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August 1947

Breakfast--A Family Affair

Part I

How to Serve Fruit and Make Pancakes



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Breakfast--A Family Affair

May Stanek

Part I

The Scotts Have Fruit and Pancakes

BREAKFAST is a family affair in the Scott home. The Scotts not only think and talk about good food but they understand why they need it for breakfast each day.

"Breakfast is the best time to make sure of some vitamin-C-rich food," Mrs. Scott says. "If this type of food is left entirely to later meals, it may often be missed. For this reason, I like to use citrus fruits for breakfast. They are so rich in vitamin C that half a glass (four ounces) of orange or grapefruit juice—fresh or canned—or half a grapefruit, goes far toward meeting each person's vitamin C needs for the day. I use citrus juice—unstrained—to get the most vitamins from the pulp. These fruits also act as regulators and help to prevent constipation.

"Fresh or canned tomatoes are also good vitamin C providers. It takes about twice as much tomato juice as orange juice to give an equal amount of vitamin C. Strawberries, cantaloupe, and some other fresh fruits have much vitamin C, and can take a turn providing it when they're in season and when variety is wanted."

Mrs. Scott Prepares Fresh Fruit

ANY FRUIT that is easy to handle may be washed and served for

breakfast—alone, with cream and sugar, or with cereal, cream and sugar. Mrs. Scott follows these directions:

Cantaloupe rings. Peel cantaloupe. Cut in half and remove seeds. Slice melon and lay on green grape leaves. Slices may be placed on a doilie. Garnish with mint leaf.

Grapefruit and strawberries

Sugar

3 grapefruit

1 pint strawberries

Cut the grapefruit in half and carefully remove the pulp, leaving the inner white skin as lining. Place the shells in cold water to keep them firm. Mix the grapefruit pulp with the strawberries and sprinkle with sugar. Chill. At serving time fill shells with the mixture, placing large berries on top as garnish.

Mixed fruits. Serve berries with sliced peaches, or sliced bananas with oranges. These combinations are good for a change of flavor, or when there is not enough of one kind of fruit to go around.

Oranges, sliced. Slice a peeled orange and lay on a grape leaf. Powdered sugar may be sprinkled over the top.

Pineapple wedges. Stand peeled pineapple upright on a cutting board. With a sharp knife cut in half, lengthwise, then in quarters

or sixths. Remove the core from each piece.

Strawberries. Large strawberries may be washed, drained and served with hulls left on and with the berries placed around a mound of powdered sugar.

Watermelon and cantaloupe balls. Use a spoon or kitchen gadget for making melon balls. Pineapple or grapefruit juice may be poured over the balls. Chill and serve.

Grapefruit and orange sections. Wash and dry fruit. Hold over bowl to catch all juice and with sharp knife remove rind and white skin, cutting round and round as in paring an apple. Loosen sections by cutting along membrane. Lift out segment and remove seeds if present. Arrange attractively on serving plate. Chill and serve plain, or sweetened with sugar, honey or maple syrup.

Mrs. Scott Prepares Dried Fruit and Fruit Juice

MRS. SCOTT USES the following methods in preparing dried fruit and fruit juices:

Dried fruit, quick method. Wash dried fruit. Cover with water and cook over low heat in tightly covered saucepan until tender, following table below. If desired, add sugar during last five minutes of cooking.

Dried fruit, soaking method. Hard, dried fruits need soaking in enough water to cover them. Soak one hour or more, using boiling water. Do not drain. Cook covered until tender. Add sugar as indicated in table. A few drops lemon juice may be added to cooked prunes if desired. Orange and lemon slices may be added to any dried fruit during cooking. Some people prefer a stick of cinnamon.

Fruit juices. Commercially canned fruit juice may be aerated by pouring the juice from a can into a pitcher and back again to restore air to the juice. A small amount of vitamin C is lost in this way.

