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EC9946 Lard Cookery

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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
9946

LARD COOKERY

Lard is one of Nebraska's important agricultural products. Nebraska farmers, therefore, have a large interest in any movement that promotes lard consumption. Most farm families produce lard at least for their home use. Its efficient use by both farm and town homemakers will increase an appreciation of the value of this versatile cooking fat, thereby giving support to one of our most important agricultural resources.

Lard has many advantages:

1. It is highly digestible
2. It has high nutritive value
3. It has greater shortening power
4. It imparts lasting freshness
5. It is superior for all cooking and baking purposes
6. It is very economical

CAKES MADE WITH LARD

Lard can be used in making cakes with excellent results. It can be substituted for butter in any cake recipe by using 1/2 less shortening than the original recipe calls for, and following the meringue method of mixing, which is given with the White Cake recipe on page 2.

DIXIE CHOCOLATE CAKE

3 cups cake flour	2 cups sugar
3 teaspoons baking powder	3 eggs
1/2 teaspoon soda	4 squares chocolate
1 teaspoon salt	1 1/2 cups milk
3/4 cup LARD	1 1/2 teaspoons vanilla

Sift flour once. Measure and sift again with soda, baking powder and salt. Cream lard, add sugar gradually and continue creaming until light and fluffy. Add eggs, one at a time, beating after each addition. Add melted chocolate and blend. Add sifted dry ingredients alternately with milk and vanilla, beating after each addition until smooth. Line bottom of 3 nine-inch pans with wax paper. Pour in batter. Bake in moderately hot oven (375°) for 25 minutes. Cool and frost with Chocolate Fluff Frosting.

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CHOCOLATE FLUFF FROSTING

6 tablespoons butter
2 1/4 cups confectioners sugar
1 1/2 teaspoons vanilla
4 squares chocolate
1/2 teaspoon salt
3 egg whites

Cream butter. Add 1 cup sifted confectioner's sugar and blend. Add vanilla, melted chocolate, salt, and mix well.

Beat egg whites until stiff but not dry. Gradually add remaining sugar to egg whites beating until mixture stands in peaks. Fold into chocolate mixture and stir until smooth.

WHITE CAKE WITH 7-MINUTE ICING

2 2/3 cups all-purpose OR
3 cups cake flour
3 teaspoons baking powder
1 teaspoon salt
3 egg whites
1/2 cup (1/4 lb.) LARD
1 1/2 cups sugar
1 1/4 cups milk
1 egg yolk
1 teaspoon vanilla

Line two 9 inch or three 8 inch cake pans with wax paper. Do not oil pans.

Meringue Method:

1. Sift flour once, measure and sift again with baking powder and salt.
2. Cream lard. Continue creaming, gradually adding 1 cup of the sugar and 3 tablespoons of the milk. Add egg yolk and vanilla to remaining milk.
3. Add sifted dry ingredients alternately with the milk mixture.
4. Beat egg whites stiff, but not dry, beating in the remaining sugar as for a meringue.
5. Fold into cake batter.
6. Pour into pans

Bake in moderately hot oven (375° F).
Nine-inch pans for 30 to 35 minutes.
Eight-inch pans for 25 to 30 minutes.

V a r i a t i o n s

Peppermint Stick Candy Cake

Pour batter into pans. Sprinkle with 1/2 cup finely ground peppermint stick candy. Bake. Ice with Seven-Minute Icing colored pink. Sprinkle 1/2 cup coarsely ground peppermint stick candy over top and sides of cake.

Spice Cake

To dry ingredients add:
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves

SEVEN-MINUTE ICING

2 cups sugar
1/2 cup water OR
6 tablespoons water & 2 tablespoons
corn syrup
2 egg whites
1 teaspoon vanilla

Combine all ingredients, except vanilla, in upper part of double boiler and mix well. Place over boiling water and beat constantly with rotary beater until it thickens and tends to hold its shape, which takes about seven minutes. Add vanilla and beat until thick enough to spread.

V a r i a t i o n s

1. Add 1/2 cup finely diced marshmallows to hot frosting. Beat until melted and of right consistency to spread.
2. Chopped dates may be added to a small amount of frosting and used as a filling for cake.
3. Chopped nuts may be added or sprinkled on top.
4. Coconut may be sprinkled over top.
5. Use any desired flavoring.
6. Coloring may be used as desired.
7. Add 1/2 cup cooked, sieved dried apricots or prunes to hot frosting, and beat until right consistency to spread.
8. Sprinkle frosted cake with chipped chocolate.
9. Add ground candied orange peel to frosting, or sprinkle it on top of frosted cake.

