
Oregon Agricultural College

Extension Service

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The Use of Dried Fruits and Vegetables



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THE USE OF DRIED FRUITS AND VEGETABLES

In recommending the drying of fruits and vegetables, the School of Home Economics of the Oregon Agricultural College does not expect this form of preservation to supplant that of canning, but rather to supplement it. By this method of preservation foods that would otherwise be wasted may be economically saved. Drying is economical for several reasons. Dried fruits and vegetables require little space for storage. They require only very inexpensive containers, either for transportation or storage, such, for instance, as paper bags, tin cans, and paraffined cartons and other receptacles of various types. They are exceedingly light and are therefore readily handled and shipped. They are less subject to injury either by low or high temperatures than products preserved in many other ways.

During the summer there is usually an abundance of fruits and vegetables at a comparatively low price; by drying what is not consumed immediately or canned, when the product is in the right stage of development, this abundance of summer may be made the normal supply of winter.

Certain precautions are necessary not only in the method of preparation but in storing and transportation. The flavor and palatability of dried foods depend largely upon the method of their preservation. Hence directions for drying should be faithfully followed.* A proper mode of preservation yields a product which may be kept an indefinite length of time. Storage, moreover, should be in a cool dry place. Muslin bags, or any container that would allow the various pests to infest the dried food, should not be used.

In the drying of foods none of their nutritive value is destroyed except some of the vitamins.** Nothing has been removed but the moisture. In drying vegetables, the moisture content is reduced to 12%, in fruits to 26%. The moisture can be restored by soaking in water from 12 to 36 hours. The length of time will depend upon the extent to which the food has been dried and the type of food. All dried foods should be soaked until they have regained their plumpness and are as soft as the original food before drying. After dried fruits and vegetables have been sufficiently soaked they should then be cooked slowly until tender in the same water to prevent loss of nutrients. Such cooked dried fruits or vegetables may be used as any canned or freshly cooked fruit or vegetables.

The purpose of this bulletin is to give to housewives some suggestions and recipes as to the proper method of preparing and using both the canned and dried fruits and vegetables in the preparation of products that are both nutritious and economical.

*See Extension Bulletin 187.

**Vitamines are substances occurring in minute quantities in certain food materials, which have been found to be essential to growth and complete nutrition. If these are not included in sufficient quantity in a child's diet its growth is impeded. In the case of adults, lack of these results in certain diseases. They are furnished by other food materials such as eggs, milk, wheat, barley, corn, fish, and meat in small amounts as needed when we use dried fruits and vegetables.

VEGETABLES

Greens—

The leaves of many plants may be used as greens. These may be saved in the spring or summer by drying. If dried, soak and cook according to foregoing directions. Cook any fresh greens in boiling salted water until tender, with or without bacon, ham bone, fat salt pork, or drippings. If the greens have too strong a flavor, the water may be turned off after boiling 5 to 10 minutes and fresh water added.

Any of the following may be used for greens:

Cultivated—

Spinach
Lettuce
Beet tops
Swiss Chard
Rape
Kale
Carrot tops
Turnip tops
Horse radish
Pepper grass
Kohl-rabi
Endive

Uncultivated—

Dandelion
Mustard
Wild turnip
Sour dock
Puslane
Pepper cress

Methods of Preparation of Canned or Dried Vegetables—

Buttered vegetables are prepared by adding bits of butter to the cooked, well seasoned, hot vegetables just before serving. Drippings may be substituted for the butter and often add a very desirable flavor.

A tablespoon of vinegar is sometimes added to some vegetables, giving a sour taste pleasing to many.

Creamed vegetables may be prepared in several ways. Some drain off the water in which they were cooked and add a very thin white sauce. The draining of the water removes some of the mineral salts which are so desirable, hence it is well to cook the vegetables in as small an amount of water as possible and allow them to cook down before adding the sauce, so they will retain the mineral constituents. If the water is drained from any vegetables it should be used in soup making.

Thin White Sauce—

*1 T flour
1 T fat
1 c milk
 $\frac{1}{2}$ t salt

Make a paste of flour and a small amount of the milk. Heat remainder of milk, add paste, cook in double boiler or over hot water 30 minutes. Add butter just before serving.

* Abbreviation Key—

c=cup
T=tablespoon
t=teaspoon

Another method of preparing a creamed vegetable is to add the flour thickening to the water in which the vegetables were cooked, stirring carefully to prevent lumps. Cook thoroughly, add seasoning and butter just before serving.

Small amounts of vegetables may be utilized by combining two or three kinds. These may be either cooked separately and combined after cooking or cooked together. Where vegetables which require different lengths of time for cooking are used, this difference must be considered.

Glazed vegetables are prepared by first cooking the vegetables in water until they are tender. Drain, put into buttered baking dish in layers, and add bits of butter or other fat and sprinkle sugar (brown is best) over each layer. Add sufficient water to keep from burning, but not enough to make watery; and bake until vegetables are well browned. Sweet potatoes, carrots, squash, onions, parsnips, and beets are most often prepared in this way.

