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EC9974 Potatoes Preferred

Mabel Doremus

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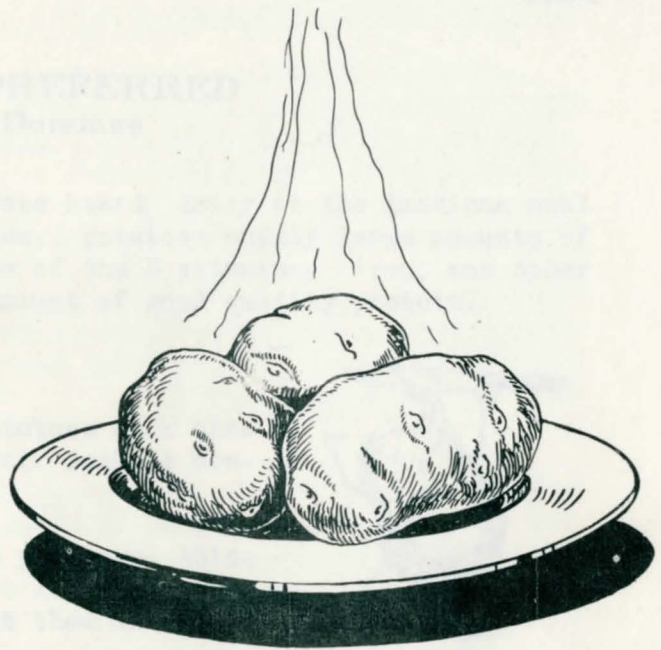
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POTATOES

Preferred



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January
1947

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POTATOES PREFERRED

by Mabel Doremus

"Please pass the potatoes" is a phrase heard daily at the American meal table. In the quantities that you eat them, potatoes supply large amounts of our daily requirement of Vitamin C, some of the B vitamins, iron, and other important minerals, starch, and a small amount of good quality protein.

To Peel or Not to Peel

To get the most food value from potatoes cook them in their jackets. Boiling potatoes in their jackets conserves more vitamins than baking them.

If you do peel potatoes, keep the peelings thin. Peel them just before you cook them; don't let them soak. If you must peel them ahead of time, put them in salted water.



Cooperative Extension Work in Agriculture and Home Economics
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Tips on Cooking Potatoes

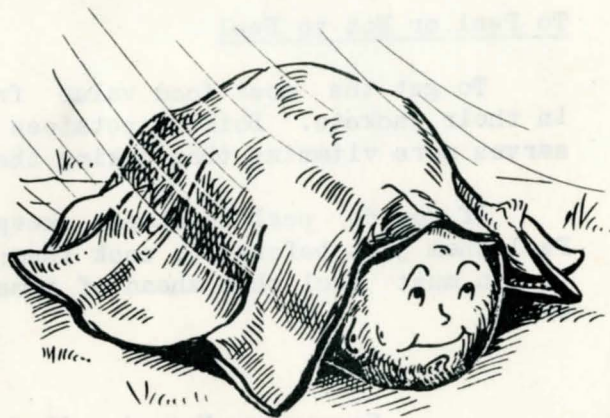
Cook potatoes as short a time as possible, and if cooking them in water, use a small amount of water. If it is palatable, use the cooking water.

Spud Storage

Immediately after digging potatoes let them air a day or so. Then sort to remove any cut ones or any that are too small.

Store potatoes in a cool place between 40° and 60° F. When stored below 40° potatoes sometimes acquire a sweetish taste because some of the starch turns to sugar.

Store potatoes in a dark place. Light gives them green spots that are harmful to eat.



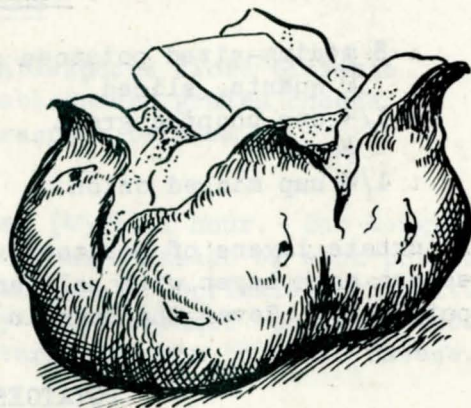
Potato Recipes

BAKED POTATO WAFERS

Potatoes
Butter

salt
pepper

Select large well-shaped potatoes. Scrub them well. Rub them with butter. Cut them (without peeling them) in rounds $\frac{1}{4}$ inch thick. Place them in a generously buttered skillet flat side down. Sprinkle them with salt and pepper. Cover them and bake in a moderate oven 375° until they are tender. Turn the slices as they brown. Serve them garnished with minced parsley.



BROWNED PAPRIKA POTATOES

6 medium-sized potatoes
1 tablespoon melted bacon
drippings or other fat

$\frac{1}{2}$ cup fine corn-flake crumbs
1 teaspoon paprika
1 teaspoon salt

Pare potatoes and cook in boiling, salted water until about half done. Brush with melted fat. Mix corn-flake crumbs with paprika and salt. Roll potatoes in this mixture until well coated. Bake in shallow, greased, baking pan in moderately hot oven (425°) about 45 minutes. Serves 6.

