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T H E S I S

on

AN EXPERIMENT IN CATERING

Submitted to the Faculty

of the

O R E G O N A G R I C U L T U R A L C O L L E G E

for the degree of

BACHELOR OF SCIENCE

in

Domestic Science and Art

by

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June 10, 1911.

APPROVED:

Redacted for privacy

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Department of Domestic Science

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Dean School of Domestic Science and Art.

# O U T L I N E   O F   T H E S I S.

## AN EXPERIMENT IN CATERING.

### Introduction.

Object of the experiment.

Explanation of the methods  
involved.

Conclusions.

### Menus for One Week.

### Menus Repeated with Prices Stated.

For each day's meals.

Average cost per capita per meal.

Average cost per capita per day  
and week.

### Recipes Used in the Experiment.

### AN EXPERIMENT IN CATERING.

The menus herein presented were served to a group of seven people, the object of the experiment being to provide wholesome and attractive meals at a moderate cost. The food values of the menus were not calculated, but much thought and care were taken in the planning of the meals, that the food materials be combined in such a way as, approximately, at least, to provide the necessary food elements in proper proportions for the meal and for the day. The occupations of the persons to whom they were served and the weather conditions were taken into consideration.

The time being the latter part of June, the markets afforded a variety of green vegetables, fresh berries and fruits, which were freely introduced into the menus, although not regardless of their price.

As stated, the cost was to be moderate, but the fixed limit per capita was made sufficiently large to permit the use of the best brands of staple groceries, the choice cuts of meats, plenty of milk and cream

and some delicacies, like olive oil, mushrooms and nuts, which are sometimes considered prohibitive on account of their high price. Marketing in person and the careful use of leftover materials, however, reduced the cost to a minimum. The amount per capita was to be four dollars per week, with the possibility of increasing it if necessary. This was found to be desirable and an extra dollar per person allowed, the total being five dollars per capita per week, or thirty-five dollars in all, this including ice, service, fuel and laundering. An oil stove and a fireless cooker were used for cooking purposes.

A three-course breakfast was served for a few mornings, but this being found too heavy, the cereal was afterward omitted and only fruit and a main course provided, thus decreasing the expense for cream as well. Eggs, since they were easiest prepared, were served frequently for breakfast.

The luncheons were usually light and often consisted of a cream vegetable soup and a <sup>a</sup> salad; the dessert, if any, was simply fresh fruit or berries. There were several reasons for these frugal luncheons. The occupations of the people to whom they were served, the hot weather and the necessity of having meals easy to prepare on account of lack of time, were conditions which entered into the planning of the menus. Marketing consumed an hour, at least, every morning, which left little time for the preparation of luncheon.

The evening meal was the most elaborate of the day. Dinner consisted of a meat course with potatoes and one other vegetable, a salad and a dessert, although the salad was not invariably included. Soup was omitted to make the service easier. In the planning of the dinner menus the vegetables were carefully selected with reference to the food value of the meat, as to whether rich or poor in protein. Beginning with the meat as a basis, the other dishes of the menu were chosen. For instance, if beef were served, a vegetable

poor in protein must be use<sup>d</sup>, but if a meat poor in protein, like lamb or veal, be desired, a highly protein vegetable, as string beans or fresh peas, should supply the deficiency. In the choosing of vegetable dishes, an important factor to be considered is variety in the manner of cooking. With this in mind, care was taken to avoid having vegetables prepared in the same way on two successive days. The desserts, as befitting the season, were designed to be cool and delicate trifles, planned not so much for their food value, although this was considered, as to add to the attractiveness of the menu. Gelatine desserts, fruit and ices were served most frequently, and the latter were found to be no more expensive than other desserts and no more difficult to prepare. Very few cakes were baked, an economy in time and fuel. The fireless cooker was employed for the cooking of all the vegetables, which proved a considerable saving of expense for oil. The use of baker's bread was another method of economy along this line.

The value of careful planning in the preparation of a day's meals can hardly be overestimated, for upon



it depends the success or the failure of any meal. After the hour for the meal is fixed upon and the menu is determined, it remains to decide in just what order the work must be done so that each article of the meal may be ready exactly when it is needed. The dishes which require longest cooking are prepared first and placed in the oven or upon the stove. While these are cooking, they may be watched and the other articles of food prepared at the same time. Specific instances best illustrate the manner in which wise planning eliminates waste and saves time and work. This may be shown in the planning of the menu for Friday. The breakfast may be partially prepared the preceding evening: The loganberries are cleaned, set away in a cool place, and the codfish is made ready except for the addition of the white sauce. This leaves it a simple matter to finish breakfast in the morning, so that some articles for luncheon may be prepared during the progress of this meal. The cauliflower, left from the dinner of the day before, is reheated, and this and the beets for dinner are placed in the fireless cooker. The

stuffing of the green peppers is next prepared from veal left over from previous days. Luncheon is now ready except for the work which can only be done just before the meal is served. About an hour before luncheon, the table is set, the lettuce washed, the peppers are placed in the oven to heat and the cream soup mixture is made.

