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How to Use Abundant Foods

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This circular gives practical instructions and recipes for using the abundant foods from the U. S. Department of Agriculture which you are receiving. Its purpose is to help you get the best results when you cook with these foods, some of which may not be familiar to you. The foods being distributed are of excellent quality and will be a valuable addition to family food supplies. We suggest you pay special attention to the section on cornmeal, because this product may be new to you. Other foods that you may not have been in the habit of using are dry milk, beans, rice, and lard.

The Cooperative Extension Service of Oregon State University, the educational agency for the donated foods program, has prepared this circular for you. Some of the information in this circular

was adapted from directions and recipes developed by the Agricultural Research Service of the U. S. Department of Agriculture. Other instructions were developed and tested in cooking trials by the Extension nutrition specialist.

The Extension Service has local offices in every county of the state. They are usually located in the county seat. County Extension agents there will be glad to help you with any questions you may have about the use of donated foods. They can also help you or groups in your community with other information on agriculture and home economics. The 4-H club program for young people is available through local Extension offices. Bulletins and the other services of these offices are available to all free of charge.

How to Use Cornmeal

Western homemakers do not use much cornmeal. You'll probably have it on your cupboard shelf from now on. Your family will want foods made from cornmeal often.

Cornmeal is often used along with flour to add texture to baked foods. Some meal is so coarse that it cannot be sifted with the dry ingredients. If cornmeal clogs your sifter, be sure to sift all the other dry ingredients together. Then add the cornmeal and stir until the color is well blended.

Suggested uses

The cornmeal being distributed is a very fine ground meal made from yellow corn. It can be used in any recipe calling for cornmeal. The label is marked "degermed." This means that the germ or fatty section of the kernel has been removed in the milling process. Your cornmeal will stay fresh longer this way. However, get into the habit of using it often. Don't store it in the back or on the top shelf! Try cornmeal in many different recipes. How about cornmeal mush for breakfast or crispy corn bread for lunch? Dip biscuit tops in cornmeal for the "French look." Choose a tamale

pie for a main dish. Roll fish or other foods to fry in a mixture of half cornmeal and half flour.

The most common use for cornmeal is to make it into a water and meal mush. Usually the meal is poured into rapidly boiling water. However, very fine cornmeal lumps easily. Avoid this problem by following the old Southern recommendation of "wetting it down." Use this method: Measure out the cornmeal called for in the recipe. Add an equal amount of water and stir until the water is well mixed. Allow to stand for 10 minutes before adding to the boiling water. The following recipe for cornmeal mush uses this method.

Cornmeal Mush

1 cup cornmeal	1 teaspoon salt
1 cup cold water	4 cups boiling water

Mix together the cornmeal, cold water, and salt. Allow to stand for 10 minutes. Pour boiling water into a large heavy kettle and gradually stir in the cornmeal. Cook the mush over direct heat 2 or 3 minutes. Lower the heat to simmer and cook, stirring occasionally to keep from sticking, for 15 minutes. Makes 6 servings.

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Crispy Cornbread

6 tablespoons flour	1/2 teaspoon salt
1 1/2 teaspoons baking powder	3/4 cup cornmeal
1 tablespoon sugar	1 egg, beaten
3 tablespoons dry milk	2/3 cup water
	2 tablespoons melted butter or lard

Sift together the flour, baking powder, sugar, dry milk, and salt. Add the cornmeal and stir until well mixed. Add beaten egg, water, and the melted fat. Stir only enough to blend. Pour into a greased 9 by 9 inch baking pan. Bake at 425° for 25 minutes.

Or

“Bake” on top of stove by placing the baking pan in another heavier metal pan which has a tight fitting cover. A big iron skillet or chicken fryer is ideal. Place on burner set for low heat and cook for the length of time recommended in the recipe. Do not raise the cover during the cooking period. Bread done this way will have crusty brown sides but will have a pale top. Use cornbread as a hot bread or as a base for creamed meat and fish.

