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EC9976 Breakfast -- A Family Affair Part II How to Cook Cereals and Eggs

May Stanek

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Breakfast--A Family Affair

Part II

How to Cook Cereals and Eggs



Extension Service
University of Nebraska College of Agriculture, Lincoln
and U. S. Department of Agriculture
Cooperating

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May Stanek, author of this publication and its companion circular, *Breakfast—A Family Affair*, Part I, is assistant extension home economist in the University of Nebraska College of Agriculture Extension Service.

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Breakfast--A Family Affair

May Stanek

Part II

The Scotts Have Cereals and Eggs

AN INVITATION to breakfast with the Scott family is a treat. Mrs. Scott plans her menus carefully. If you were to stay at the Scott home for three or four days, no two breakfasts would be just alike but all would be nutritious. Mrs. Scott firmly believes that a worth-while goal for any homemaker is to cook food so that it retains its color and nutritive value.

"Cooking should also develop the natural flavors of food," she says.

The Scotts enjoy a good, hearty breakfast. Mr. and Mrs. Scott know that workers who skip breakfast get less done in the first half of the day than those who tuck away a good meal before work. As the morning advances, the hungry ones grow less efficient. A good breakfast also helps the Scott children do well in studies and games. For all members of the family, breakfast prevents mid-morning fatigue, increases personal efficiency, and leads to a sense of well being.

The Scotts believe that the body, like a machine, needs refueling at the end of a 12-hour fast.

"Breakfast means 'break the fast,'" Mrs. Scott says. "As one of the three meals of the day, it should furnish one-fourth to one-third of the day's food needs."

Mrs. Scott believes in planning the breakfast so that it will satisfy her family's needs until noon. She uses the "basic seven" guide to good eating in planning a good breakfast as well as the other two meals of the day.

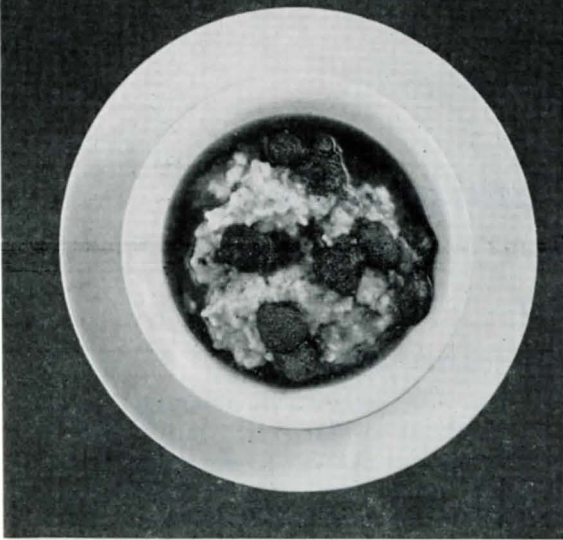
"At least five out of seven food groups should be included in each meal," Mrs. Scott says. "They are: fruit, eggs, milk, cereals and butter. The 'basic seven' guide may be used to plan menus and grocery purchases for the whole week. This eliminates shopping at random and then fitting the meals to the groceries."

Mrs. Scott Cooks Cereals

MRS. SCOTT TRIES OUT different ways of cooking the same food. For example, she cooks cereals such as oatmeal and whole-wheat in the oven. This method requires little or no stirring and she can pre-cook the cereal the night before if she desires.

Her directions for baking cereals are as follows:

Choose a quick-cooking cereal and follow the directions on the package for the proportions of water, cereal and salt, using cold water. (Hot water is satisfactory for rolled oats or flaked wheat.) Place in a baking dish, cover, and bake at 400°-425° F. for 30 minutes.



When properly baked, this cereal or any other cooked cereal will be tasty and appetizing and neither too thin nor too stiff.

Always hot—is a good rule to remember when serving cooked cereals. Mrs. Scott warms the dishes in which cereals are served, and in cold weather heats the additional serving of top milk. It is hard to get enough calcium and minerals for teeth and bones without a regular supply of milk in the meals.