After luncheon, the potatoes for dinner are pared and put in water, and the cucumbers and French dressing are made ready. The chocolate is frozen and left packed in the freezer. The mushrooms are placed in a dish, ready for use, and the coffee measured into the percolator. The table is set before the real work of the cooking is begun. Just before dinner the following remains to be done: The potatoes and steak must be fried and the mushroom sauce made; the beets removed from the cooker and diced and seasoned. About an hour will be required for this and dinner will be ready.

The same essential outline may be followed every day, with a few changes. Prepare as much of the breakfast as possible the day before, and the luncheon



and as much of the dinner as is practicable, early in the morning, thus avoiding hurry and confusion just before the meal.

M E N U S   F O R   O N E   W E E K .

## SATURDAY

### Breakfast

Loganberries  
Wheat hearts  
Soft cooked eggs      Toast  
Coffee

### Luncheon

Shrimp salad      Creamed Potatoes  
Tea

### Dinner

Beefsteak  
French fried potatoes      Creamed turnips  
Tomato salad  
Sliced peaches with whipped cream

## SUNDAY

Cantaloupe  
Cream of wheat  
Waffles      Maple syrup  
Coffee

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Fried chicken  
Mashed potatoes      Creamed peas  
Sliced cucumbers  
Vanilla ice cream with nuts and cherries  
Coffee

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Fruit salad  
Bread and butter sandwiches  
Tea

MONDAY

Raspberries  
Scrambled eggs      Bacon  
Toast      Coffee

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Cream of pea soup  
Sliced tomato salad

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Steak with mushroom sauce  
Browned potatoes      Lettuce with mayonnaise  
Banana Bavarian cream      Coffee

TUESDAY

Raspberries  
Poached eggs      Toast  
Coffee

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Cracked crab with mayonnaise dressing  
Parker House rolls      Cocoa

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Lamb chops  
Boiled potatoes      Sliced cucumbers  
Cherry pie

WEDNESDAY

Loganberries  
French toast with creamed nuts  
Coffee

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Cream of asparagus soup  
Veal croquettes      Creamed peas  
Tea

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Veal cutlets  
Buttered beets      String beans  
Raspberry short cake

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THURSDAY

Cantaloupes  
Ham and fried eggs  
Toast      Coffee

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Crab and string bean salad  
Biscuits      Honey  
Tea

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Lamb chops  
Potatoes au gratin      Cauliflower  
Sliced tomatoes  
Maple mousse      Coffee

FRIDAY

Loganberries  
Cream of wheat  
Creamed codfish   Popovers  
Coffee

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Cream of cauliflower soup  
Stuffed green peppers   Lettuce  
Tea

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Steak with mushroom sauce  
French fried potatoes   Buttered beets  
Cucumber salad  
Frozen chocolate   Whipped cream  
Coffee



M E N U S   S E P A R A T E D   W I T H   P R I C E S  
S T A T E D .

# SATURDAY

## Breakfast

Loganberries--2 boxes	\$ .20
Wheat hearts--1 c	.03
Eggs--8 @ 25¢ per dozen	.16
Toast--1 loaf bread	.05
Butter--1/5 lb. @ 35¢	.07
Coffee--3/4 c @ 35c per lb.	.05 1/4
Cream and milk	.05
Sugar--1/2 c	.02
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	\$ .63 1/4

## Luncheon

Shrimps--1 can	.25
Salad dressing	
2 eggs	.04
Vinegar--1/2 c @ 15¢ per qt.	.02
Olive oil--2 t @ 25¢ per c	.03
Mustard, salt, pepper	.02
Cream--1/2 c @ 20¢ per pt.	.05 -.16
Potatoes--4 lbs.	.05
Tea--8 t	.04
White sauce	
Milk--1c	.0125
Butter--2 t	.02
Flour--2 t	.00 1/8 .03 3/8
Bread--1 loaf	.05
Butter--1/5 lb.	.07
Cream for tea	.02 1/2
Sugar--2 t	.00 1/4
Lemon	.03
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	\$ .71 1/4