Tamale Pie

This South of the Border favorite uses several of the donated foods. Make a cornmeal mush pie crust and fill with an inexpensive ground meat mixture. Use freshly ground beef or game. Or use 1/2 can of the canned meat issued.

Cornmeal crust

1 cup cornmeal	1 cup water (cool)
1 1/2 teaspoons salt	3 cups boiling water

Mix the cornmeal, salt, and cool water together. Allow to stand 10 minutes. Add the mixture slowly to the boiling water, stirring vigorously. Cook over low heat for 15 minutes or until mixture is thick. Remove from heat and press the mush into a greased 9" X 9" baking pan to form a cornmeal crust. Fill with meat mixture.

Meat mixture

1 pound ground meat	1 1/2 teaspoons chili powder
1 large can tomato sauce	1 teaspoon salt
<i>or</i>	1 egg
1 1/2 cups canned tomatoes	3 tablespoons dried milk
1 medium onion, chopped	1/2 cup rolled oats <i>or</i> rolled wheat
1/2 medium green pepper, chopped	

Crumble the ground meat into a cold skillet. Heat slowly, stirring to prevent sticking. If excess fat collects as the meat cooks, pour it off. Add onions and green pepper. Cook until the meat is no longer red and the onion and pepper is golden brown. Add the rest of the ingredients and stir well. Pour on top of cornmeal crust. Bake at 350° for 50 minutes. Serves 6 to 8.

Variations

Add up to 1 cup of leftover whole kernel corn or cooked rice to the meat mixture. Or top with sharp cheese and return to oven while the cheese melts. Or mix the cornmeal mush and the meat mixture and bake as for any other casserole.

How to Use Dry Beans

Dry beans supply protein, food energy, iron, and the B vitamins, especially thiamine. When beans are served as a main dish, a little meat or cheese is usually added to improve the flavor and nutritive value.

Method for fast soaking

Wash beans and remove any that are not good. Use 2 1/2 to 3 cups of water for every cup of beans you plan to cook. The entire two pound bag would take 3 to 4 quarts of water. Add the beans to the water and bring to a boil. Boil for two minutes. Remove from heat and allow to cool for one hour. This allows the beans to swell and helps prevent fermentation and hardening of the skins.

Cooking dry beans

Boil the beans that have stood for at least one

hour *gently* in the soaking water for the best flavor and nutritive value. Do not add soda—this softens the bean too much and destroys some of the B vitamins. Rapid boiling and frequent stirring will cause bean skins to break. Beans are done when they are tender firm, about 1 1/2 to 2 hours for these beans.

Baking beans at high altitudes

Dried beans must be soaked and cooked before they are baked. In high altitude areas of the state it is best to soak the beans and then cook in a pressure saucepan if you have one. Follow the manufacturer's directions. Otherwise cook the beans to the tender-done stage before trying to bake them. They do not soften when baked at high elevation.

Saturday Night Baked Beans

2 pounds (1 package) dry beans	1 medium onion, sliced
2 teaspoons salt	1/2 pound bacon ends, ham bits, or other meat for seasoning
1/4 cup brown sugar	1/2 teaspoon ground cloves (if desired)
1/3 cup molasses (if desired)	
2 tablespoons prepared mustard	
1 large can (size 2 1/2) tomatoes	

Soak and cook the beans by the general method described above. Do not drain. Mix together the salt, brown sugar, molasses, mustard, tomatoes, and onion. Add to the beans. If the liquid level does not cover the beans, add hot water.

Cover and bake in very slow oven (250°) for 6-8 hours. About two hours before the beans are ready, add the meat, stirring chunks through the beans or topping with strips of bacon. Sprinkle top with more brown sugar if a sweet crusty surface is desired.

Note: If you do not have molasses available, use 1/4 cup more brown sugar.