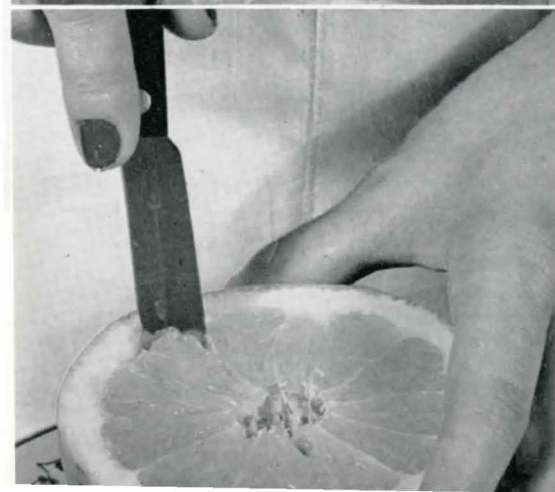
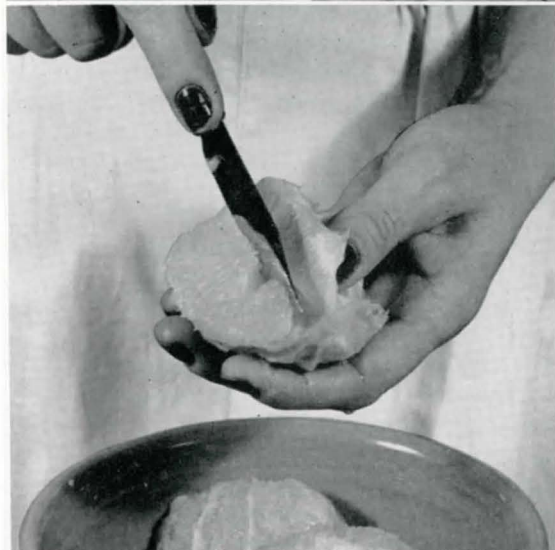
Mrs. Scott Prepares Cooked Fruit

THE SCOTT FAMILY enjoys a variety of cooked fruit. Several types of applesauce are popular, and stewed or baked peaches often appear on the breakfast table. Here are the directions Mrs. Scott follows in preparing cooked fruit:

Applesauce. Wash two pounds of cooking apples. Cut in quarters and core. Remove any bad spots. Put in a saucepan with one to one and one-half cups of water (enough to keep them from scorching). Cover and cook over low heat until soft. Strain. Sweeten to taste. Return to heat and boil just long

Dried Fruit Cooking Table

Fruit	Cooking Time	Amount of Sugar for Uncooked Fruit
Apricots	About 40 minutes	$\frac{1}{4}$ cup for each cup fruit
Figs	About 30 minutes	1 tablespoon for each cup fruit
Peaches	About 45 minutes	$\frac{1}{4}$ cup for each cup fruit
Prunes	About 45 minutes	2 tablespoons for each cup fruit



enough to dissolve the sugar. Finely chopped mint, lemon juice or grated rind of lemon or orange may be added if desired, or for a spicy applesauce add cinnamon, nutmeg or mace, or a combination of spices, with the sugar. Makes six servings.

Minted applesauce. Add one-fourth cup finely chopped mint to finished applesauce.

Rosy cinnamon applesauce. Cook one-third cup red cinnamon candies with the strained applesauce and sugar until candies dissolve.

Applesauce, baked. Place two pounds of sliced apples in a buttered baking dish. Add one-half cup sugar and one-fourth cup water. Cover and bake in a moderate oven (375° F.) 20 to 30 minutes or until apples are tender but not mushy. Add lemon juice or spices as desired. Makes six servings.

Peaches, baked.

- 6 peaches
- 2 tablespoons brown sugar
- 1 tablespoon butter
- 2 tablespoons lemon juice

Peel peaches and cut in half. Place them in a shallow baking dish. Sprinkle with sugar, dot with butter, sprinkle with lemon juice. Add water to cover the bottom of the pan. Bake in a moderate oven (375° F.) about 20 minutes or until tender. Makes six servings.

To section grapefruit or orange, cut rind from fruit as in top picture. Beginning at center of peeled and halved fruit, separate sections from membrane as in middle picture. Bottom. To serve grapefruit halves, cut around each section of grapefruit. Do not cut membrane.

The Scott Children Help With Breakfast

"SPEAKING OF FRUIT for breakfast," says Mrs. Scott, "our 15-year-old son, Robert, has learned to prepare fruit for the table. Occasionally he finishes baking the pancakes or making the toast so I can sit down and enjoy my breakfast with John."

Incidentally, the experience Robert is getting in helping Mrs. Scott with breakfast and making pancakes or toast serves him very well. He can entertain his 4-H baby beef club at a pancake "fry" and help with the meal at the Scout outing.

Cynthia Scott, who is 12 years old, also helps her mother with the breakfast. She belongs to a 4-H cooking club, so this is an excellent opportunity for her to help herself as well as her mother. In her club, she is expected to learn to set the table, make cocoa, prepare fruit, make toast and do other jobs that fall in line with breakfast preparation at home.

Mrs. Scott believes that good household organization will add interest to breakfast and make it an enjoyable affair. In working out their organization, she and the children have found it helpful to complete some of the preparations for the meal the night before. They offer these suggestions:

1. Set the breakfast table when the supper or dinner dishes are washed, or place the necessary dishes and silver on a tray, ready to carry to the table.

2. Squeeze citrus juice the night before. Store it cold and tightly

covered. It will lose very little vitamin C.