Dinner

Beefsteak	\$ .45
Potatoes	.10
Turnips	.20
White sauce	.03 3/8
Peaches--1 doz.	.25
Cream--1 c	.10
Bread--3/4 l.	.03 3/4
Butter--1/7 lb.	.05
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	\$1.22 1/8
Total for day	2.56 5/8

SUNDAY

Breakfast

Cantaloupe--4 @ 10¢ each	\$ .40
Cream of wheat--1 c	.03
Waffles	
4 c flour	.04
Eggs--4	.08
Milk--2 c	.02 1/4
Butter--2 t	.04 1/2
Baking powder	.01 - .19 3/4
Maple syrup	.09
Coffee	.05
Sugar	.02
Cream	.10
Milk	.02 1/2
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	\$ .91 1/4

### Dinner

Chicken	\$ .80
Butter and lard for frying	.05
Potatoes	.05
Cucumbers	.20
Peas	.10
White sauce	.03 3/4
Butter	.05
Bread	.05
Ice cream	
1 pt. cream	.20
1 qt. milk	.05
3 eggs	.06
Sugar	.01 3/4
Nuts	.06 1/4
Cherries	.05
Ice	.10
Salt	.05 - .60 3/4
	<u>\$2.01 3/4</u>

### Supper

Salad	
1 can pineapple	.20
3 oranges	.10
Cherries	.05
Dressing	.08
Sandwiches	
Bread--1 1/2 loaves	.07 1/2
Butter	.09
Tea	.04
Sugar	.02
Cream	.05
	<u>\$ .70 1/2</u>

Total for day	3.63 1/2
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MONDAY

Breakfast

Raspberries--2 boxes	\$ .20
Bacon	.20
Toast	.05
Butter	.05
Coffee	.05
Cream and milk	.07 1/2
Sugar	.02
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	\$ .64 1/2

Luncheon

Peas	.10
Milk	.05
Flour	.00 1/8
Butter	.02
Tomatoes	.25
Bread	.07 1/2
Butter	.05
Tea	.04
Cream	.02 1/2
Sugar	.01
Lemon	.03
	<hr/>
	\$ .63

Dinner

Steak	\$1.00
Mushrooms	.50
Potatoes	.05
Lettuce	.05
Mayonnaise	
1 cup olive oil	.12 1/2
2 yolks eggs	.02
1/3 c cream	.03 .17 1/2
Bavarian cream	
Gelatin	.03
Milk	.01 1/4
Egg whites	.02
Cream	.10
Sugar	.01
Bananas	.05
Nuts	.04 .16 1/4
Coffee	.05
Cream	.05
Sugar	.01
Bread	.03
Butter	.05
	<hr/>
	\$2.12 3/4
Total for day	3.40 1/4

TUESDAY

Breakfast

Raspberries--2 boxes	\$ .20
Eggs	.20
Toast	.05
Butter	.03
Sugar	.01
Cream	.05
Coffee	.05
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	\$ .59



### Luncheon

Crab	\$ .50
Mayonnaise	.08
Rolls	
Flour	.06
Butter	.03 1/2
Yeast	.05
Milk	.03
Sugar	.00 1/2
Butter	.05
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	\$ .80 1/2

### Dinner

(For Four People)

Lamb chops	.20
Potatoes	.05
Cucumbers	.10
Cherry pie	
Crust	
1 1/2 c flour	.015
Lard	.02
Cherries	.15
Sugar	.03
Coffee	.05
Cream	.05
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	\$ .66 1/2

Total for day	2.06
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WEDNESDAY

Breakfast

Loganberries	\$ .20
Bread	.03 1/2
Eggs--2	.04
Milk	.01 1/4
White sauce	.03 3/4
Nuts	.12 1/2
Coffee	.05
Cream	.05
Sugar	.01
Lard and butter	.04
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	\$ .60

Luncheon

Asparagus	.15
Milk	.06
Butter	.02
Flour	.00 1/8
Croquettes--left over	
Peas	.10
White sauce	.03 3/4
Tea	.04
Milk	.03
Sugar	.01
Lemon	.02
Bread	.03
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	\$ .49 7/8

Dinner

Veal cutlets	\$ .45
Beans	.15
Beets	.20
White sauce	.03 3/4
Bread	.03
Butter	.07
Short cake	
2 c flour	.02
Lard and butter	.04
Milk	.01
Raspberries	.20
Sugar	.02
Cream	.20
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	\$2.52 5/8

THURSDAY

Breakfast

Cantaloupes	.40
Ham	.10
Eggs	.14
Toast	.05
Butter	.07
Coffee	.05
Cream and milk	.07 1/2
Sugar	.02
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	\$ .90 1/2

