

ADD:

#1, RC,

COST: .03

Sell: .00

Low: 100

10,000

FS 5

Reprinted March 1971

# Using Quick Rolled Wheat and Oats

Prepared by Extension Food and Nutrition Specialists  
Oregon State University, Corvallis

Rolled wheat and oats are good to eat and are good for you. They are rich in natural B-vitamins and are good sources of iron, other minerals, and energy.

Your family will like the taste of wheat products and the crunchy texture they give to baked foods.

Rolled wheat and oats blend well with so many other foods that they can make a good dish for breakfast, lunch, dinner, or snacks. People like the flavor and they are good to help more expensive foods, such as meat, go farther. Try one of these products today. Your family will be glad you did.

## Rolled Wheat or Oat Cereal

- 4 cups water
- 1 teaspoon salt
- 2 cups quick rolled wheat or oats

Bring water and salt to boil. Stir rolled wheat into briskly boiling salted water. Cook 3 minutes, stirring occasionally. Cover pan; remove from heat and let stand a few minutes. Serve with sugar and milk. Serves 6.

## Rolled Wheat or Oat Cereal Cooked in Milk

- 4 1/2 cups water
- 1 teaspoon salt
- 2 cups quick rolled wheat or oats
- 2/3 cup nonfat dry milk

Bring water and salt to boil. Stir rolled wheat and dry milk into briskly boiling salted water. Cook 3 minutes, stirring occasionally. Cover pan; remove from heat and let stand a few minutes. Serve with sugar and milk. Serves 6.

## Fried Wheat Slices

- 4 cups water
- 1 teaspoon salt
- 2 cups quick rolled wheat

Bring water and salt to boil. Stir rolled wheat into briskly boiling salted water. Cook about 5 minutes, stirring occasionally. Pour into loaf pan (about 9 x 5 x 3 inches) which has been rinsed in cold water; chill several hours or overnight. Cut in 1/2-inch slices. Fry slowly in a small amount of shortening until golden brown. Serve with syrup. Serves 6.

*Note:* For a special treat, stir 1 to 2 cups finely chopped luncheon meat into hot cereal before pouring into loaf pan.

## Rolled Wheat Biscuits

- 1 1/2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup nonfat dry milk
- 1 cup quick rolled wheat
- 1/3 cup lard or shortening
- 2/3 cup cold water

Heat oven to very hot (450° F). Sift together flour, baking powder, salt, and dry milk into bowl; stir in rolled wheat. Cut in lard until mixture resembles coarse crumbs. Add water gradually, mixing lightly until dough can be formed into a ball (if dough seems too dry, add a little more water).

Turn out on lightly floured board or canvas; knead gently a few seconds. Roll or pat to 1/2-inch thickness; cut with floured 2-inch biscuit cutter. Place on ungreased cooky sheet. Bake at 450° F (hot oven) 12 to 15 minutes. Makes 12 biscuits.

## Old-Fashioned Vegetable Soup

- 2-pound soup bone with meat
- 2 tablespoons shortening
- 3 quarts water
- 4 teaspoons salt
- 1/4 teaspoon pepper
- 1 cup canned tomatoes
- 1 cup sliced carrots
- 1/4 cup chopped onion
- 1 cup canned whole kernel corn
- 1 1/2 cups diced potatoes
- 3/4 cup quick rolled wheat

Cut meat from soup bone into small pieces. Melt shortening in large kettle; brown meat in melted shortening. Add soup bone, water, salt and pepper. Cover and cook slowly about 2 hours. Stir in remaining ingredients; stir frequently for 5 minutes. Cook over low heat for another hour, stirring occasionally. Serves 6.

*Note:* Chicken wings, backs, and necks can be used instead of a soup bone. Place them in a kettle with water, salt, and pepper. Then make soup as in recipe above.

## Meat Loaf

- 1 pound hamburger meat
- 1 cup quick rolled wheat or oats
- 1/4 cup chopped onion
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1/3 cup nonfat dry milk
- 3/4 cup water
- 1/2 cup drained canned peas



This is one of a series of *Fact Sheets* reporting Cooperative Extension work in agriculture and home economics, Lee Kolmer, director. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914. Oregon State University, Oregon counties, and U. S. Department of Agriculture cooperating.

Combine all ingredients thoroughly. Pack into loaf pan (about 9 x 3 x 5 inches) or shape to form a loaf in a shallow pan. Bake at 350° F (moderate oven) about 45 minutes. Let stand 5 minutes before slicing. Serves 6.

