ways of serving many of the recipes in this bulletin.

PLANNING MENUS

Plan your menu according to the likes and needs of the group you are serving and the amount of money available. The meal should provide a variety of nutrients to help fill the daily food needs of those eating it.

To make meals more appetizing, food combinations should go well together yet offer some contrast in color, size, shape, texture, and flavor. The kind and amount of equipment available will influence your planning. In some cases, it may be to your advantage to use prepared or partially prepared foods. They can save time, labor, and possibly money.

Menus that follow use the main dishes and many other recipes in this bulletin. (Stars (*) indicate the items for which recipes are given.) You may wish to add a first course and beverage to these menus.

1.

- *Baked frankfurters and rice
- Boston brown bread
- Lettuce wedge/french dressing
- *Apple pie

2.

- *Beans and sausage
- *Raw vegetable salad
- French bread
- Fruit ice cream
- *Raisin bar

3.

- *Beef pie
- *Carrots in mustard sauce
- *Nut muffins
- *Refrigerator cheese dessert

4.

- *Pork chops in sauce
- *Vegetable medley
- *Jellied citrus salad
- Hot rolls
- *Refrigerator cookies and sherbet

5.

- *Hot turkey or chicken salad sandwich
- *Jellied vegetable salad
- Corn chips
- *Blueberry roll

6.

- *Flounder with almonds
- *Beets with orange sauce
- Coleslaw
- *Cornmeal muffins
- Fruit crisp

7.

- *Ham and egg salad
- *Green beans with herbs
- *Jelly muffins
- Relishes
- *Chocolate cream puffs

8.

- *Meat sauce over spaghetti
- Mixed green salad
- Hard rolls or Italian bread
- Fresh fruit

9.

- *Corned beef and cabbage
- Boiled potatoes, carrots, turnips
- *Spice muffins
- Baked apples

10.

- *Roast turkey or *fresh ham and *bread stuffing
- Mashed potatoes
- Buttered mixed vegetables
- *Cranberry relish
- Jellied fruit/whipped topping

11.

- *Oven-fried chicken
- *Potatoes in savory butter
- *Creole celery
- *Spoonbread
- Raspberry cobbler

12.

- *Beef pot roast or *roast rolled rib of beef
- *Seasoned summer squash
- *Fruit salad with creamy dressing
- *Oatmeal rolls
- Peach pie a la mode

HOW TO ADJUST RECIPE SIZE

Recipes in this bulletin yield 25 or more servings of a specified size.

If you need more or less than 25 servings, adjust the recipes to the number of servings desired by either method 1 or method 2 as follows:

METHOD 1

● First, check the basic recipe to see if any of the ingredients are given in fractions; change the fractions into whole numbers. For instance, change part of a cup to an equal amount in tablespoons, or part of a quart to an

equal amount in cups. The table of equivalents will help you.

Table of Equivalents

- 1 tablespoon = 3 teaspoons
 - $\frac{1}{8}$ cup = 2 tablespoons
 - $\frac{1}{4}$ cup = 4 tablespoons
 - $\frac{1}{3}$ cup = 5 tablespoons + 1 teaspoon (or 16 teaspoons)
 - $\frac{1}{2}$ cup = 8 tablespoons
 - $\frac{2}{3}$ cup = 10 tablespoons + 2 teaspoons (or 32 teaspoons)
 - $\frac{3}{4}$ cup = 12 tablespoons
 - 1 cup = 16 tablespoons
 - 1 quart = 4 cups
 - 1 pound = 16 ounces
-

- Then, multiply the amount of each ingredient by the factor that is listed opposite the number of servings desired in the following guide:

Number of Servings Desired	Factor
15	0.6
20	0.8
30	1.2
35	1.4
40	1.6
50	2.0

- To make 35 servings, for example, multiply the amount of each ingredient in the basic recipe by the factor 1.4. If a recipe calls for $\frac{1}{2}$ cup flour, the following calculation would be made: $\frac{1}{2}$ cup = 8 tablespoons flour. $8 \text{ tablespoons} \times 1.4 = 11.2 \text{ tablespoons}$ flour for 35 servings.

- When amounts do not come out in even quantities, use the nearest measurable amount. In the above example, 11.2 tablespoons would be changed to 11 tablespoons.

NOTE: These factors do not apply to the apple pie recipe. To make a different number of servings, you would have to decide how many pies are required and adjust the factor accordingly.

METHOD 2

Use the Chart for Adjusting Size of Recipes on page 19. This chart gives amounts needed to change ingredients in recipes from 25 servings to 15, 20, 30, 35, 40, or 50 servings.

In making recipe adjustments, keep in mind that—

- Cooking times may be different when recipe size is changed. A larger amount of food may take longer to cook; a smaller amount may be overcooked if not watched and removed from the heat when done.

- With baked foods, cooking time depends in part on the depth of the food in the pan. Use the appropriate size and number of pans when adjusting a recipe.

KEEPING FOOD SAFE TO EAT

Careless food handling can cause illness. Be sure to wash your hands before preparing food. Wear hairnets or chefs' hats when working with food.

Food held at improper temperatures can give any harmful bacteria present in the food an opportunity to grow and multiply. Most bacteria grow best at room temperature. If bacteria are present in foods that are held for 4 hours or more at room temperature, the foods may not be safe to eat.

To prevent bacteria from multiplying, hot foods should be kept above 140° F. and cold foods should be kept below 40° .