These beans make excellent camping fare. Bury them in a hole filled with hot ashes left from your breakfast fire. Cover with several inches of soil. They will be ready for a hearty evening meal.

Boston Baked Beans

The traditional beans of the Easterner are flavored with salt pork and molasses. No tomatoes, please. When pork is not available, bacon, or leftover smoked meat can be substituted.

2 pounds (1 package) dry beans	1/2 cup molasses
3 quarts water	1 teaspoon dry or 1 tablespoon prepared mustard
2 teaspoons salt	
1/2 pound salt pork	

Soak the beans according to the general directions. Cook gently for 45 minutes. Drain, reserving the liquid. Add other ingredients except the salt pork to the liquid. Make cuts through the rind

of the pork about 1/2 inch apart. Put half of the pork in a bean pot or deep baking dish. Add beans and rest of pork, exposing only the cut rind. Cover the beans with the liquid saved. Adjust lid and bake in slow oven (250°) 6-7 hours. Add any remaining liquid from time to time if the beans seem dry. Use hot water if all the liquid has been used. During the last hour of baking remove the lid and let the beans brown on top. Serves 12 generously.

For shorter baking

Boil pork 45 minutes along with beans. Add molasses and mustard and bake at 300° (slow oven) 3 hours. Remove the lid the last 30 minutes to let the beans brown on top.

Bean Soup

2 cups dry beans (1/2 package)	2 small onions, chopped
3 quarts water	Salt and pepper
Meaty ham bone	

Wash beans. Add the water, boil 2 minutes, then remove from heat and let soak 1 hour. Or add the water and let soak overnight in a cool place. Add ham bone; boil gently 2 hours in a covered pan. Add onion and continue cooking 30 minutes longer, or until beans are soft. Remove bone and cut off the meat. Add meat to soup; season with salt and pepper. Reheat to boiling, stirring constantly. Makes 6-8 hearty servings.

With leftover ham

Instead of using a ham bone, cook 1/2 to 1 cup chopped ham with the beans.

With ham broth

Use ham broth in place of ham bone and water. Soak beans by short method; do not soak overnight in broth.

More information and recipes using beans are printed in a USDA publication titled Dry Beans, Peas, Lentils—Modern Cookery. Copies are available free from your Home Agent. Her office is the County Cooperative Extension Office located in your county seat town. Ask for USDA Leaflet No. 326.

How to Use Nonfat Dry Milk

Nonfat dry milk is a wholesome dairy product made from fresh milk. Only the water and cream are removed. It has the calcium and other minerals, B vitamins, natural sugar, and high-quality protein that make liquid skim milk such valuable food. Use dry milk often in family meals as a beverage and in cooking. The following recipes show a variety of ways to use dry milk in family

meals. Other recipes in this circular have used dry milk. Don't overlook them.

How to make fluid skim milk

Dry milk can be mixed quickly with water to make fluid skim milk. Measure the dry milk into a bowl. Add enough water to make a thick paste. Beat out any lumps. Add the rest of the measured water and stir until well mixed. Do not stir vigor-

ously as this causes the milk to foam. Use the table below for the amounts of milk and water to use for a given amount of fluid milk desired.

<i>For</i>	<i>Use</i>
1 quart of milk	1 cup dry milk, 4 cups water
1 pint of milk	1/2 cup dry milk, 2 cups water
1 cup milk	1/4 cup dry milk, 1 cup water
1/2 cup milk	2 tablespoons dry milk, 1/2 cup water
1/4 cup milk	1 tablespoon dry milk, 1/4 cup water

You may have a large shaker or a two quart jar handy. Use these when mixing your milk. Measure the milk and water into the container and shake until mixed.

The flavor of skim milk is best when it is cold. Make fluid milk far enough ahead so that it can stand in the refrigerator and get cold before serving.

Use dry milk in your own recipes

In any recipe calling for milk, you can simply add the dry milk to other dry ingredients. Sift to blend, then add water for the required amount of liquid.

