

EMERGENCY FOODS

Cooking with Farina

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Key Nutrients

Farina is made from the hulled wheat berry. It has:

- **Protein**—builds and repairs skin, muscle, blood, bone, and brain
- **Iron**—makes red blood
- **B Vitamins**—turn food into energy

Everyone needs six or more servings of grain products (breads, cereals, pasta, and rice) every day.

Farina is a wheat cereal that can be used in a variety of cooked dishes. It's quick and easy to use, and it's good for babies, children, and adults. You may know it by the name Cream of Wheat.

Shopping Tips

Save money by comparing prices!

- **Instant Farina** (Mix with hot water and serve):
\$2.86 for 28-ounce box = 24¢ per serving.
Makes 12 servings per box.
- **Regular Farina** (Cook on top of range or in microwave):
\$2.89 for 28-ounce box = 10¢ per serving.
Makes 28 servings per box.

Food Safety/Storage

Cereal, like other grain products, should be kept in a tightly closed container to keep insects out. Store at room temperature in a cool, dry place.

Refrigerate leftover cooked cereal promptly.

Cooking Ideas

Farina Cooked Cereal

Makes 2 servings

- 1 cup water
 - Pinch of salt (not needed if being prepared for babies*)
 - 2½ Tablespoons farina
1. Heat water to boiling.
 2. Add salt (no salt for babies).
 3. Sprinkle in farina. Stir to mix.
 4. Lower heat to medium. Cook 3 minutes, stirring as often as needed to keep farina from sticking.

One serving is ¼ cup for a child and ½ cup for an adult.

*For babies, mix cooked farina with milk or formula. Follow your doctor's advice on infant feeding.

Farina Dumplings

Makes 8-10 servings (12 small dumplings or 2 quarts of soup or stew)

- 1 egg, beaten (or ¼ cup dried egg mix and ¼ cup water)
 - ½ teaspoon salt
 - 2 Tablespoons melted margarine (cooled)
 - ½ cup farina
1. Beat egg slightly.
 2. Add salt and melted margarine.
 3. Stir in farina to make a stiff dough.
 4. Drop by Tablespoonfuls into gently boiling meat stock or soup. (Use at least 2 to 2½ inches meat stock. Dumplings will absorb liquid. If planning to serve as soup, use more meat stock.)
 5. Cover and cook for about 20 minutes.
 6. Remove from heat. Do not lift pan lid—leave covered for 10 more minutes.
 7. Serve hot. Serve with additional broth or gravy.

One serving is ½ cup for a child and 1 cup for an adult. Refrigerate leftovers immediately after the meal.

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Farina Pudding

Makes 6 servings

- 2½ cups milk (you may use canned evaporated milk or nonfat dried milk that has been reconstituted)
- 1 Tablespoon melted margarine or butter
- ¼ teaspoon salt
- ½ cup sugar (you may use ¼ cup honey and reduce milk to 2¼ cups)
- ¼ cup farina
- 2 eggs, beaten (or ½ cup dried egg mix and ½ cup water)
- ½ cup raisins
- 1 teaspoon vanilla
- 1 teaspoon cinnamon (optional)

1. In a 2-quart sauce pan, combine milk, margarine, salt, and sugar or honey. Heat over low heat.
2. Bring to a boil. Stir often.
3. Slowly add farina. Stir constantly.
4. Reduce heat to low and cook for 2 to 5 minutes.
5. Remove from heat.
6. Add a small amount of the hot farina/milk mixture to the beaten eggs. Stir constantly.
7. Gradually add rest of farina/milk mixture. Continue to stir.
8. Add raisins, vanilla, and cinnamon.
9. Grease a 2-quart casserole.
10. Pour mixture into casserole.
11. Set casserole pan in a larger pan of water.
12. Bake at 350°F for about 20 minutes. Pudding is done when knife inserted in center of casserole comes out clean.
13. Serve hot or cold.

One serving is ¼ cup for a child and ½ cup for an adult.
Refrigerate leftovers immediately.

Farina Applesauce Loaf

Makes 10 servings

- 1 cup soft butter or margarine
- 1 cup honey
- 4 eggs (or 1 cup dried egg mix and 1 cup water)
- 1 cup applesauce
- ½ cup orange juice
- 2½ cups flour

- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¾ cup farina
- 1 teaspoon cinnamon
- 1 cup chopped walnuts (optional)

1. Mix butter or margarine and honey in a large bowl.
2. Add eggs and mix well.
3. Add applesauce and orange juice.
4. Place flour, salt, baking soda, baking powder, farina, and cinnamon in a bowl. Stir well to be sure ingredients are mixed. Add walnuts to flour mixture.
5. Add flour mixture to egg mixture. Stir just enough to combine.
6. Line 10" x 5½" loaf pan with a piece of wax paper.
7. Pour dough into pan.
8. Bake at 350°F for 55 minutes, or until toothpick inserted in center of loaf comes out clean.

One serving is a ½" slice for a child and a 1" slice for an adult.

Refrigerate leftovers promptly.

Crustless Farina Quiche

Makes 4 servings

- 2½ cups milk (you may use canned evaporated milk or nonfat dried milk that has been reconstituted)
- 1 Tablespoon margarine or butter
- ½ teaspoon salt
- ⅓ cup farina
- 2 eggs, beaten (or ½ cup dried egg mix and ½ cup water)
- 1¼ cups grated cheese
- ⅓ teaspoon pepper
- 1 Tablespoon dry mustard
- 1 cup cooked vegetables

1. In a 2-quart saucepan, combine milk, margarine, and salt. Bring to boil over medium heat.
2. Add farina slowly. Stir constantly. Turn heat to low and continue to stir for 2-5 minutes or until thickened.
3. Remove from heat. Add a small amount of farina/milk mixture to beaten eggs while stirring.
4. Continue stirring while adding remaining farina/milk mixture.
5. Add grated cheese, pepper, dry mustard, and cooked vegetables.
6. Pour into a 2-quart greased casserole. Set casserole in a pan of water.
7. Bake at 350°F for 20-25 minutes, or until knife inserted in center of casserole comes out clean.
9. Serve hot.

One serving is ½ cup for a child and 1 cup for an adult.
Refrigerate leftovers immediately after the meal.

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