Cream fillings, cream pies, and cream puffs are some of the foods in which bacteria grow and multiply rapidly. They must be refrigerated soon after they are prepared to remain safe to eat. They should be held in refrigerator until serving time.

For further information on this subject, see Home and Garden Bulletin 162, "Keeping Food

Safe To Eat: A Guide for Home-makers." Single copies are available free from Office of Information, U.S. Department of

Agriculture, Washington, D.C. 20250. Please include your ZIP Code with your return address.

RECIPES

Main Dishes

Beef pot roast

25 servings, about 3 ounces each

Flour, unsifted $\frac{2}{3}$ cup
 Salt 4 teaspoons
 Pepper $\frac{1}{2}$ teaspoon
 Chuck roast, boneless $7\frac{1}{4}$ pounds

or

Round roast, boneless $6\frac{1}{2}$ pounds
 Fat or oil $\frac{1}{4}$ cup
 Water About 1 cup

Mix flour, salt, and pepper; coat meat with mixture.

Heat fat in heavy pan.

Brown meat on all sides.

Add water, as needed, to prevent overbrowning. Cover tightly and cook over low heat or in oven at 350° F. (moderate) until tender. Cooking time will be about $2\frac{1}{2}$ to $3\frac{1}{2}$ hours depending on thickness of meat cut.

Calories per serving: About 245.

Corned beef and cabbage

25 servings, 3 ounces beef and 1 wedge cabbage each

Corned beef $8\frac{1}{4}$ pounds
 Water To cover
 Cabbage wedges 25
 (about 6 pounds)

Place corned beef in pot. Add water to cover meat.

Cover pot. Simmer over low heat until meat is tender, about 3 hours.

Remove meat.

Bring liquid to boiling point. Add cabbage. Cook cabbage until tender, about 10 minutes; drain.

Slice meat; serve with cabbage wedge.

Calories per serving: About 350.

Beef pie

25 servings, each about 2 by 4 inches

Filling

Onions, quartered 3 cups
 Boiling water 2 cups
 Beef drippings, butter,
 or margarine $\frac{1}{2}$ cup
 Flour, unsifted 1 cup
 Onion cooking liquid
 and water $1\frac{1}{2}$ quarts
 Salt 1 tablespoon
 Pepper $\frac{1}{4}$ teaspoon
 Gravy seasoning,
 if desired 1 teaspoon
 Green peas, frozen ... 2 packages,
 10 ounces
 each
 Beef, cooked, diced ... $2\frac{1}{2}$ quarts or
 $3\frac{1}{8}$ pounds

Crust

Flour, unsifted 2 cups
 Salt 1 teaspoon
 Margarine $\frac{3}{4}$ cup
 Cold water $\frac{1}{4}$ cup
 Poppy seeds 1 teaspoon

Preheat oven to 450° F. (very hot).

For filling, cook onions in boiling water until tender. Drain. Save the liquid.

Melt fat in large saucepan; stir in flour.

Stir in onion liquid and water, salt, pepper, and gravy seasoning.

Cook, stirring constantly, until thickened.

Stir onions, peas, and beef into gravy.

Pour into a 12- by 20-inch baking pan.

For crust, mix flour and salt. Mix in fat only until mixture is crumbly. Add water and mix lightly.

Roll out on floured surface into 12- by 20-inch rectangle. Fit over top of pan. Cut slits.

Sprinkle pastry top with poppy seeds.

Bake for 45 minutes or until lightly browned.

Calories per serving: About 275.

NOTE: About 5¼ pounds raw boneless beef chuck roast or 6¾ pounds raw beef chuck roast with bones will be needed to make 2½ quarts of cooked beef.

Ham and egg salad

25 servings, about ⅔ cup each

Ham, lean, cooked, diced	2 quarts or 2½ pounds
Eggs, hard-cooked, diced	19 large
Apples, pared, diced	1¼ quarts
Sweet pickle relish	1½ cups
Parsley flakes	1 tablespoon
Instant minced onion	1½ teaspoons
Prepared mustard	4 teaspoons
Salad dressing	1 cup
Lettuce or other salad greens	As desired

Mix ham, eggs, apples, relish, and parsley flakes together lightly.

Mix onion and mustard with salad dressing.

Gently stir dressing mixture into ham mixture.

Chill before serving.

Serve on crisp salad greens.

Calories per serving: About 225.

Flounder with almonds¹

25 servings, 1 piece each

Flounder fillets, fresh or frozen	7½ pounds
Butter or margarine, melted	½ cup
Lemon juice	½ cup
Lemon rind, grated	¼ cup
Salt	1 tablespoon
Pepper	½ teaspoon
Roasted almonds, diced	1 cup
Chives, chopped	1 cup

Thaw frozen fillets.

Preheat oven to 350° F. (moderate).

Grease two 12- by 15-inch baking pans.

Divide fillets into 25 servings, about 4¾ ounces each. Place in a single layer, skin side down, on baking pans.

Mix fat, lemon juice, lemon rind, salt, and pepper. Pour mixture over fish, about ⅔ cup per pan.

Sprinkle almonds over fish, about ½ cup per pan.

Bake for 25 to 30 minutes until fish flake easily when tested with a fork.

Sprinkle chives over cooked fish, about ½ cup per pan.

¹ This recipe courtesy of National Marine Fisheries Service, U.S. Department of Commerce.