Cocoa	
<i>For 1</i>	<i>For 6</i>
2 teaspoons cocoa	4 tablespoons
1 1/2 teaspoons sugar	3 tablespoons
Pinch salt	1/8 teaspoon
3 tablespoons dry milk	1 cup
3/4 cup water	4 cups
Few drops vanilla	1/2 teaspoon

How to Use Lard

Lard is the rendered fat of pork. It is the favorite fat of professional bakers because it blends smoothly and makes flakier pastry than other shortenings. The donated lard is of highest quality. It has been kept cold to retain the good, fresh flavor. Store it in the refrigerator if possible. However, it will keep on a cool cupboard shelf for a short time. Check the label of your package. You will see that an oxygen interceptor has been added. This prevents the lard from turning rancid so quickly at room temperature.

Use lard in general cooking just as you have been using other shortenings. It is satisfactory for most things. Plan to use a lower heat if you fry with lard. It smokes at a lower temperature than other cooking fats. Lard is not recommended for deep fat frying unless it is watched carefully to prevent smoking.

Lard is an excellent fat for baking. Flaky pastry and biscuits are almost certain when you use lard. Cakes made with lard may be so tender they crumble. Use 1 tablespoon less lard for each

Mix cocoa, sugar, salt, and dry milk. Add a small amount of water and make into a paste. Add remaining water and heat to drinking temperature.

Cocoa-Chocolate Milk Mix

1 cup cocoa	1/2 teaspoon salt
3/4 cup sugar	4 cups dry milk

Mix cocoa, sugar, salt, and dry milk together. Store in tightly covered container.

To use—For every cup of chocolate milk or cocoa desired, use 1/2 cup mix and 1 cup water. Mix as for cocoa recipe.

Enrich your cooking with dry milk. Step up the food value of some dishes with extra amounts. Dry milk can even be added to fresh milk in some recipes. Here are ways to use dry milk in your everyday cooking:

Biscuits, muffins, cakes, etc.

Use 4 tablespoons dry milk and 1 cup of water for each cup of milk called for in the recipe.

Meat loaf, hamburgers, etc.

Use 1/4 to 1/2 cup per pound of meat.

Mashed potatoes

Mash cooked potatoes; then add 1/4 cup of dry milk for each cup of potatoes. Use either the water potatoes were cooked in or fresh water to give right consistency.

1/2 cup of fat called for in the cake recipes. Therefore a cake calling for 1 cup fat would require only 7/8 cup of lard.

The following recipe makes excellent pastry. The method calls for a measured amount of water so even the inexperienced cook can make perfect pastry.

Lard Pie Crust

2 cups all-purpose flour	2/3 cup lard (room temperature)
1 teaspoon salt	1/4 cup cold water

Sift and measure the flour. Add the salt and sift again. Remove 1/3 cup of flour and salt mixture to another bowl. Cut lard into the remaining flour. Add water to the flour and salt that was set aside, forming a thick paste. Stir the paste into the flour and fat mixture, forming a soft dough. Gather into a ball and roll for pastry. Flakier pastry will result if the dough is chilled before rolling. This recipe makes enough dough for a large 2-crust pie or two pastry shells.

Bake 2-crust pies:

With uncooked fillings—425° for 10 minutes and then 350° for 25-30 minutes.

With cooked fillings—425° for 25-35 minutes.

Bake pastry shells—425° for 10-12 minutes.

Homemade Pastry Mix

If you have a big family, you will save time by making your own pastry mix. Use this recipe.

1 pound lard 4 teaspoons salt
7 cups sifted all-purpose flour

Mix the flour and salt together. Cut in the lard using a pastry blender, two knives, or tips of fingers until the fat particles are no larger than small peas. Store in refrigerator or cool place.