3. Peaches or pears may be sliced the night before if necessary, but lemon juice should be squeezed to coat them so they won't darken. Cover and store in a cold place.

4. When quick breads are on the menu, put dry ingredients into the mixing bowl the night before and cover. Add liquid and melted fat next morning. Baking pans may be greased and covered the night before. For biscuits, combine dry ingredients and shortening. Add cold milk the next morning.

5. Cook a quantity of dried fruit in advance.

6. Measure the coffee.

Mrs. Scott Makes Pancakes

MRS. SCOTT SERVES a variety of breakfast breads. Her family likes muffins, biscuits, toast, pancakes, waffles and other types of breads. When people ask her whether or not pancakes are "good for" her family, she answers them this way:

"I serve pancakes only once or twice a week. I try to make them light, tender and so they will have a golden brown color.

"I make pancakes with eggs, and cereals such as oatmeal, cornmeal, wheat, or whole-wheat graham flour. They are better for the family than those made with white flour only. My husband and children are very active. They say pancakes 'stick to their ribs.'

"Too much sugar isn't good for anyone so I serve pancakes with

fresh, frozen or canned fruit instead of sugar. Pancakes served with butter and fresh or frozen strawberries are a favorite of the family. Sometimes I use equal amounts of whipped cream and jelly on pancakes. Honey butter is good, too."

When Mrs. Scott is asked how she goes about making pancakes so they are light, tender and a golden brown, she offers three points to be remembered.

First: Pancakes are quick-bread batters. They are like muffins when it comes to stirring. Too much stirring makes tough, soggy cakes because it develops gluten and causes loss of leavening. The stiffer the batter the less it should be stirred. Stir only until the flour is moistened by the liquid. The use of a cereal low in gluten such as cornmeal or oatmeal will insure a tender product.

Second: The griddle should be uniformly heated so that the cakes will brown evenly. Test the griddle by dropping water on it. If the water sputters and dances on the griddle, the griddle is just right. If the batter contains two or more tablespoons of fat per cup of liquid the griddle need not be greased. In any case it should be greased very lightly. The batter may be poured from a narrow-mouthed pitcher or dropped from the tip of a spoon.

Third: Turn the cakes only once—when they look slightly dry around the edges and before the bubbles burst.

Plain Pancakes

- 1½ cups flour
- 3½ teaspoons baking powder
- ¾ teaspoon salt
- 3 tablespoons sugar
- 1 egg, well beaten
- 1 cup milk (about)
- 3 tablespoons shortening, melted

Sift flour, measure. Add baking powder, salt and sugar, sift again. Combine egg, milk and melted shortening (slightly cooled). The amount of milk to use will depend upon thickness of pancakes desired; three-fourths cup milk will give thick cakes, one and one-fourth cups milk will make them quite thin. Pour into flour mixture and stir just enough to moisten the dry ingredients. Makes 12 to 18 cakes.

All Whole-Wheat Pancakes

- 1½ cups whole-wheat flour
- 2½ teaspoons baking powder
- ¾ teaspoon salt
- 1 tablespoon sugar, honey or molasses
- 1 egg, beaten
- 1 cup water, or milk if available
- 3 tablespoons fat, melted

Mix the dry ingredients together. Combine the beaten egg, liquid, and melted fat. Add gradually to the dry ingredients, stirring only until the batter is smooth. Add more liquid if a thinner pancake is desired. Makes about 14 four-inch cakes.

Half Whole-Wheat Pancakes

- 1 cup whole-wheat flour
- 1 cup sifted white flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 egg, beaten
- 1¼ cups water, or milk if available
- 3 tablespoons fat, melted

Mix the dry ingredients. Combine the beaten egg, liquid, and melted fat. Add gradually to the dry ingredients, stirring only until the batter is smooth. Add more liquid if a thinner pancake is desired. Makes about 24 four-inch cakes.

Soy Pancakes

- 1/2 cup sifted soy flour
- 1 3/4 cups sifted all-purpose flour
- 5 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 2 eggs
- 1 3/4 cups milk
- 2 tablespoons shortening

Sift together first five ingredients. Combine eggs, milk and melted fat. Add to dry ingredients all at once. Makes ten cakes.