Meat sauce

25 servings, about $\frac{3}{4}$ cup each

Ground beef	5 pounds
Instant minced onion	$\frac{3}{4}$ cup
Sweet pepper flakes	$\frac{1}{2}$ cup
Garlic powder	1 teaspoon
Tomato paste	$1\frac{1}{2}$ quarts
Water	$1\frac{3}{4}$ quarts
Pepper	$1\frac{1}{2}$ teaspoons
Sugar	2 tablespoons
Salt	3 tablespoons
Cayenne pepper, if desired	$\frac{1}{8}$ teaspoon
Worcestershire sauce	2 tablespoons

Brown beef. Add onion, peppers, and garlic powder.

Drain off excess fat.

Stir remaining ingredients into meat mixture.

Simmer, stirring occasionally, for 1 hour or until flavors are blended.

Serve on cooked macaroni, spaghetti, or noodles.

Calories per serving: About 255 for meat sauce only.

Baked frankfurters and rice

25 servings, about $\frac{3}{4}$ cup each

Rice	2 $\frac{1}{4}$ cups
Salt	1 teaspoon
Boiling water	1 quart
Frankfurters, cut in $\frac{1}{2}$ -inch slices	2 $\frac{1}{4}$ pounds
Tomatoes	2 cans, 28 ounces each
Sweet pepper flakes	$\frac{1}{4}$ cup
Instant minced onion	$\frac{1}{2}$ cup
Cheese, shredded	1 quart
Salt	2 teaspoons

Preheat oven to 350° F. (moderate).

Place rice in an 8- by 8-inch pan. Add salt and water. Stir.

Cover and bake 30 minutes. Remove from oven and let stand covered for 5 minutes.

Grease a 12- by 20-inch pan.

Turn oven temperature to 400° F. (hot).

Combine cooked rice with remaining ingredients.

Pour into pan.

Bake for 45 minutes or until the mixture is bubbly.

Calories per serving: About 280.

Roast turkey

25 servings, about 3 ounces each

Whole turkey, with
giblets 10 $\frac{3}{4}$ pounds |

or

Turkey breast 9 $\frac{1}{2}$ pounds |

or

Turkey legs
(drumsticks and
thighs) 10 $\frac{1}{2}$ pounds |

or

Boneless turkey roast 7 $\frac{3}{4}$ pounds |

Preheat oven to 325° F. (slow).

Wash the fresh or thawed turkey; remove any pinfeathers. Drain.

Rub inside of turkey with salt and other seasonings, as desired.

To roast a whole turkey, fold the neck skin back and fasten with a skewer. Tie the legs together over the body opening, or if there is a band of skin above the tail, tuck legs into it. Place breast side up in an open shallow roasting pan. If desired, insert a meat thermometer into the center of the inner thigh muscle of the whole turkey. The thermometer should not touch the bone. Place turkey in oven; roast until done.

Stir in orange juice concentrate and water.

Cook, stirring constantly, until thickened.

Stir in lemon juice and fat.

Pour sauce over beets. Heat to serving temperature.

Calories per serving: About 100.

Vegetable medley

25 servings, about ½ cup each

Green peas, frozen . . . 30 ounces
Carrots, sliced,
frozen 20 ounces
Asparagus, cut,
frozen 20 ounces
Cauliflower, frozen . . . 20 ounces
Boiling water 2 cups
Salt 4 teaspoons
Sugar 1 tablespoon
Butter or margarine . . . ½ cup
Vegetable cooking
liquid and water . . . 2 cups
Cornstarch 2 tablespoons
Cold water ¼ cup

Partially thaw vegetables if tightly packed.

Cook vegetables in boiling water until tender (about 10 minutes).

Drain vegetables; save cooking liquid.

Add salt, sugar, and fat to vegetable liquid and water. Heat to boiling.

Mix cornstarch with cold water. Gradually stir into boiling liquid mixture. Cook, stirring constantly, until thickened.

Pour sauce over cooked vegetables.

NOTE: Fresh vegetables may be used in place of frozen. Use 1 quart pared, sliced carrots; 1 quart cut asparagus; and 1 quart

fresh cauliflower florets. Cook until tender (about 14 minutes).

Calories per serving: About 80.

Green beans with herbs

25 servings, about ⅓ cup each

Bacon, cut-up 18 slices
(12 ounces)
Instant minced onion . . ¼ cup
Water ¼ cup
Green pepper, chopped . . ½ cup
Bacon drippings ½ cup
Green beans, french-
style, frozen 10 packages,
9 ounces each
Boiling water 1½ cups
Salt 4 teaspoons
Marjoram ½ teaspoon
Rosemary, crushed . . . ¼ teaspoon
Black pepper ½ teaspoon

Fry bacon until crisp. Drain; save ½ cup drippings.

Soak onion in ¼ cup water for 5 minutes. Drain.

Cook onion and green pepper in bacon drippings until tender.

Cook green beans in boiling salted water until tender, about 10 minutes; drain.

Mix beans, bacon, onion, green pepper, and seasonings.

Serve hot.

Calories per serving: About 95.

Potatoes in savory butter

25 servings, about ½ cup each

Butter or margarine . . . 1 cup
Garlic powder ¼ teaspoon
Thyme ½ teaspoon
Rosemary, crushed . . . ½ teaspoon
Dry mustard ⅛ teaspoon
Parsley flakes 1½ teaspoons
Pepper ⅛ teaspoon
Lemon juice 1½ teaspoons
Potatoes, pared, diced . 3½ quarts
Boiling water 2 quarts
Salt 1 tablespoon

Melt fat; add seasonings and lemon juice.