Mrs. Scott buys whole-grain and enriched cereals. These cereals are good sources of B vitamins and minerals. Since her husband is an active worker, and the children also need a hearty breakfast, she frequently serves both cereal and bread. Occasionally, she mixes enriched, prepared cereals together and serves them with a breakfast bread. She also serves prepared cereals with fruit. She has found that cereals cooked in skim or whole

Top. Oatmeal cooked in milk and topped with fruit. Middle. Cereal served in a bowl of chilled cantaloupe. Bottom. The diagram shows five of the food groups included in the "basic seven" guide to good eating. The breakfast menu at the right includes all five of the food groups.



Tomato Juice

Toast

Butter

Oatmeal

Milk

Scrambled Eggs

Coffee

milk are good for all members of the family.

There are three ways to combine cereals and liquid, according to Mrs. Scott. They are:

First: Have the salted water boiling. Slowly add the cereal, stirring the whole, flaked, or granulated cereal with a fork to aid in preserving shape. Cook over direct heat until the cereal has thickened. Then cook over low heat either in a double boiler or on an asbestos mat for the length of time required for the particular cereal.

Second: Stir the cold water or milk into the cereal. Heat over hot water without stirring. Continue cooking the required time. (Especially good for oatmeal and rice. Not satisfactory for fine granular cereals.)

Third: For fine granular cereals such as cornmeal, it is better to moisten the cereal with some cold water or milk before adding it to hot or boiling liquid.

How to Judge Cooked Cereals

MRS. SCOTT KEEPS these points in mind when she judges cereals to determine whether or not they have been properly prepared:

Consistency: Just thick enough to hold shape when taken up by spoon. There is a distinct relation between temperature and consistency.

Texture: Free from lumps, not pasty and no skin on surface.

Flavor: Starch well cooked, natural flavor of cereal well developed, and pleasingly salted.

Temperature: Serve hot.

The Scotts Have Eggs for Breakfast

"FOR BREAKFAST," Mrs. Scott says, "my family likes eggs prepared in a variety of ways—soft or hard cooked, scrambled, poached, baked and occasionally fried. No matter how eggs are prepared, they provide proteins for body building and repair, and vitamins needed to safeguard health. The yolk of an egg is one of the best sources of iron."

Children need at least four or five eggs a week. Adult members of the family may well eat from three to five eggs a week. If possible, however, every member of the family should have an egg every day.

Mrs. Scott believes the secret of success in cooking eggs is to use moderate, even heat. Cooked this way, eggs will be tender when they are done. Eggs cooked at too high a temperature become tough and leathery.

Mrs. Scott offers the following directions for cooking eggs:

Eggs Cooked in the Shell

There are two ways to cook eggs in the shell:

First: Bring the water to the boiling point in a covered saucepan. Then put the eggs into the water, using a tablespoon. Use enough water to cover the eggs. Reduce the heat so the water will remain hot but will not boil. Cover and let stand the required length of time to suit the individual preference.

Soft cooked egg	4 to 6 minutes
Medium cooked egg	8 to 10 minutes
Hard cooked egg	20 to 30 minutes

Second: Eggs may be started in cold water. When the water begins to simmer, time the eggs. Simmer the required amount of time but do not boil.

Soft cooked egg	3 to 5 minutes
Medium cooked egg	5 to 7 minutes
Hard cooked egg	12 to 20 minutes

Fried Eggs

Use just enough fat in the frying pan to keep the eggs from sticking. Break the eggs into a saucelish or custard cup and then transfer into heated pan. Add one tablespoon hot water and cover. The steam helps to form a coating over the yolk. Cook slowly.

Baked Eggs

With crumbs. Grease individual custard cups. Spread soft bread crumbs over the bottom. Slip an egg into each cup, sprinkle with salt and add one tablespoon cream or rich milk. Place custard cups in a shallow pan of water. Bake in a moderate oven (350° F.) until the white is firm, or for about 20 minutes. Serve in baking dish. Grated cheese may be sprinkled on top of each egg before removing from oven. Allow cheese to melt.

In bacon rings. Line custard cups or muffin tins with slices of bacon which have been lightly pan broiled. Break an egg into each. Season with a bit of butter or margarine, salt and pepper. Place in a moderate oven (350° F.) and bake until eggs are set.

In cream. Put one tablespoon of cream in a greased muffin tin or custard cup. Break an egg into the

cream, season with salt and pepper and bake in a moderate oven (350° F.) until the egg is set.