SCALLOPED POTATOES SUPREME

8 medium-sized potatoes or
2 quarts, sliced
1/4 cup chopped green
pepper
1/4 cup minced onion

2 teaspoons salt
1/8 teaspoon pepper
1 10 $\frac{1}{2}$ -ounce can condensed
cream of mushroom soup
1 cup milk

Alternate layers of potatoes, green pepper, and onion in greased baking dish; season each layer with salt and pepper. Mix mushroom soup and milk; pour over potatoes. Cover and bake in moderate oven (350°) 1 $\frac{1}{2}$ hours. Serves 8 to 10.

POTATOES BOILED IN THEIR JACKETS

Potatoes
Bacon

Onions

Peel potatoes that have been boiled in their jackets (preferably new ones). Mince and saute bacon. Add and saute at the same time finely chopped onions. Serve the bacon, the drippings and the onions in a gravy boat, with the potatoes, or serve them with thick sour cream.

CREAMED POTATOES IN SHELLS

- | | |
|--------------------------------------|--------------------------------|
| 6 large potatoes | 2 tablespoons diced pimiento |
| 1 tablespoon soft fat | 2 tablespoons grated cheese |
| 1 teaspoon salt | $\frac{1}{4}$ teaspoon paprika |
| $1\frac{1}{2}$ cups thin white sauce | |

Scrub potatoes and rub with fat; bake in hot oven (450°) 1 hour. Cut lengthwise slice from top of each. With a small knife mark inside of each potato in small squares; remove carefully without breaking shell; sprinkle with salt. Combine white sauce and pimiento; add potatoes; pile creamed potatoes into shells; sprinkle with cheese and paprika. Return to oven to melt cheese. Serves 6.

PITTSBURGH POTATOES

- | | |
|---|--|
| 1 quart $1\frac{1}{3}$ -inch potato cubes | 2 cups White Sauce |
| 1 onion, finely chopped | $\frac{1}{2}$ pound mild cheese (1 cup grated) |
| 3 canned pimientos, cut in small pieces | $\frac{1}{2}$ teaspoon salt |

Cook potatoes and onion in boiling, salted water to cover, 5 minutes. Add pimientos and cook 7 min. Drain. Turn into buttered baking dish and pour on sauce, mixed with cheese and salt. Bake in moderate oven (350° F.) until potatoes are soft.

MASHED POTATOES

6 medium-sized old potatoes
3 tablespoons butter
1 teaspoon salt

1/3 cup hot milk or cream
Milk (optional)
Canned condensed cream soup*

Boil the potatoes and mash with a fork until they are creamy, add the butter, salt and hot milk or cream to them. Keep them hot by placing over hot water. A nice variation is to shape mashed potatoes into small mounds or into one large one, make a well in the top of each mound, place a dab of butter in each well and cover it up. Brush the tops with milk. (optional) Brown the potatoes lightly on a broiler beneath a moderate flame.

*Mashed potatoes may be creamed with: Canned condensed cream soup. Serves 6.

POTATO CHEESE SCALLOP

1/4 cup whole wheat bread crumbs
1/2 cup grated American cheese
4 cold baked potatoes, medium
size, peeled, sliced

2 teaspoons salt
1/4 teaspoon pepper
2 cups milk

Crush dry bread. Grate cheese. Place half of potatoes in casserole (1-1/2 quart size). Sprinkle with half of crumbs, cheese, salt, and pepper. Repeat layers, pour milk over all. Bake, uncovered, in moderate oven (375° F.) 35 minutes. Serves 6.

POTATO BREAD

1 cup milk
 $\frac{1}{2}$ cup boiled, riced potatoes
1 teaspoon salt
3 to $3\frac{1}{3}$ cups flour

$\frac{1}{2}$ tablespoon fat
1 tablespoon sugar
1 cake yeast

Scald milk, add potato, salt, fat and sugar. Cool to lukewarm and add the crumbled yeast. Stir in $2\frac{1}{2}$ cups flour and mix well until blended, reserving the rest of the flour for kneading. Sprinkle kneading board well with this flour, then turn out dough on board and knead until smooth. Let rise $1\frac{1}{2}$ hours, or until double in bulk. Punch down and let rise 1 hour. Knead lightly, shape and let rise in pan 1 hour. Bake 15 minutes at 375° ; lower heat to 350° , and continue baking for 45 minutes.

POTATO PANCAKES

2 cups raw potatoes
 $\frac{1}{4}$ cup milk
1 egg, beaten slightly
2 + 3 tablespoons flour

1 teaspoon salt
1 teaspoon pepper
1 tablespoon finely chopped onion

Grate potatoes and put immediately into the milk. Add egg, flour, salt, pepper and onion. Drop from a tablespoon onto a greased frying pan. Cook until well browned and crisp on both sides. Serve hot.