Let stand for 30 minutes to blend flavors.

Cook potatoes in boiling salted water until tender. Drain.

Reheat seasoned fat mixture. Pour over hot potatoes.

Calories per serving: About 110.

VARIATION

Cauliflower in savory butter.—Use 5¾ quarts cauliflower florets in place of potatoes. Use only 2 cups boiling water. About 90 calories per serving.

Seasoned summer squash

25 servings, about 1/3 cup each

- Summer squash, sliced,
frozen 9 packages,
10 ounces each
- Butter or margarine .. 1/2 cup
- Instant minced onion .. 1/4 cup
- Paprika 1 1/2 teaspoons
- Salt 1 tablespoon
- Pepper 1/2 teaspoon
- Dill seed 3/4 teaspoon
- Vinegar 2 tablespoons
- Flour 2 tablespoons
- Water 1/4 cup

Partially thaw squash.

Melt fat; add squash, onion, seasonings, and vinegar.

Cover; cook over medium heat until squash is tender, about 14 minutes.

Drain squash; save liquid.

Mix flour and water well. Stir into hot liquid drained from squash.

Cook, stirring constantly, until thickened.

Pour over cooked squash.

NOTE: Use 5½ quarts sliced

fresh yellow summer squash in place of frozen squash. Cook 25 minutes.

Calories per serving: About 60.

Carrots in mustard sauce

25 servings, about 1/2 cup each

- Carrots, diced, frozen .. 8 packages,
10 ounces each
- Boiling water 1 quart
- Butter or margarine .. 1/2 cup
- Brown sugar, packed .. 1 cup
- Prepared mustard 1/3 cup
- Salt 2 tablespoons

Cook carrots in boiling water until tender. Drain.

Mix fat, sugar, mustard, and salt.

Cook, stirring constantly, until fat melts and sugar is dissolved.

Pour mustard mixture over carrots. Heat to serving temperature.

NOTE: In place of the frozen carrots, 4¼ quarts pared, diced, fresh carrots may be used.

Calories per serving: About 95.

Salads

Cranberry relish

25 servings, about 1/4 cup each

- Cranberries 1 1/4 quarts
(1 1/4 pounds)
- Oranges 3 medium-size
- Apples 3 medium-size
- Sugar 3 cups

Sort and wash cranberries.

Wash and quarter oranges and apples. Remove seeds from oranges and cores from apples.

Grind fruit in food chopper using coarse blade.

Mix sugar with ground fruit.

Chill before serving.

Calories per serving: About 120.

Raw vegetable salad

25 servings, about 1 cup each

Head lettuce, cut in
1-inch pieces 4½ quarts
(about 3 medium-size
heads)
Onions, thinly sliced 3 cups
Green peppers, sliced 2 cups
Cucumbers, diced 1 quart
Stuffed olives, thinly
sliced 1½ cups
Blue cheese,
if desired, crumbled 3 ounces
Salad oil 1 cup
Vinegar ½ cup
Salt 1½ teaspoons
Paprika ¼ teaspoon

Toss vegetables, olives, and cheese, if used, together.

Mix oil, vinegar, and seasonings; shake well to blend.

Just before serving, shake oil and vinegar mixture and pour over vegetable mixture.

Calories per serving: About 125 with cheese; 110 without cheese.

Fruit salad

25 servings, about ½ cup each

Pineapple chunks 2 cans,
20 ounces each
Peaches, sliced 30-ounce can
Pear halves 30-ounce can
Bananas, sliced 3 cups
Seedless grapes or
grapes, halved,
seeded 3 cups
Dates, cut-up 1½ cups
Miniature
marshmallows 1½ cups
Creamy fruit dressing
(page 13) 1 recipe
Lettuce or other salad
greens As desired

Drain canned fruits. Save liquid.

Dice pears.

Pour fruit liquids over bananas; drain.

Toss canned fruits, bananas, and grapes together lightly.

Add dates and marshmallows.

Just before serving, fold in dressing. Toss lightly.

Serve on crisp salad greens.

Calories per serving: About 135.

Jellied citrus salad

25 servings, each about 2 by 4 inches

Grapefruit sections,
drained 3 cans,
16 ounces each
Mandarin orange
sections, drained 3 cans,
11 ounces each
Lime-flavored gelatin 12 ounces
Boiling water 1 quart
Fruit liquid and
water 1 quart
Maraschino cherries,
drained, cut in
halves ½ cup
Lettuce or other salad
greens As desired

Chill drained grapefruit and orange sections.

Dissolve gelatin in boiling water. Stir in fruit liquid and water.

Chill until mixture begins to thicken.

Stir in grapefruit sections, oranges, and cherries.

Pour into 12- by 20-inch pan. Chill until set.

Cut and serve on crisp salad greens.

Calories per serving: About 120.



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Jellied citrus salad—a colorful and zesty salad to eat with meat.