### Luncheon

Crab--left over		
String beans--left over		
Salad dressing	\$ .04	
Biscuits		
3 c flour	.03	
Milk	.01	
Butter	.02	
Baking powder	.02	.08
Honey	.20	
Tea	.04	
Cream	.03	
Sugar	.01	
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	\$ .36	

### Dinner

Lamb chops	.45	
Potatoes	.10	
Cheese	.10	
White sauce	.03	3/4
Cauliflower	.25	
Tomatoes	.25	
Mayonnaise	.08	
Maple mousse		
1 pt. cream	.20	
3 eggs	.06	
1 c maple syrup	.09	
Ice	.10	
Salt	.05	.44
Coffee	.05	
Cream	.05	
Sugar	.01	
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	\$1.87	3/4
Total for day	3.14	1/4

## FRIDAY

### Breakfast

Loganberries	\$ .20	
Cereal	.03	
Codfish	.20	
Popovers		
2c flour	.02	
Milk	.02	
Eggs	.08	
Butter	.01	
Coffee	.05	
Cream	.05	
Sugar	.02	
Butter	.05	
	<hr/>	
	\$ .78	

### Luncheon

Soup		
Cauliflower	.10	
Milk	.06	
Butter	.02	
Flour	.02	.20
Peppers	.15	
Meat--left over		
Potatoes	.03	
Lettuce	.05	
Dressing	.08	
Bread	.03	
Butter	.07	
Tea	.04	
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	\$ .65	

Dinner

Steak	\$ .80
Mushrooms	.50
Potatoes	.07
Beets	.20
Cucumbers	.20
French dressing	
1/2 c olive oil	.06
Vinegar	.01 1/2
Seasoning	.00 1/2 .08
Frozen chocolate	
1 qt. milk	.06
Chocolate	.03
Sugar	.01
Ice	.10
Salt	.05
Cream	.12 1/2
Coffee	.05
Sugar	.03
Bread	.05
Butter	.08
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	\$2.43
Total for day	3.86



# COST OF WEEK'S MEALS.

Saturday	\$2.56 5/8
Sunday	3.63 1/2
Monday	3.40 1/4
Tuesday	2.06
Wednesday	2.52 5/8
Thursday	3.14 1/4
Friday	<u>3.86</u>
	\$21.19 1/4

Average cost per capita for week	3.02 3/7
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Average cost per capita per day	.43 5/7
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### EXPLANATION OF ACCOUNTS.

The foregoing accounts take into consideration merely the cost of food materials. Oil for cooking, ice for the refrigerator, laundering, service and incidentals should be added in estimating the total cost. Rent, water and light were furnished.

RECIPES FOR A FEW OF THE DISHES SERVED.

### BANANA BAVARIAN CREAM.

1 t gelatin  
1/4 c milk  
2 egg whites  
1/2 c sugar  
1 c cream  
2 bananas, diced  
1/3 c chopped nuts

Soak the gelatin in the milk. Beat the eggs until stiff and add dissolved gelatin and sugar. Let the mixture stand until it begins to stiffen. Then fold in the cream, whipped stiff, fruit and nuts. Serve with whipped cream.

### FRENCH TOAST WITH CREAMED NUTS.

Prepare French toast by dipping slices of bread in a mixture made of two beaten eggs, two cups of milk, a little sugar, salt and cinnamon. Saute in butter until brown, in hot skillet. Place on platter and cover toast with white sauce to which chopped nuts have been added.

### POTATOES AU GRATIN.

Wash, pare and slice potatoes in small cubes or round slices. Prepare a baking dish. In this dish put first a layer of potatoes, then a covering of milk or white sauce, then a covering of grated cheese. Repeat until the dish is full. For the top add a layer of fine buttered cracker crumbs. Bake in a moderate oven about forty-five minutes.



### FRUIT SALAD.

- 1/2 c chopped nuts
- 1 can sliced pineapple
- 3 oranges
- 2 c seeded Royal Ann cherries
- 1 banana

Cut the pineapple, oranges and banana in small pieces. Add the nuts and cherries. Arrange on lettuce and mass the top with mayonnaise dressing, to which half quantity of whipped cream has been added.

### MAPLE MOUSSE.

1 pt. cream, whipped  
3 egg yolks  
1 c maple syrup  
A little salt

Beat the yolks stiff and cook with the syrup in a double boiler, being careful that it does not curdle. When stiff remove from fire and let cool. When cool add the whipped cream, place in freezer, pack in salt and ice, and let stand from three to four hours. Do not stir.

### FROZEN CHOCOLATE.

Prepare as for hot chocolate. Cool and freeze like ice cream. Serve in tall glasses. Garnish with whipped cream and chopped nuts.