In tomato cups. Select tomatoes of appropriate size, scald, peel, cut off tops and scoop out centers. Sprinkle lightly with salt. Break an egg into each tomato and add a little salt and one-half teaspoon butter or margarine. Set tomatoes on an oven-proof platter and bake in a moderate oven (350° F.) until tomatoes are hot and eggs set.

Scrambled Eggs

- 6 eggs, beaten
- 6 tablespoons milk
- $\frac{3}{4}$ teaspoon salt
- 1 tablespoon fat

Combine the eggs, milk and seasonings, beating slightly. Melt the fat in a heavy frying pan or top of double boiler. Pour in the mixture. Cook eggs until creamy, stirring and scraping from bottom of pan.

Plain Omelet

- 6 eggs
- 6 tablespoons water, milk or cream
- $\frac{3}{4}$ teaspoon salt
- Pepper
- 6 tablespoons fat

Beat whole eggs just enough to blend. Then dilute with liquid and add seasonings. Melt the fat in a heavy skillet, pour the egg mixture into the skillet and cook until the eggs are coagulated. Use a spatula or fork occasionally to lift or prick the coagulated mass, and allow the liquid portion on the surface to flow underneath so it will come in contact with the pan. Or cover the pan to furnish steam to cook the top surface of the omelet.

To fold an omelet, hold the pan by the handle with the left hand. With a case knife, make a crease through the center of the omelet at a right angle to the handle. Place the knife under the part nearest the handle, tip the pan to a nearly vertical position, and by carefully coaxing the omelet with the knife, fold it without breaking. Slip the omelet onto a warm serving dish.

How to Judge Cooked Eggs

MRS. SCOTT CHECKS the following points in judging whether or not eggs are properly prepared:

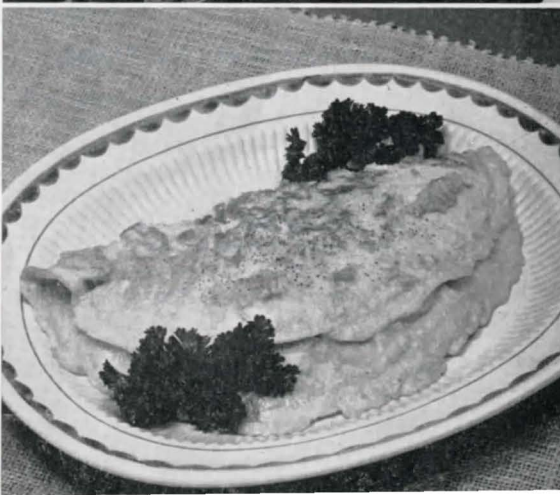
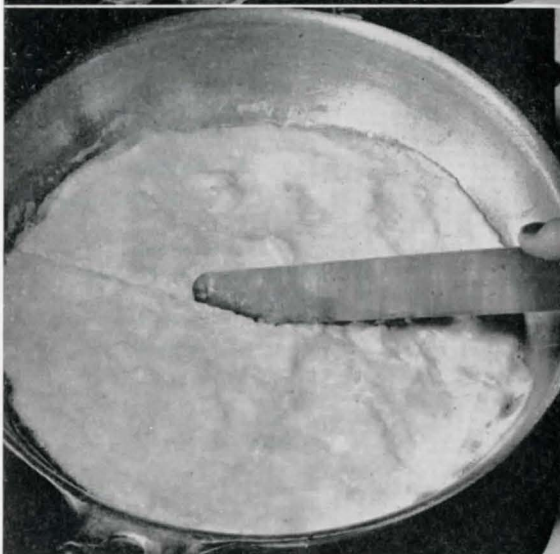
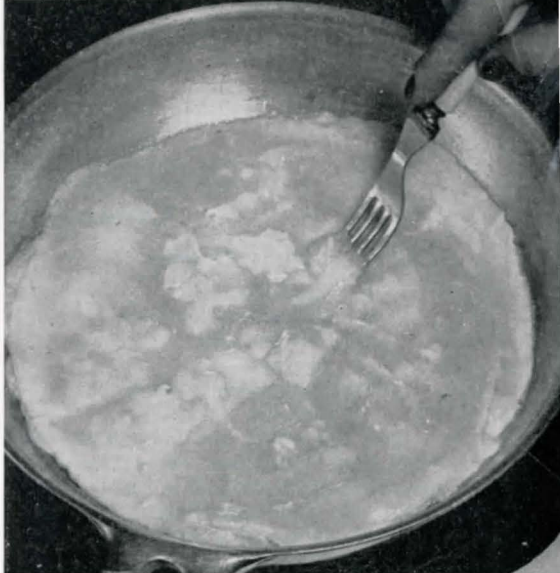
Cooked in shell. Soft cooked egg: White shows even coagulation, jelly-like consistency and is tender. Yolk is soft. Medium cooked egg: White shows even coagulation and is tender. Yolk has thick and creamy consistency. Hard cooked egg: White is firm, shows no dark spots and is tender. Yolk is dry and mealy but not powdery. Yolk has no dark coating and is tender.