Jellied vegetable salad

25 servings, each about 2 by 4 inches

- Lemon-flavored gelatin 12 ounces
- Boiling water 1½ quarts
- Salt 1½ teaspoons
- Lemon juice ½ cup
- Celery, diced 1 quart
- Green pepper, chopped ¾ cup
- Cucumbers, pared, diced 3 cups
- Carrots, shredded ½ cup
- Instant minced onion 1½ teaspoons
- Lettuce or other salad greens As desired

Dissolve gelatin in boiling water.

Stir in salt and lemon juice.

Chill until mixture begins to thicken.

Stir vegetables, except salad greens, into gelatin mixture.

Pour into a 12- by 20-inch pan. Chill until set.

Cut and serve on crisp salad greens.

Calories per serving: About 60.

Salad Dressings

Creamy fruit dressing

25 servings, about 1 tablespoon each.

- Cornstarch 4 teaspoons
- Sugar 3 tablespoons
- Salt ¼ teaspoon
- Pineapple juice 1 cup
- Egg, well beaten 1 large
- Cream cheese 3-ounce package
- Lemon juice 3 tablespoons

Mix cornstarch, sugar, salt, pineapple juice, and egg until smooth.

Cook, stirring constantly, until thickened.

Beat cream cheese with lemon juice until soft and creamy.

Slowly add hot mixture to cream cheese mixture. Beat well.

Chill.

Calories per serving: About 30.

French dressing

25 servings, about 2 teaspoons each.

- Salt 1½ teaspoons
- Sugar ¼ cup
- Dry mustard ½ teaspoon
- Paprika ½ teaspoon
- Onion juice ½ teaspoon
- Salad oil ¾ cup
- Vinegar ⅓ cup
- Catsup 3 tablespoons

Mix salt, sugar, mustard, paprika, and onion juice.

Stir in oil, vinegar, and catsup. Chill.

Beat or shake vigorously before serving.

Calories per serving: About 65.

Breads

Oatmeal rolls

25 servings, 2 rolls each

Boiling water	1¾ cups
Rolled oats, quick-cooking	1½ cups
Shortening	¼ cup
Molasses	⅓ cup
Flour, unsifted	1½ quarts
Instant nonfat dry milk	½ cup
Salt	2 teaspoons
Active dry yeast	3 packages, ¼ ounce each
Eggs	2 large

Pour boiling water over rolled oats. Let stand 5 minutes.

Stir in shortening and molasses.

Mix 2 cups flour with nonfat dry milk, salt, and yeast.

Add rolled oats mixture to flour mixture. Beat 2 minutes.

Add 2 cups flour and eggs. Beat well.

Stir or knead in remaining 2 cups flour.

Place dough in 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 size, about 1 to 1½ hours.

Press dough down to remove air bubbles.

Form balls, about 1½ inches in diameter.

Place balls on sheet pan. Let rise until double in size.

Preheat oven to 400° F. (hot).

Bake for 20 minutes or until rolls are lightly browned.

Calories per serving: About 320.



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Oatmeal rolls—crusty and satisfying.

Spoonbread

25 servings, each about 2 by 4 inches

Cornmeal	3 cups
Salt	4 teaspoons
Milk	2¼ quarts
Butter or margarine	⅓ cup
Egg yolks, beaten	12 large
Egg whites	12 large

Preheat oven to 375° F. (moderate).

Grease a 12- by 20-inch baking pan.

Mix cornmeal, salt, and milk in large saucepan.

Cook over low heat, stirring constantly, until thickened to consistency of mush. Remove from heat.

Stir in fat.

Cool slightly.

Stir egg yolks into cornmeal mixture. Mix well.

Beat egg whites until stiff but

not dry. Fold into cornmeal-egg yolk mixture.

Pour into baking pan.

Bake for 45 minutes or until set.

Calories per serving: About 185.

Plain muffins

25 servings, 2 muffins each

Flour, unsifted 2½ quarts
Baking powder ⅓ cup
Sugar 1½ cups
Salt 4 teaspoons
Eggs, beaten 5 large
Oil 1½ cups
Milk 1¼ quarts

Preheat oven to 400° F. (hot).

Grease muffin tins.

Mix flour, baking powder, sugar, and salt.

Mix eggs, oil, and milk. Stir into flour mixture, stirring only until flour mixture is moistened; batter will be lumpy.

Fill muffin tins about ½ full.

Bake 20 minutes or until lightly browned.

Calories per serving: About 380.

VARIATIONS

Cornmeal muffins.—Use only 1¼ quarts flour. Add 1 quart cornmeal with flour. About 380 calories per serving.

Jelly muffins.—Drop ½ teaspoon jelly on top of each muffin before placing in oven. About 400 calories per serving.

Nut muffins.—Add 3 cups chopped nuts to flour mixture. About 490 calories per serving.

Spice muffins.—Add 1½ teaspoons cloves and 4 teaspoons

cinnamon to flour mixture. About 380 calories per serving.

Bread stuffing

25 servings, each about 2 by 2 inches

Butter or margarine .. 1¼ cups
Celery, finely
 chopped 3½ cups
Instant minced onion .. ½ cup
Soft bread cubes 6 quarts
Salt 1½ teaspoons
Pepper ¼ teaspoon
Poultry seasoning ... 2 teaspoons
Thyme ¼ teaspoon

Preheat oven to 350° F. (moderate).

Grease a 9- by 13-inch baking pan.

Melt fat. Add celery and onion. Cook until vegetables are tender. Remove from heat.

Add bread cubes and seasonings; toss to mix.

Place in baking pan. Cover and bake 45 minutes. Remove cover and bake 15 minutes longer or until browned.

