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EC9959 Food on the Home Front

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EC 9959

Out of Print

FOOD ON THE HOME FRONT

ARE YOU RUNNING SHORT OF FOOD RATION COUPONS?

Then consider these lists and plan your meals accordingly.

RATIONED

NONRATIONED (Alternates)

Use these:

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, water cress, 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 berries and other seasonal fruits.

The peelings 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 apples for sauce if desired, and make the cores and peel give up their pectin in juice for jelly.

Canned vegetables Frozen vegetables Green vegetables, canned as string beans, spinach peas

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, leek, leaf lettuce, mustard greens and parsley.

Broccoli, endive and escarole are excellent served raw.

Yellow vegetables canned,
as carrots, sweet potatoes,
pumpkin, wax beans and
corn

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.)

Canned beets, asparagus
(white), hominy, white corn

Cauliflower, celeriac, white celery, turnips
and rutabagas, onions, cucumbers, winter
cabbage, parsnips and white corn, egg plant.

Potatoes are an excellent food especially when cooked in their jackets. If peeled,
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.

Soups

Home made soups. Be sure to cook the vege-
tables 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.

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 "leavings".

Baked beans, pork and beans

Home baked beans--if pork is not available,
flavor with grated onion and molasses.

Chili sauce--catsup

Home-made pickles and relishes.

Canned sauerkraut

Home-made sauerkraut and bulk sauerkraut
Fresh cabbage.

Spiced fruits in cans or
bottles

Spice fresh apples, using spices, a little
vinegar in the syrup and orange peel for
flavor.

Baby foods in cans

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.

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' Bologney
Baked Carrots and Celery
Tossed Salad of Mixed Greens
Enriched Bread and Butter
Lemon Pie
Milk Other Beverage

*Full o' Bologney

1½ cups cut-up bologna
(½ lb. cut in ½ inch pieces)
2 cups cubed uncooked potatoes
(½ inch cubes)
2 tbs. minced green pepper
(or onion, celery, parsley mixed)
6 tbs. flour
¼ tsp. salt 3 tbs. butter
¼ 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 ingredi-
ents 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) 1/8 tsp. pepper
6 tbs. flour 2 tbs. 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 4 hours). Add vege-
tables 1½ hours before meat is done.
Make a brown gravy as follows.

MENU 3.

BREAKFAST

Orange Slices
Oatmeal with Milk or Cream
Pancakes with Maple Syrup
Milk Extended Coffee

LUNCH OR SUPPER

Egg Salad Sandwiches
Fruit Gelatin Drop Cookies
Milk or Cocoa

DINNER

*Emergency Steak
Broiled Potatoes Creamed Onion
Hot Enriched Biscuits
Fresh Vegetable Salad
Gingerbread with Apple Snow Topping
Milk Other Beverage

*Emergency Steak

1 lb. fresh ground hamburger
 $\frac{1}{2}$ cup milk
1 cup wheat flakes
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
3 tbsp. minced onion

Mix well together. Place on
broiler pan or shallow baking pan.
Pat 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 1. Use fresh baked fish instead of "Full o' Bologney"
MENU 2. Instead of Braised Beef, use lamb--or meat balls and shorten the baking period.
MENU 3. Home Baked Beans can take the place of Emergency Steak--escallop or cream the onions and potatoes together.
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.

From the Regional Office of Defense, Health and Welfare Services.

MENU 4

BREAKFAST

Grapefruit Halves
Enriched Farina with Milk
and Brown Sugar
Whole Wheat French Toast
or Plain Toast
Milk Coffee

LUNCH OR SUPPER

Omelet
Molded Lime Gelatin with
Grated Carrot
Whole Wheat Bread and Butter
Pears, fresh or home canned
Beverage Milk

DINNER

*Liver Loaf
Potatoes au Gratin Buttered Broccoli
Lettuce and Pickled Beet Salad
Whole Wheat or Enriched Bread
Pink Rhubarb Cobbler
Milk Tea

*Liver Loaf

$1\frac{1}{2}$ lb. beef liver
 $\frac{1}{2}$ cup tomatoes
4 tbsp. diced onion
 $\frac{1}{2}$ green pepper, diced (optional)
4 cups soft bread crumbs
1 egg
1 cup milk
2 tbsp. melted fat
 $1\frac{1}{2}$ tsp. salt
 $1/8$ tsp. pepper