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COOKIES

Cookies are a favorite with the kiddies. Let's keep the cookie jar filled with delicious cookies made with lard.

GINGER COOKIES

5 cups flour
1 tablespoon soda
1/2 teaspoon salt
1 tablespoon ginger
1/2 cup dark molasses or sorghum
1 cup LARD
2 cups brown sugar
2 eggs
1 teaspoon vinegar

Sift flour once, measure and sift again with soda, salt and ginger. Cream lard, add sugar, and continue creaming. Add beaten eggs, vinegar and molasses. Mix in dry ingredients and roll in balls size of small walnut. Place on cookie sheet and bake in moderately hot oven (400°F.) for 12 to 15 minutes. The cookies are very soft when done.

For variety some of the cookies may be cooled and covered with a confectioners sugar icing.

CHOCOLATE ROBINS

1/2 cup flour
1/2 teaspoon salt
1/4 cup LARD
1/2 cup chopped nuts
2 squares chocolate
2 eggs
1 cup sugar
1 teaspoon vanilla

Sift flour once, measure. Add salt and sift again. Place lard in mixing bowl and cream until soft; add warm melted chocolate and stir until thoroughly blended. Beat whole eggs until very light and fluffy; add sugar, small amount at time, beating after each addition. Add egg mixture to chocolate mixture and fold in flour, nuts, and vanilla. Bake in shallow oiled pan in moderately hot oven (350°) for thirty minutes. Cool and cut into squares.

MINCEMEAT DROP COOKIES

3 1/4 cups flour
1 teaspoon soda
1/2 teaspoon salt
1 cup LARD
1 1/2 cups brown sugar
3 eggs
1 1/2 tablespoons water
1/2 cup chopped pecans
1 1/2 cups mincemeat
2 teaspoons vanilla

Sift flour, measure and sift again with soda and salt. Cream lard and sugar thoroughly. Add eggs and beat. Add water. Combine pecans with flour mixture. Break up mincemeat and add alternately with dry ingredients to creamed mixture. Add vanilla. Drop from teaspoon onto cookie sheet. Bake in moderate oven (375° F) for 15 minutes.

FRUIT COOKIES

1/2 cup LARD
1 cup brown sugar
1 egg
1/2 cup corn syrup
1/2 cup sour OR sweet milk
1/2 teaspoon salt
1 teaspoon soda
1 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon allspice
1 cup nuts
1/4 cup raisins
1/4 cup cocoanut
2 1/2 cups flour

Bake in shallow pan, in moderate oven (375°F) until a golden brown.

Spread on powdered sugar frosting while hot. Cut in squares when cool.

ICING

1 cup powdered sugar
1 teaspoon butter
1/2 teaspoon vanilla
Enough thin cream to spread

PIES

Lard is an excellent shortening for pie crusts because it makes a very tender, flaky crust with a fine flavor. It is easy to use as it is workable over a wide range of temperatures than any other shortening. It is not brittle as it comes from the refrigerator.

HOMEMADE PIE MIX

Keeping a pie-mix in the refrigerator is a great time-saver to the homemaker.

7 cups flour
4 teaspoons salt
2 cups (1 lb.) LARD

Sift flour and measure. Add salt and sift again. Cut in cold lard, using a pastry blender until lard is the size of peas. Cover closely and store in a cool place.

EASY APPLE PIE

4 cups grated tart red apples (unpeeled)
1 cup sugar
2 tablespoons butter
1/8 teaspoon salt
1 teaspoon cinnamon
1/8 teaspoon nutmeg

Mix well and fill crust. Dot over two tablespoons butter. Put on top crust and bake at 425° F about 35 to 40 minutes.

TWO-CRUST PIE

2 1/2 cups Homemade Pie Mix
4 to 6 tablespoons cold water

Measure pie-mix into a mixing bowl. Sprinkle the cold water on, a little at a time, scattering it over the surface as much as possible. Mix with a pastry blender or with fork until all particles are moistened and the dough just holds together in a ball. Avoid overmixing. Divide dough into two portions. Roll to desired thickness.

ONE-CRUST PIE

1 1/2 cups Homemade Pie Mix
3 to 4 tablespoons cold water

CHEESE CRUST

To Homemade Pie Mix add 1/4 cup grated cheese, and proceed as usual.

BISCUITS

Hot biscuits are always a favorite. Biscuit dough can be used in many ways. From a basic biscuit recipe you can make flaky biscuits for breakfast, dinner or supper; meat pies, dumplings, shortcake and other quick breads.

HOMEMADE BISCUIT MIX

A supply of biscuit mix can be made and stored in the refrigerator, saving many minutes at meal preparation time.