Calories per serving: About 205.

Desserts

Refrigerator cookies

50 servings, 2 cookies each

Shortening 1¼ cups
Granulated sugar 1 cup
Brown sugar,
 packed 1 cup
Eggs, beaten 3 large
Flour, unsifted 1 quart
Baking soda 1½ teaspoons
Salt 1 teaspoon
Cinnamon 1 teaspoon
Cloves ½ teaspoon
Nutmeg ½ teaspoon
Nuts, chopped 1 cup

Mix shortening, sugars, and eggs until creamy.

Mix flour, baking soda, salt, and spices.

Stir flour mixture and nuts into creamy mixture.

Form into rolls about 1½ inches in diameter.

Wrap in waxed paper and chill thoroughly in refrigerator.

Preheat oven to 375° F. (moderate).

Lightly grease baking sheets.

Cut dough into 100 slices.

Place cookie slices on baking sheets.

Bake 9 to 12 minutes until lightly browned.

Calories per serving: About 130.

Refrigerator cheese dessert

25 servings, each about 2 by 4 inches

Graham cracker crust

Graham cracker
crumbs 2 cups
Confectioner's sugar,
sifted ½ cup
Butter or margarine,
softened ½ cup

Filling

Lemon-flavored
gelatin 6 ounces
Boiling water 2 cups
Cream cheese 12 ounces
Sugar 2 cups
Vanilla 2 tablespoons
Evaporated milk,
chilled 2 cans,
14½ ounces each

For crust, mix crumbs, sugar, and fat thoroughly.

Line a 12- by 20-inch baking pan with crumb mixture; save ¼ cup crumb mixture for topping.

For filling, dissolve gelatin in boiling water. Chill until mixture begins to thicken.

Beat cream cheese, sugar, and vanilla together.

Whip evaporated milk in cold bowl until stiff.

Stir whipped evaporated milk and gelatin into cream cheese mixture. Beat until creamy.

Pour into pan lined with crumb mixture.

Top with remaining crumb mixture.

Chill until set.

Calories per serving: About 230.

Apple pie

Four 9-inch pies, ⅛ pie per serving

Pastry

Flour, unsifted 2 quarts
Salt 4 teaspoons
Margarine 3 cups
Cold water 1 cup

Filling

Apple slices 6 cans,
18 ounces each
Sugar 2 cups
Flour, unsifted 1 cup
Cinnamon 2¼ teaspoons
Nutmeg 1½ teaspoons
Salt ¾ teaspoon
Butter or margarine,
melted 2 tablespoons

Preheat oven to 425° F. (hot).

For crust, mix flour and salt. Mix in fat until dough is size of peas.

Add water and mix.

Divide dough into eight parts. Roll out each part on lightly floured surface.

Line four 9-inch piepans with pastry.

Cut slits in remaining crusts.

For filling, lightly mix apples, sugar, flour, spices, and salt.

Fill pastry-lined pans with apple mixture, using about 3½ cups per pan. Sprinkle fat over filling.

Moisten edges of pastry; cover with top crust and seal well.

Bake for 50 minutes or until top is lightly browned and filling is bubbly.

NOTE: In place of canned apples, use 6 quarts pared, sliced, fresh apples.

Calories per serving: About 410 calories using canned apples, 370 using fresh apples.

Raisin bars

25 servings, 2 bars each

Shortening ¾ cup
Granulated sugar ... ½ cup
Egg 1 large
Honey ½ cup
Milk ½ cup
Flour, unsifted 2 cups
Baking powder 1½ teaspoons
Salt ¾ teaspoon
Cinnamon ½ teaspoon
Nutmeg ½ teaspoon
Raisins 1½ cups
Nuts, chopped 1 cup
Confectioner's sugar,
sifted 1 cup
Lemon juice 2 tablespoons
Butter or margarine ... 2 teaspoons

Preheat oven to 350° F. (moderate).

Grease two 9- by 13-inch sheet pans.

Mix shortening, granulated sugar, egg, and honey until creamy. Stir in milk.

Mix flour, baking powder, salt, cinnamon, and nutmeg.

Stir into creamy mixture.

Mix in raisins and nuts.

Spread in sheet pans, about 1½ quarts per pan.

Bake 30 minutes or until done. Cool.

Mix confectioner's sugar, lemon juice, and fat until creamy.

Spread confectioner's sugar mixture over baked cookies. Cut into 50 bars.

Calories per serving: About 210.

Chocolate cream puffs

25 servings, 1 cream puff each

Cream puff

Shortening 1 cup
Boiling water 1½ cups
Flour, unsifted 1½ cups
Cocoa ¼ cup
Salt ½ teaspoon
Eggs 7 large

Filling

Chocolate,
unsweetened 4 squares,
1 ounce each
Sugar 1 cup
Flour, unsifted ¾ cup
Salt ½ teaspoon
Hot milk 1¼ quarts
Eggs 5 large
Sugar 1 cup
Butter or margarine ... 2 tablespoons
Vanilla 1 tablespoon

Preheat oven to 425° F. (hot).

Grease sheet pans.

For the cream puff, add shortening to water. Heat to boiling.

Mix flour, cocoa, and salt. Add to water mixture, beating vigorously.

Cook, stirring constantly, until mixture leaves sides of pan. Remove from heat; cool until just warm.

Add eggs; beat until mixture is smooth.

