

1936

EC9913 Potato Savers

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E.C. #9913

1936

Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
W. H. Brokaw, Director, Lincoln

Extension
Circular
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POTATO SAVERS

The shortage of the potato supply due to the drouth and hence the rise in price, is a problem which faces every Nebraska household. The scarcity of potatoes makes it impossible to use them as freely as is usually done. We must, therefore, look to other foods which may be used in their place.

It is impossible to make a good substitution for potatoes since starchy food as macaroni, rice and bread are deficient in minerals and vitamins. Potatoes supply minerals and vitamins and are a good food to serve once or twice a day. Another one of their good qualities is that they are filling. An average of four pounds weekly for each member of the family will permit the serving of potatoes at least once every day.

When potatoes are omitted from a meal, dishes which consist of macaroni, spaghetti, hominy, rice, noodles, or other cereals may be used for the purpose of supplying calories. It must, however, be kept in mind that the diet should include tomatoes, spinach, carrots, cabbage, etc. so as to make up for the minerals and vitamins, in which these foods are deficient.

Rice Cookery

Wash thoroughly two cups of rice. Slowly drop the rice into two quarts of boiling water to which three teaspoons of salt has been added and allow it to boil for about 12 to 25 minutes, or until a grain when pressed between the thumb and finger is entirely soft. To prevent the rice from sticking to the pan, lift, from time to time, with a fork, but DO NOT STIR IT. When sufficiently cooked, turn the rice into a colander or sieve. A little hot water may be run through the rice to wash off extra starch. Then drain, cover with a cloth, and set over a pan of hot water on the back of the stove or in the oven; or turn the rice into a shallow pan and place it in a warm oven for a short time. Treated in this way, the grains swell and are kept separate.

Variations For Serving Boiled Rice

1. Serve with gravy
2. Cover mound with creamed fish
3. Add melted butter and cinnamon
4. Add brown sugar, honey or sorghum
5. Mix in some steamed dried fruit

Meat Sauce For Boiled Rice

$\frac{1}{4}$ - $\frac{1}{2}$ lb. lean beef or	1 T. butter or substitute	$\frac{1}{2}$ onion
canned beef	1 pt. boiling water or broth	$\frac{1}{2}$ T. flour
1 slice salt pork or bacon	1 carrot	

Chop meat and vegetables fine and put over fire with shortening. When meat has browned, add flour and hot water or broth, allowing the mixture to simmer from one-half to an hour until it has consistency of thick gravy. Pour over boiled rice.

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Sliced Egg Loaf

Cook 2 cups brown rice in 6 cups water with $2\frac{1}{2}$ teaspoons salt until tender (about 25 minutes). When done add butter and season with meat sauces which are available. Let cool to lukewarm temperature. Cook 3 or 4 eggs until hard cooked (25 minutes) in water held just below boiling point. Put eggs in cold water and then remove shells. Shape a part of the rice in a loaf on a platter, place the eggs end to end through the center and add more rice to shape the top of the loaf. Press together firmly and chill. Slice cold and serve as a substitute for both meat and potatoes.

Macaroni, Spaghetti, or Noodles

The methods of cooking each of these is much the same. Each should be cooked in a large amount of liquid.

Proportions: Allow 1 T. salt and 2 quarts water to 1 cup macaroni, spaghetti or dried noodles. Cook until tender--about twenty minutes. Remove from fire; let stand in cooking water a few minutes to swell and soften. Drain in colander and rinse with cold water. Serve with butter, rich white sauce, or tomato sauce.

Sauteed Hominy

Cook enough hominy for a cereal in the morning so that some is left over. Pour into a dish to cool. Next morning remove from the dish, slice and roll in flour seasoned with salt and pepper, and saute on both sides until crisp and brown. Arrange on a hot dish and garnish with sausages or salt pork.

Variations are: 1. Add a small amount of canned salmon or leftover cooked meat to the hominy and mold. Slice and saute until crisp and brown.
2. Corn meal mush or other cereals may be used in place of hominy.

French Toast

2 eggs	1 tsp. sugar	4 to 5 slices bread
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ c. milk	(not fresh)

Beat eggs slightly, add salt, sugar and milk. Dip bread in mixture. Cook in small amount of butter or other fat in frying pan until golden brown on each side. Serve with strips salt pork and molasses. An excellent supper or breakfast dish.

Dumplings

(For Stews)

2 cupfuls of flour	$\frac{1}{2}$ teaspoonful of salt
4 tsp. of Baking Powder	$\frac{3}{4}$ cupful of milk

1 egg may be added if desired

Sift the flour, baking powder, and salt together. Add the milk and stir to a stiff batter. Dip a spoon in the hot liquid, then cut spoonfuls of the batter and drop over the stew. Cover and boil the mixture allowing the dumplings to steam from 12 to 15 minutes before removing the cover. Serve at once.

Prepared by: Florence J. Atwood, Associate State Director, In Charge of Home Economics, Resettlement Administration.
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