*For hamburgers:* Omit peas. Shape into hamburgers. Fry in a small amount of fat or broil.

#### Meat Patties

3/4 pound ground beef  
1 teaspoon salt  
1 1/2 tablespoons nonfat dry milk  
3/4 cup quick rolled wheat or oats  
Salt and pepper  
1/3 cup water  
2 tablespoons fat or oil  
1 cup water  
1/4 cup chopped green pepper if desired  
1/4 cup chopped carrots  
1/4 cup chopped onion  
1 tablespoon flour

Combine meat, milk, wheat or oats, 1 teaspoon salt, and pepper. Stir in the 1/3 cup water. Make very thin patties; brown on both sides in the fat or oil in a frying pan. Add 1 cup water and vegetables; season with salt and pepper. Cook covered over low heat for 30 minutes. Blend flour with a little cold water, add slowly to the mixture, and cook until thickened, stirring occasionally.

#### Rolled Wheat or Oat Cookies

1/2 cup sifted flour  
1/3 cup sugar  
1/2 teaspoon salt  
1 teaspoon baking powder  
1/4 teaspoon cinnamon  
1 1/2 cups quick rolled wheat or oats  
1/2 cup raisins  
1 egg, slightly beaten  
1/2 cup milk (or 2 tablespoons nonfat dry milk mixed with 1/2 cup water)  
1/2 teaspoon vanilla  
1/4 cup melted fat or oil

Sift together flour, sugar, salt, baking powder, and cinnamon. Mix in rolled wheat or oats and raisins. Combine egg, milk, flavoring, and fat and add to first mixture. Stir only until ingredients are moistened. Drop dough by teaspoonfuls onto greased baking sheets. Bake at 375° F (moderate oven) about 20 minutes. Makes about 2 dozen cookies.

#### Whole Wheat Yeast Bread

2 cakes compressed or 2 packages dry yeast  
1/2 cup lukewarm water  
2 1/2 cups hot water  
1/3 cup shortening  
2 tablespoons sugar  
1 1/2 teaspoons salt  
1 cup nonfat dry milk  
5 1/2 to 6 cups flour  
2 cups quick rolled wheat

Soften yeast in lukewarm water. (Use warm water for dry yeast.) Pour hot water over shortening, sugar, salt, and dry milk. Stir until shortening is melted. Cool to lukewarm. Stir in 1 cup flour, then add the softened yeast. Add rolled wheat. Stir in enough more flour to make a soft dough.

Turn dough out on lightly floured board or canvas; knead until satiny, about 10 minutes. Round dough into ball; place in greased bowl; brush lightly with melted shortening. Cover and let rise in warm place until nearly double in size, about 1 hour.

Punch dough down; turn out on lightly floured board or canvas. Cover; let rest 10 minutes. Divide dough in half; form each half into a loaf. Place in greased loaf pans, about 9 x 5 x 3 inches. Brush tops lightly with melted shortening. Cover; let rise in warm place until nearly double in size, about 1 hour.

Bake at 375° F (moderate oven) 50 to 55 minutes. Remove from pans immediately; brush lightly with melted butter. Cool. Makes 2 loaves.

#### Applesauce Bread

2 cups sifted flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/3 cup nonfat dry milk  
1 cup quick rolled wheat or oats  
1 egg, beaten  
1 cup canned applesauce (or thick sweetened homemade applesauce)  
3/4 cup cold water  
1/2 cup raisins  
2 tablespoons melted shortening

Sift together flour, sugar, baking powder, salt, cinnamon, and dry milk into bowl. Stir in rolled wheat or oats. Add remaining ingredients; stir only until blended. Pour into greased loaf pan, about 9 x 5 x 3 inches. Bake at 350° F (moderate oven) 50 to 60 minutes. Cool thoroughly before slicing. Makes 1 loaf.

#### Fruit Crisp

3 cups sliced fresh or canned peaches, apricots, or apples drained\*  
1/3 cup flour  
1 cup quick rolled wheat  
1/2 cup firmly packed brown sugar  
1/2 teaspoon salt  
1/4 cup butter or margarine, melted

Place fruit in 8-inch square baking dish. Combine dry ingredients, add melted butter or margarine; mix until crumbly. Sprinkle crumb mixture on top of fruit. Bake at 375° F (moderate oven) about 20 minutes or until fruit is tender. Serve warm or cold with milk, if desired. Serves 6.

\* If fruit is quite tart, sweeten slightly.