Drop from a tablespoon onto sheet pans about 2 inches apart.

Bake for 35 minutes. Cool.

For the filling, melt chocolate in saucepan over low heat.

Mix 1 cup sugar, flour, and salt; stir into chocolate.

Gradually add milk.

Cook, stirring constantly, until thick and smooth.

Beat eggs with 1 cup sugar. Slowly stir into hot mixture.

Cook over low heat, stirring constantly, for 2 minutes. Remove from heat.

Stir in fat and vanilla. Cool in refrigerator.

Split puffs; fill each with $\frac{1}{4}$ cup filling just before serving.

Calories per serving: About 275.

Blueberry roll

25 servings, each about 1 inch thick

Sponge roll

Eggs	7 large
Granulated sugar	2½ cups
Lemon juice	4 teaspoons
Water	¾ cup
Flour, unsifted	2½ cups
Baking powder	2¼ teaspoons
Salt	¾ teaspoon
Confectioner's sugar, sifted	¼ cup

Filling

Blueberry pie filling	3 cans, 21 ounces each
Lemon juice	2 tablespoons

Preheat oven to 350° F. (moderate).

Line two 11- by 17-inch sheet pans with waxed paper.

For sponge roll, beat eggs until very thick and light. Add granulated sugar gradually.

Stir in lemon juice and water. Mix flour, baking powder, and salt.

Add flour mixture gradually using low speed on mixer.

Pour batter into pans, about 1½ quarts per pan.

Bake for 15 minutes or until cake springs back when touched lightly.

Invert cake on waxed paper that has been sprinkled with confectioner's sugar. Remove pans and waxed paper used to line pan.

For filling, mix pie filling with lemon juice. Spread over cake.

Roll as for jelly roll. Cool.

Slice into 1-inch pieces.

Calories per serving: About 220.



CHART FOR ADJUSTING SIZE OF RECIPES

The amounts of ingredients needed for recipes to yield 15, 20, 25, 30, 35, 40, and 50 servings are given in this chart. All amounts have been rounded to measurable amounts.

When adjusting a recipe to make 35 servings, first look for the amount of each ingredient in the column headed "25 servings." If the recipe calls for 1½ cups of flour, for example, move down to the space marked "1 cup;" then move across to the column headed "35 servings," which shows "1½ cups." Next find "½ cup" under column headed "25 servings;" move across to the column headed "35 servings," which shows ¾ cup. Last, add 1½ cups and ¾ cup (total, 2¼ cups) to get quantity of flour needed in changing the recipe to 35 servings.

Do this for each ingredient in the basic recipe.

You may find it easier to add amounts of ingredients if you convert fractions of cups to whole tablespoons and fractions of quarts to whole cups. See table of equivalents, page 2.

15 servings	20 servings	25 servings	30 servings	35 servings	40 servings	50 servings
Volume Measures						
Dash	Dash	⅛ teaspoon	⅛ teaspoon	⅛ teaspoon	¼ teaspoon	¼ teaspoon
⅛ teaspoon	¼ teaspoon	¼ teaspoon	¼ teaspoon	⅜ teaspoon	⅜ teaspoon	½ teaspoon
¼ teaspoon	⅜ teaspoon	½ teaspoon	½ teaspoon	¾ teaspoon	¾ teaspoon	1 teaspoon
½ teaspoon	½ teaspoon	¾ teaspoon	1 teaspoon	1 teaspoon	1¼ teaspoons	1½ teaspoons
½ teaspoon	¾ teaspoon	1 teaspoon	1¼ teaspoons	1½ teaspoons	1½ teaspoons	2 teaspoons
1¼ teaspoons	1½ teaspoons	2 teaspoons	2½ teaspoons	2¾ teaspoons	3¼ teaspoons	4 teaspoons
1¾ teaspoons	2½ teaspoons	1 tablespoon	3½ teaspoons	4½ teaspoons	4¾ teaspoons	2 tablespoons
2½ teaspoons	3¼ teaspoons	4 teaspoons	4¾ teaspoons	5½ teaspoons	6½ teaspoons	8 teaspoons
3½ teaspoons	4¾ teaspoons	2 tablespoons	7¼ teaspoons	8½ teaspoons	3 tablespoons	4 tablespoons
5½ teaspoons	7¼ teaspoons	3 tablespoons	11 teaspoons	4 tablespoons	5 tablespoons	6 tablespoons
7¼ teaspoons	3 tablespoons	¼ cup	⅓ cup	⅓ cup	6 tablespoons	½ cup
3 tablespoons	¼ cup	⅓ cup	½ cup	½ cup	½ cup	⅔ cup
⅓ cup	6 tablespoons	½ cup	⅔ cup	¾ cup	¾ cup	1 cup
6 tablespoons	½ cup	⅔ cup	¾ cup	1 cup	1 cup	1⅓ cups
½ cup	⅔ cup	¾ cup	1 cup	1 cup	1¼ cups	1½ cups
⅔ cup	¾ cup	1 cup	1¼ cups	1½ cups	1⅔ cups	2 cups

