EC9959 Food on the Home Front

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FOOD ON THE HOME FRONT

ARE YOU RUNNING SHORT OF FOOD RATION COUPONS?

Then consider these lists and plan your meals accordingly.

RATIONED

Juices—Fruit and Vegetables

Fresh oranges, lemons, tangerines, grapefruit.
Or use increased quantities of these:
green cabbage, spinach, turnip greens, mustard greens, dandelion greens, kale, watercress, parsley, broccoli, cauliflower leaves, green string beans, green soy beans, peas and other green vegetables in season.

Use the rinds of the citrus fruits to cook with other foods to produce distinctive flavors. The pieces of rind can be removed before serving, if desired. Ground rinds used in puddings and other desserts can replace extracts.

Citrus fruits besides offering as much vitamins as fruits and vegetable juices, give variety to meals, served as first courses, sliced or sectioned, or as salad.

Many fresh greens such as spinach and kale are tasty served raw in chopped tossed salads.

Fruits—Bottled, canned, dried and frozen

Apples, bananas, grapes, pears, citrus fruits and other seasonal fruits.

The peeling of apples should be cooked at once with other fruits to give color and not to waste the food value in the peel. Use the peels for sauce if desired, and make the cores and peel give up their pectin in juice for jelly.

Canned vegetables

Fresh green beans, beet greens, broccoli, Brussels sprouts, green and red cabbage, swiss chard, endive, dandelion greens, dock or sorrel, green celery, spinach, escarole, kale, kohlrabi, lambs quarters, leak, leaf lettuce, mustard greens and parsley.

Frozen vegetables

Green vegetables, canned as string beans, spinach peas

Broccoli, endive and escarole are excellent served raw.

NON-RATIONED (Alternates)

Use these:

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Fruit and Vegetables

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<table>
<thead>
<tr>
<th>Yellow vegetables canned, as carrots, sweet potatoes, pumpkin, wax beans and corn</th>
<th>Fresh carrots, squash, sweet potatoes, wax beans, fresh corn and tomatoes. (Use carrot tops for garnishes and eat the parsley instead of garnishing with it.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned beets, asparagus (white), hominy, white corn</td>
<td>Cauliflower, celeriac, white celery, turnips and rutabagas, onions, cucumbers, winter cabbage, parsnips and white corn, egg plant.</td>
</tr>
<tr>
<td>Potatoes are an excellent food especially when cooked in their jackets. The cooking water should be used at once in gravies, soups, etc. All vegetables should be cooked in a very small amount of water, tightly covered over low flame. Be careful not to over cook. Do not admit air by raising cover or stirring while cooking.</td>
<td></td>
</tr>
</tbody>
</table>

### Soups

<table>
<thead>
<tr>
<th>Home made soups. Be sure to cook the vegetables a short time then combine them with the soup stock to prevent over cooking the tender ones—or add them at different times to the boiling stock.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bones of meat, removed before the meat is cooked, drippings, scrapings from the broiler and roaster, should be dissolved out with a little water and the juices used in soup stock. Vegetable liquors should be saved for soup. Valuable vitamins and minerals are found in these often discarded &quot;leavings&quot;.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Baked beans, pork and beans</th>
<th>Home baked beans—if pork is not available, flavor with grated onion and molasses.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chili sauce—catsup</td>
<td>Home-made pickles and relishes.</td>
</tr>
<tr>
<td>Canned sauerkraut</td>
<td>Home-made sauerkraut and bulk sauerkraut Fresh cabbage.</td>
</tr>
<tr>
<td>Spiced fruits in cans or bottles</td>
<td>Spice fresh apples, using spices, a little vinegar in the syrup and orange peel for flavor.</td>
</tr>
<tr>
<td>Baby foods in cans</td>
<td>Mashed or strained vegetables prepared at home. Be sure the vegetables are cooked in little water, covered, only until tender. Mash or strain and use the water too.</td>
</tr>
</tbody>
</table>

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Sample These Menus!
They call for foods that cost few, if any, ration coupons.