One 9-inch crust

1 1/2 cups mix 2 to 3 tablespoons cold water

Measure mix lightly into cup. Pour into bowl. Sprinkle cold water over mix, blending lightly with fork. Add water sparingly until the dough just clings together, but is not wet. Let stand 5 minutes before rolling. Or chill dough, if more convenient. Bake pastry shell 10-12 minutes in hot oven (425°).

Double crust for 9-inch pie

2 1/2 cups mix 4-6 tablespoons cold water

Combine according to the recipe for one crust pastry. Bake 2-crust pies with uncooked fillings at 425° for 10 minutes, then at 350° for 25-30 minutes. Two-crust pies with cooked fillings should bake at 425° for 25-30 minutes.

How to Use Rice

Rice, like other cereals, is a good source of food energy and can be used in all family meals—breakfast, lunch, and dinner. White rice contains a small amount of good quality protein and some minerals and vitamins. When white rice is used, it should be served with foods that supply the nutritive values rice lacks—

With eggs, meat, fish, poultry, milk, or cheese to supply good quality proteins, vitamins, and minerals.

With vegetables, especially the green and yellow kinds, to provide vitamins and minerals.

With fruit—fresh, frozen, dried, raw, or cooked—for vitamins and minerals.

Most of the world's population uses rice three times a day. Some Oregonians never serve it! Your family is missing an inexpensive treat that is easy to prepare in many different ways unless you use rice in your meal planning.

Cooking white rice

The cooking directions given here are for the regular white rice that has not been partially cooked before marketing.

Do not wash the rice because important vitamins are dissolved in the water and lost. Packaged rice should be clean enough to use without washing.

Cook rice in as little water as possible. One cup uncooked rice makes about 3 cups cooked, enough for 6 servings. Boil rice gently—keep the heat low. Rapid boiling may break the grains and

also may make the rice boil over. Cover the pan tightly. Do not rinse after cooking.

Short-Boil Method

1 cup uncooked rice 1/2 teaspoon bland
2 cups water, boiling cooking fat or oil
1/2 teaspoon salt

Stir rice into rapidly boiling salted water. Add cooking oil or shortening to reduce foaming.

Bring back to the boiling point and lower heat until the water is just bubbling. Cover tightly and cook slowly 20 minutes.

Turn off the flame or remove the pan from direct heat, and let stand 10 minutes, covered tightly, so the rice can finish cooking in its own steam. *Do not raise cover of pan during cooking or 10 minutes after the cooking period.*

For Softer Rice

For a softer cooked rice, increase water to 2 1/4 cups and cook slowly for 25 minutes. Remove the pan from direct heat and let stand 10 minutes, covered tightly. Serve hot.

Oven Method

1 cup uncooked rice 2 cups boiling water
1/2 teaspoon salt

Place rice and salt in a baking dish. Pour boiling water over rice. Stir, cover, and bake at

350° F. (moderate oven) for 30 minutes or until rice is tender.

To keep rice for future use, cover it and put it in a cold place.

To reheat rice, steam it in a colander or sieve over boiling water, or add a few tablespoons of water to the rice and heat it in a covered pan over boiling water or in the oven. Stir the rice once or twice with a fork while it is heating.

Chinese Style Fried Rice

Use the method of cooking for rice to accompany other foods or follow the recipe for a family dinner.

2/3 cup uncooked rice	2 teaspoons soy sauce
2 tablespoons cooking oil (melted lard may be used)	1 medium onion, chopped
1 teaspoon salt	2 stalks celery, chopped
1 1/2 cups boiling water	1 green pepper (if desired)
1 bouillon cube (if you have it)	1 cup cooked meat (or 1/2 can)

Cook the rice in hot oil until golden brown. Add salt, water, bouillon cube, and soy sauce. Cover. Reduce heat and simmer for 20 minutes. Add rest of ingredients and 1/4 cup more water, if necessary. Cover tightly and steam until the vegetables are tender crisp, about 10 minutes more. Serves 4.