8 cups flour
8 teaspoons baking powder
4 teaspoons salt
1 1/2 cup (3/4 lb.) LARD

Sift flour and measure. Add baking powder and salt and sift again. Cut in lard with pastry blender until mixture has the appearance of corn meal. Cover closely and keep in a cool place.

PLAIN BISCUITS

2 cups Homemade Biscuit Mix
1/2 cup milk

Measure biscuit mix into measuring bowl. Make well in center and pour in milk. Toss together lightly and quickly into a soft ball. Put out on well-floured board. Knead gently for about 1/2 minute. Pat or roll dough lightly to one-half the thickness desired in the baked biscuits. Cut in size and style desired. Bake in hot oven (450°F.) 12 to 15 minutes.

PIMIENTO BISCUITS

To plain biscuit recipe add:

- 1/4 cup finely chopped parsley.
- 1/4 cup well drained chopped pimiento

Mix as usual.

DROP BISCUITS

Use plain biscuit recipe, increasing amount of milk to about 3/4 cup, or enough milk until batter will drop from spoon.

Drop from spoon onto baking sheet.

DEEP FAT FRYING

By following a few simple rules deep lard frying will be found to be so easy and results so satisfying that this method of food preparation will become a regular household practice.

1. Keep lard in a cool place in a covered container.
2. Clarify after each using for deep fat frying. This is done by allowing the lard to cool, adding a few slices of raw potato and heating lard slowly until potato slices are well browned. Strain through several thicknesses of cheesecloth, and store.
3. Use keep kettle with straight sides. A three-quart kettle will meet the requirements of the average family.
4. Fill kettle about two-thirds full. Three pounds lard will be sufficient for a three-quart kettle.
5. A frying basket is a convenience.
6. Never allow lard to become hot enough to smoke.
7. Wipe all moisture from foods - such as, potatoes, etc.
8. Remove excess crumbs from croquettes, etc., before frying.
9. Test temperature of lard before frying, using following table:

TEMPERATURES FOR DEEP FAT FRYING

<u>FOOD</u>	<u>THERMOMETER READING</u>	<u>OR</u>	<u>ONE-INCH BREAD CUBE BROWNS IN</u>
French-fried potatoes -----	395° F.		30 seconds
Croquettes, cooked foods, oysters, fish -----	380-390° F.		40 seconds
Fritters, doughnuts, uncooked foods -----	365-375° F.		60 seconds

NEVER-FAIL FRENCH FRIED POTATOES

Potatoes

3 pounds lard for deep-fat frying
salt

Peel potatoes and cut in one-half inch strips lengthwise. Preheat kettle of lard to 300° F. Wipe potatoes to remove all surface moisture. Cook potatoes about a cupful at a time, until spattering ceases. Remove and cool as long as necessary. Increase temperature of lard to 375° F., return potatoes and finish cooking at this temperature. Drain on absorbent paper. Salt. Serve at once or keep hot in shallow pan in hot oven with door ajar. This is an easy way of preparing French fried potatoes, as the preliminary part can be done well ahead of the meal.

There are many other ways to cut potatoes for frying in deep fat, such as balls, shoe string, chips, etc.

HAM AND CORN FRITTERS

1 cup thick canned or fresh cooked corn	2/3 cup flour
1/2 cup ground boiled ham	1 1/2 teaspoons baking powder
1 tablespoon minced onion	lard for frying

Mix corn, ham and onion. Sift flour and baking powder together and add to corn mixture. When all is well blended, drop by teaspoons into deep hot lard at 375° F. Drain well on soft paper. Serve with well-seasoned cream sauce or tomato sauce. Corned beef may be used in place of the ham.

SWEET POTATO PUFFS

2 tablespoons butter	1/2 cup peanuts or pecans, chopped
2 tablespoons flour	Egg
1/2 cup milk	Cracker crumbs
salt to taste	Lard for frying

Cream the butter and flour in a saucepan and when well mixed add the milk and cook to a rather thick sauce. Season. While still hot add the mashed sweet potatoes and nut meats and set aside to cool. When cool enough to handle, roll into the shape desired. Dip in egg, crumbs, then in egg again and drop into deep hot lard at 350° - 375° F. Drain on absorbent paper.

FRITTER BATTER

1 cup flour	2 teaspoons baking powder
1/4 cup sugar	1 egg
1/2 teaspoon salt	1/3 cup milk
2 teaspoons melted lard	

Sift flour, measure and sift again with dry ingredients. Beat eggs, combine with milk and add gradually to dry mixture. Stir until batter is smooth. Add lard.