MENU 1.

BREAKFAST
Chilled Orange Juice
Prepared Whole Wheat Cereal with Cream or Milk
Soft Cooked Egg
Enriched Bread, Toasted
Milk for all
Extended Coffee or Substitute for adults

LUNCH OR SUPPER
Split Pea Soup
Whole Wheat Croutons
Crispy Raw Cabbage Salad
Peanut Butter Cookies
Milk for children
Tea for adults

DINNER
*Full o' Bologna
Baked Carrots and Celery
Tossed Salad of Mixed Greens
Enriched Bread and Butter
Lemon Pie
Milk
Other Beverage

*Full o' Bologna
1/2 cups cut-up bologna
(1/2 lb. cut in 1/2 inch pieces)
2 cups cubed uncooked potatoes
(1 inch cubes)
2 tbsp. minced green pepper
(or onion, celery, parsley mixed)
6 tbsp. flour
1/2 tsp. salt
3 tbsp. butter
1/2 tsp. pepper
2 cups milk
Arrange, alternate layers of bologna, potatoes, green pepper, dry ingredients which have been sifted together, and dots of butter in a 7 or 8 inch baking dish until all ingredients have been used. Pour milk over all. Bake about one hour and 15 min.
in a moderate oven (350°) 4 to 6 servings.

MENU 2.

BREAKFAST
Chilled Grapefruit Half
Ready-to-eat Corn Cereal (fortified)
with Cream or Milk
Poached Egg on Whole Wheat Toast
Orange Rolls
Milk
Coffee

LUNCH OR SUPPER
Cream of Celery Soup
Toasted Cheese Sandwich
Raw Turnip Sticks
Pink Rhubarb Sauce
Ginger Cookies
Milk
Tea

DINNER
*Braised Beef with Assorted Vegetables
Baked Potatoes
Head Lettuce Salad
Hot Drop Cheese Biscuits
Apple Tapioca Pudding
Milk
Other Beverage

*Braised Beef with Assorted Vegetables
3 lb beef (lean)
1/2 tsp. pepper
6 tbsp. flour
2 tbsp. fat
2 tsp. salt
2 to 3 cups diced raw vegetables
(carrots, turnips, potatoes, onion celery)
1 cup boiling water
Wipe meat with damp cloth. Dredge with flour. Sprinkle with salt and pepper. Brown in hot fat. Place browned meat in heavy kettle or Dutch Oven. Add boiling water. Cover tightly and cook over low heat or in slow oven, 300 degrees, until tender (about 1/2 hours). Add vegetables 1/2 hours before meat is done.
Make a brown gravy as follows.
Breakfast
Orange Slices
Oatmeal with Milk or Cream
Fruit Gelatin

Lunch or Supper
Egg Salad Sandwiches
Fruit Gelatin
Drop Cookies

Dinner
*Emergency Steak
Broiled Potatoes
Stewed Tomatoes
Hot Enriched Biscuits
Fresh Vegetable Salad

*Emergency Steak
1 lb. fresh ground hamburger
1/2 cup milk
1 cup wheat flakes
1 tsp. salt
3/4 tsp. pepper
Mix well together. Place on
broiler pan or shallow baking pan.
Fat into shape of T-bone steak
about 1 inch thick. Broil at high
heat---500°, about 4 inches from
flame. When browned on one side
turn and brown on the other side.
Total broiling time---8 to 15 min-
utes. 6 servings.

Alternates to suit your taste and "what have you" in your shopping center.

Menu 2:
Use fresh baked fish instead of "Full o' Bolognay"

Menu 3:
Instead of Braised Beef, use lamb—or meat balls and shorten the baking period.

Menu 4:
Broiled liver and onions instead of liver loaf—try to have liver once a week. If not, increase the use of molasses and green vegetables and eggs.

Now is the time to think of raising Soy Beans—the vegetable which most nearly will replace meat and other animal foods in food value. They can be eaten green from the pod or dried and cooked like navy beans.


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