Cornmeal Pancakes—Sweet Milk

- 1 1/3 cups cornmeal
- 1 1/2 cups boiling water
- 2 tablespoons shortening
- 3/4 cup milk
- 1 tablespoon molasses
- 2 beaten eggs
- 2/3 cup flour
- 1 teaspoon salt
- 3 teaspoons baking powder

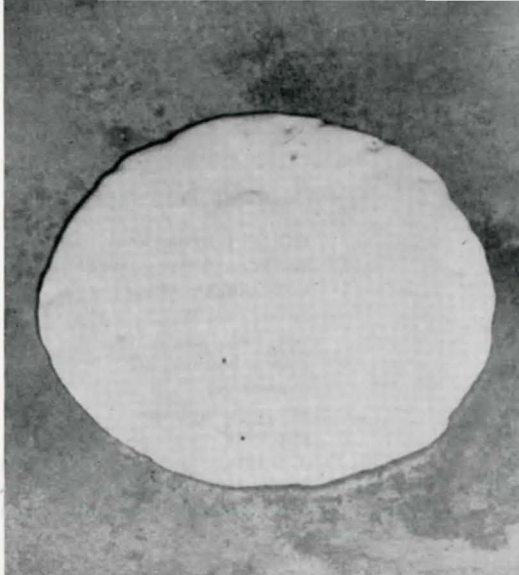
Add the shortening, milk, molasses and eggs to the sifted dry ingredients.

Cornmeal Pancakes—Sour Milk

- 1 cup boiling water
- 3/4 cup yellow cornmeal
- 1 tablespoon dark molasses
- 1 cup sour milk or buttermilk
- 2 eggs
- 1 1/2 cups flour
- 1 1/2 teaspoons salt
- 3 teaspoons baking powder
- 1/4 teaspoon soda
- 3 tablespoons melted shortening

Pour boiling water over cornmeal and stir until thick and smooth. Add molasses and milk, beat in eggs. Add flour, sifted with salt, baking powder, and soda. Stir in shortening. Bake on lightly greased griddle. Makes ten cakes.

Top. Pancake ready to be turned, just before bubbles break. Middle. Butter and powdered sugar make these good for any time of day. Bottom. A tasty afternoon lunch with coffee. Use any pancake recipe with fresh, frozen or canned fruit.



Oatmeal Pancakes

- 1/2 cup all purpose flour
- 4 teaspoons baking powder
- 1 1/2 cups quick-cooking rolled oats
- 1 egg, well beaten
- 1 tablespoon melted shortening
- 1 teaspoon molasses
- 1 cup milk

Sift flour, measure and sift with baking powder and salt. Add rolled oats. Combine egg, shortening, molasses, and milk. Add dry ingredients.

Buckwheat Pancakes

- 1 cup buckwheat flour
- 1 cup white flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 1 tablespoon sugar
- 1 beaten egg
- 2 1/4 cups milk
- 4 tablespoons melted shortening

Sift flours, salt, baking powder, and sugar. Add egg, milk, and shortening. Beat smooth and bake on ungreased griddle. If sour milk is used, add one teaspoon soda and reduce baking powder to two teaspoons. Makes eight cakes.

Sour Milk Pancakes

- 2 cups flour
- 2 tablespoons cornmeal
- 1 teaspoon salt
- 1 teaspoon soda
- 1 or 2 tablespoons sugar
- 2 to 2 1/4 cups sour milk or buttermilk
- 1 egg, beaten
- 1 to 3 tablespoons melted fat

Mix and sift together dry ingredients. Add sour milk, egg and melted fat which has been cooled slightly. The larger amount of milk is sometimes necessary if

it is quite thick. The small amount of cornmeal is not detected but helps to give a lighter and more tender cake.

Crepes Suzette

- 1/2 cup flour
- 1/2 teaspoon salt
- 2 well-beaten eggs
- 2/3 cup milk
- 1 tablespoon shortening

Sift flour, measure, add salt and sift again. Combine beaten eggs, milk and shortening. Add flour and beat until smooth. Pour enough batter onto a hot greased griddle to make one pancake about four to five inches in diameter. Tip pan to make the pancake as thin as possible. Bake until browned, turning to brown on both sides. Keep hot until all cakes are baked. Spread with jelly, roll, sprinkle with sugar if desired. Makes ten to twelve pancakes.

Pancake Mix

- 8 cups flour
- 5 tablespoons baking powder
- 1 tablespoon salt

Sift flour and measure. Sift remaining dry ingredients twice with flour. Cover and store. To use: Measure one-fourth mixture (about two cups). Beat one or two eggs, add three tablespoons melted fat and one and one-half cups sweet milk.

Potato Pancakes

- 2 cups thoroughly drained, grated, uncooked potatoes
- 4 eggs, separated
- 1/4 teaspoon baking powder
- 1 teaspoon salt
- 1 tablespoon flour

Grate potatoes. Add egg yolks, baking powder, salt and flour and beat well. Fold in stiffly beaten egg whites. Drop from a tablespoon onto a hot, well-greased griddle. Brown on both sides. Serve with applesauce.