Fried eggs. White coating over yolk. Yolk is liquid or semi-liquid. ragged edges and is tender.

Scrambled eggs. Moist, but coagulated enough to hold together. Shiny appearance. Tender. Well seasoned.

Omelet. Sufficiently coagulated, but tender. Delicately browned. Well seasoned. Should hold shape long enough for serving.

Top. When making an omelet, lift the egg mixture with a fork to allow the uncooked egg to flow underneath and come in contact with the hot pan. Middle. Before folding an omelet, crease in center. Bottom. A plain omelet garnished with parsley makes a good main dish anytime.



Other Omelet Recipes

Puffy Omelet

- 6 eggs, separated
- 6 tablespoons hot water
- $\frac{3}{4}$ teaspoon salt
- Pepper
- $1\frac{1}{2}$ tablespoons butter or other fat

Beat egg whites until stiff. Beat yolks until thick and lemon colored, beat hot water into them and add salt and pepper. Fold yolks and stiffly beaten whites together. Melt butter in omelet pan, grease bottom and sides of pan. Turn egg mixture into pan, cover and cook over low heat until it is puffy and a light brown underneath. Then place in a moderate oven (350° F.) for ten to fifteen minutes or until top is dry. Do not overcook or it will shrink and be tough. Serves six.

Spanish Omelet

Make a sauce with the following ingredients:

- $\frac{1}{2}$ green pepper, minced
- 1 tablespoon minced onion
- 2 tablespoons fat
- 6 stuffed olives, sliced
- $1\frac{3}{4}$ cups cooked tomatoes
- 1 tablespoon sliced mushrooms
- 1 tablespoon capers
- $\frac{1}{4}$ teaspoon salt
- Few grains cayenne

Saute pepper and onion in fat until tender but not brown. Add olives and to-

mato and cook down to a thick sauce. Add remaining ingredients. Place four tablespoons sauce on puffy omelet before folding and pour remainder over top. Serves four.

Potato Omelet

- 3 eggs, separated
- 3 tablespoons cream or milk
- 1 cup mashed potatoes
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- Onion juice
- Chopped parsley
- Butter

Add egg yolks and cream to potatoes and beat until smooth. Season to taste with salt, pepper, onion juice and chopped parsley. Beat egg whites until stiff. Fold into potato mixture. Place in buttered skillet and bake in moderate oven (350° F.) until brown. Fold and turn onto a hot platter. Serve at once. Serves four to six.

Strawberry Omelet

- 1 pint strawberries
- $\frac{1}{4}$ cup sugar
- 1 plain omelet

Wash and hull berries, cut into halves and cover with sugar. Let stand several hours. Prepare omelet. Spread strawberries on one half, fold and serve on hot platter. Garnish with whole berries, if desired. Serves six.

Cereal Recipes

Cornmeal Mush (For Frying)

Mix one tablespoon flour with each cup of dry cornmeal. Use four to five cups water for each cup of cereal. Add cornmeal very gradually to the boiling water. If there are any lumps, beat vigorously with rotary egg beater. Or the cereal may be thoroughly combined with a little cold water and added to the boiling water. When cooked, the cornmeal may be

poured into a mold which has been greased or rinsed with cold water. A straight-sided can or glass makes a good mold if round slices are desired.

Fried Shredded Wheat

Dip shredded wheat biscuits (whole or split in halves) quickly into hot, salted milk. Drain and fry in butter or other fat. Serve with jelly, jam or marmalade or with cream and sugar.