15 servings	20 servings	25 servings	30 servings	35 servings	40 servings	50 servings
Volume Measures						
$1\frac{1}{4}$ cups	$1\frac{2}{3}$ cups	2 cups	$2\frac{1}{2}$ cups	$2\frac{3}{4}$ cups	$3\frac{1}{4}$ cups	1 quart
$1\frac{3}{4}$ cups	$2\frac{1}{3}$ cups	3 cups	$3\frac{2}{3}$ cups	$4\frac{1}{4}$ cups	$4\frac{3}{4}$ cups	$1\frac{1}{2}$ quarts
$2\frac{1}{3}$ cups	$3\frac{1}{4}$ cups	1 quart	$4\frac{3}{4}$ cups	$5\frac{1}{2}$ cups	$6\frac{1}{2}$ cups	2 quarts
$4\frac{3}{4}$ cups	$6\frac{1}{2}$ cups	2 quarts	$9\frac{1}{2}$ cups	$2\frac{3}{4}$ quarts	$3\frac{1}{4}$ quarts	4 quarts
$7\frac{1}{4}$ cups	$9\frac{1}{2}$ cups	3 quarts	$14\frac{1}{2}$ cups	$4\frac{1}{4}$ quarts	$4\frac{3}{4}$ quarts	6 quarts
$9\frac{1}{2}$ cups	$3\frac{1}{4}$ quarts	4 quarts	$4\frac{3}{4}$ quarts	$5\frac{1}{2}$ quarts	$6\frac{1}{2}$ quarts	8 quarts
3 quarts	4 quarts	5 quarts	6 quarts	7 quarts	8 quarts	10 quarts
$14\frac{1}{2}$ cups	$4\frac{3}{4}$ quarts	6 quarts	$7\frac{1}{4}$ quarts	$8\frac{1}{2}$ quarts	$9\frac{1}{2}$ quarts	12 quarts
Weight Measures						
$\frac{1}{2}$ ounce	$\frac{3}{4}$ ounce	1 ounce	$1\frac{1}{4}$ ounces	$1\frac{1}{2}$ ounces	$1\frac{1}{2}$ ounces	2 ounces
$1\frac{1}{4}$ ounces	$1\frac{1}{2}$ ounces	2 ounces	$2\frac{1}{2}$ ounces	$2\frac{3}{4}$ ounces	$3\frac{1}{4}$ ounces	4 ounces
$1\frac{3}{4}$ ounces	$2\frac{1}{2}$ ounces	3 ounces	$3\frac{1}{2}$ ounces	$4\frac{1}{4}$ ounces	$4\frac{3}{4}$ ounces	6 ounces
$2\frac{1}{2}$ ounces	$3\frac{1}{4}$ ounces	4 ounces	$4\frac{3}{4}$ ounces	$5\frac{1}{2}$ ounces	$6\frac{1}{2}$ ounces	8 ounces
$3\frac{1}{2}$ ounces	$4\frac{3}{4}$ ounces	6 ounces	$7\frac{1}{4}$ ounces	$8\frac{1}{2}$ ounces	$9\frac{1}{2}$ ounces	12 ounces
$4\frac{3}{4}$ ounces	$6\frac{1}{2}$ ounces	8 ounces	$9\frac{1}{2}$ ounces	11 ounces	13 ounces	1 pound or 16 ounces
$7\frac{1}{4}$ ounces	$9\frac{1}{2}$ ounces	12 ounces	$14\frac{1}{2}$ ounces	17 ounces	19 ounces	$1\frac{1}{2}$ pounds or 24 ounces
$9\frac{1}{2}$ ounces	13 ounces	1 pound or 16 ounces	19 ounces	$22\frac{1}{2}$ ounces	$25\frac{1}{2}$ ounces	2 pounds or 32 ounces
12 ounces	1 pound or 16 ounces	$1\frac{1}{4}$ pounds or 20 ounces	24 ounces	28 ounces	32 ounces	$2\frac{1}{2}$ pounds or 40 ounces
$14\frac{1}{2}$ ounces	19 ounces	$1\frac{1}{2}$ pounds or 24 ounces	29 ounces	$33\frac{1}{2}$ ounces	$38\frac{1}{2}$ ounces	3 pounds or 48 ounces
17 ounces	$22\frac{1}{2}$ ounces	$1\frac{3}{4}$ pounds or 28 ounces	$33\frac{1}{2}$ ounces	39 ounces	45 ounces	$3\frac{1}{2}$ pounds or 56 ounces
19 ounces	$25\frac{1}{2}$ ounces	2 pounds or 32 ounces	$38\frac{1}{2}$ ounces	45 ounces	51 ounces	4 pounds or 64 ounces

29 ounces	38½ ounces	3 pounds or 48 ounces	58 ounces	67 ounces	77 ounces	6 pounds or 96 ounces
38½ ounces	51 ounces	4 pounds or 64 ounces	77 ounces	90 ounces	102 ounces	8 pounds or 128 ounces
48 ounces	64 ounces	5 pounds or 80 ounces	96 ounces	112 ounces	128 ounces	10 pounds or 160 ounces
58 ounces	77 ounces	6 pounds or 96 ounces	115 ounces	134 ounces	154 ounces	12 pounds or 192 ounces

Unit Measures (number of eggs)

½	1	1	1	1½	1½	2
1	1½	2	2½	3	3	4
2	2½	3	3½	4	5	6
2½	3	4	5	6	6	8
3	4	5	6	7	8	10
4	5½	7	8	10	11	14
5½	7	9	11	13	14	18
7	9½	12	14	17	19	24
11	14	18	22	25	29	36
14	19	24	29	34	38	48
15	20	25	30	35	40	50

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