POTATO ROLLS

1 cup diced raw potatoes
2 cups water
 $\frac{1}{2}$ cake yeast
4 cups sifted flour

$1\frac{1}{2}$ teaspoon salt
1 tablespoon sugar
3 tablespoons fat

Cook the potato in the water until soft, drain, and save 1 cup of the potato water, or, if necessary, add more water to make 1 cup of liquid. Rice the potatoes. Soften the yeast in the lukewarm potato water. Sift $3\frac{1}{2}$ cups of flour with the salt and sugar. Rub in the fat with the tips of the fingers, and add the yeast liquid and the potatoes. Knead the dough until it springs back into place when pressed with the fingers, and add the remaining one-half cup of flour if required. Place the dough in a greased bowl, grease its surface, cover, and let rise until double in bulk. Without kneading the dough again, pinch off small pieces, shape them lightly, and place them by threes in greased muffin tins, to form clover leaf rolls. Let them rise again until double in bulk. Bake for about 25 minutes in a moderately hot oven (375° to 400° F.), until golden brown. Serve hot.

POTATO DOUGHNUTS

2 medium-sized potatoes	1 cup bread flour
2 eggs	3 teaspoons any baking powder
2/3 cup sugar	2/3 teaspoon salt
1 cup milk	1/4 teaspoon nutmeg or)
2 tablespoons melted butter	1/4 teaspoon cinnamon) optional

Peel and cook the potatoes. Rice or mash them. There should be one cupful. Beat the eggs well then add sugar very slowly, beating constantly. Stir in the potatoes, milk and melted butter. Sift flour before measuring and resift with other dry ingredients. Stir the sifted ingredients into the butter mixture until they are blended. Add sufficient sifted bread flour to form a soft dough. Chill the dough until it is easy to handle. Roll the dough to the thickness of 1/4 inch. Cut it into shapes. Fry the doughnuts in deep fat heated to 370° (hot enough to brown a cube of bread in 1 minute). Brown them on one side, turn them and brown them on the other.

POTATO OMELET

1 cup mashed potatoes	1 teaspoon salt
$\frac{1}{4}$ teaspoon of pepper	3 eggs
3 tablespoons cream or milk	

Separate the whites and yolks of the eggs. Add the yolks to the potato and beat until there are no lumps. Season with onion juice, if desired, and chopped parsley. Beat the whites until stiff and fold into potato mixture. Place the mixture in a well-oiled frying pan and bake in an oven until brown. Then turn and fold on hot platter. Serve at once. Serves 4.

CORN AND POTATO CHOWDER

1 pint canned corn	2 ounces salt pork
3 cups potato cut in small pieces	1 small onion, chopped
4 cups milk	$\frac{1}{2}$ teaspoon pepper
	2 tablespoons flour

The salt pork should be cut into small pieces and cooked with the chopped onion until the onion is a golden brown. Add the potato and cook for 10 min. Add the milk and corn and cook slowly in a double boiler or in a thick pan until the potatoes are tender. Add the flour mixed with an equal amount of cold water. Add the pepper and additional salt if necessary. Cook until the mixture is creamy. Serves 4 - 6.

POTATO AND CARROT PUDDING

$\frac{1}{4}$ cup fat	2 eggs
1 cup grated raw carrot	3 teaspoons baking powder
1 cup grated raw potato	$\frac{1}{2}$ teaspoon cinnamon
1 cup brown sugar or $\frac{1}{2}$ cup	$\frac{1}{2}$ teaspoon cloves
molasses and $\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{1}{2}$ cups seeded raisins	1 teaspoon salt
1 cup nuts	$1\frac{1}{2}$ cups flour (if part molasses
	used, increase to $1\frac{3}{4}$ c. flour)

Cream butter, add sugar, and beat. Add eggs; beat again. Add vegetables. Mix and sift baking powder and seasoning with flour, withholding a small portion of the latter for dredging the fruit. Add to the butter mixture and beat. Stir in dredged fruit. Steam 3 hours.

POTATO DEVIL'S FOOD CAKE

$\frac{1}{2}$ cup mashed potatoes	1 cup sugar
$\frac{1}{4}$ cup shortening	$1\frac{1}{4}$ cups sifted flour
$2\frac{1}{4}$ squares unsweetened chocolate	2 teaspoons baking powder
6 tablespoons evaporated milk or top milk	$\frac{1}{4}$ teaspoon salt
1 egg, separated	$\frac{1}{2}$ cup chopped nuts
	1 teaspoon vanilla

Mash potatoes through a sieve or ricer. Combine potatoes, shortening, sugar, and melted chocolate. Beat thoroughly. Add milk and egg yolk. Sift flour, baking powder, and salt together; add and beat thoroughly. Add nuts and flavoring. Fold in stiffly beaten egg white. Turn into well-oiled layer cake pans. Bake in moderate oven (375° F.) 25-30 minutes.