Scalloped vegetables may be made of any fresh or left-over vegetables. Alternate layers of cooked vegetables and cracker or bread crumbs, seasoned with salt and bits of butter, are placed in a well oiled baking dish. Ground nuts, grated cheese, bits of bacon or left-over meats, cold boiled eggs, or cold cereals may be used if desired. Add hot milk, hot tomato, gravy, or a thin white sauce, having the buttered crumbs last, and bake in a slow oven until the food is well done.

Another method is to place the vegetables all in the bottom of the dish. Put thin white sauce and bread crumbs on top, and bake.

Carrot Chowder—

Cook until tender equal parts of cubed potatoes and carrots and about one-third as much chopped onion, with a strip of finely cut bacon or drippings. Add canned or fresh peas, cook until peas are done, and serve hot. Dried vegetables may be used.

Beets, Sour Sauce—

Wash beets, and cook in boiling salted water until soft. Drain, reserving one-half cup water in which beets were cooked. Plunge the beets into cold water, rub off skins and cut into cubes. Reheat in sour sauce.

Sour Sauce—Melt 2 tablespoons butter or drippings, add two tablespoons flour, and pour on the beet water. Add one-fourth cup, each vinegar and milk, one teaspoon sugar, one-half teaspoon salt and a few grains pepper. Cook well.

Salads—

Salads are one of the most valuable classes of foods. They give variety to the diet, are an excellent source of mineral material, give bulk and afford an opportunity for the use of either left over or fresh fruits or vegetables. Any vegetables, fruits, fish, meats, nuts which combine well in flavor may be served with a dressing as a salad.

Suggested Combinations—

1. Peas, beans, carrots
2. Cabbage, apple, peanut
3. Cabbage, peanut
4. Raw grated or ground carrots, nuts
5. Celery, apples, peppers
6. Cooked asparagus, green peppers

7. Cucumber, celery, lettuce
8. Beets, cabbage, horseradish
9. Apples, nuts, raisins
10. Apples, canned peaches, nuts or raisins
11. Apples, celery, walnuts
12. Banana rolled in chopped nuts
13. Prunes, nuts, cheese
14. Canned or dried peaches or pears and nuts
15. Peas and cheese
16. Meat, celery, nuts, olives
17. Meat, cucumber, nuts, peas
18. Fish, celery, sour pickle
19. Lettuce and cottage cheese balls
20. Cabbage and fish
21. Cottage cheese, green peppers, cabbage
22. Cottage cheese is excellent served with all vegetables or fruits in salads.

Mayonnaise—

Plain mayonnaise may be prepared by slowly beating oil into the yolk of an egg to which $\frac{1}{8}$ t each paprika and mustard and $\frac{1}{2}$ t salt has been added. Use $1\frac{1}{2}$ cups of oil and lemon juice to taste. The stiffly beaten egg white may be added before serving but this is not necessary.

Several things may be substituted for the egg in mayonnaise. In using these substitutes the oil must be added very slowly and be thoroughly mixed.

To each of the below add $\frac{1}{8}$ teaspoon each of paprika and mustard, $\frac{1}{2}$ teaspoon salt, one cup oil and juice of $\frac{1}{2}$ lemon.

1. 2 t gelatine soaked in 2 T cold water and dissolved over hot water. Add oil while gelatine is warm.
2. 2 t condensed cream.
3. 3 T sour clabbered milk.
4. 2 T cooked potato rubbed to a paste and 2 T hot water added. Add oil while potato is warm.
5. Make cooked paste of 3 T flour and $\frac{1}{2}$ c water, and add oil while warm.

The above substitutes for the egg are not all economical but are given with the thought of helping some one in an emergency.

If the dressing should separate place T of hot water in a clean bowl, add the separated dressing to the hot water, a t at a time beating carefully.

Cooked Creamy Dressing—

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|---------------------------|-----------------------------|
| $\frac{1}{4}$ T salt | 1 egg slightly beaten |
| $\frac{1}{2}$ t mustard | $2\frac{1}{2}$ t melted fat |
| $\frac{3}{4}$ T sugar | $\frac{3}{4}$ c milk |
| $\frac{1}{4}$ cup vinegar | |

Mix dry ingredients well—and stir into melted fat, add milk and cook over hot water until thickened; add vinegar slowly. Pour this hot mixture gradually onto the egg stirring constantly. Return to double boiler and cook slowly until thickened.

DESSERTS

No meal seems to us quite complete without some sweet food. Heretofore desserts have usually meant some rich concoction including several or all of the following: sugar, dried or fresh fruits, fats, eggs, and flour. Such combinations are both difficult to prepare and digest, and are commonly eaten after a meal which fully satisfied all bodily needs. Then let us try to conserve sugar, fat, and eggs by using the fruit which is so rich in sugar and so abundantly produced in our State together with cereals and milk and make our desserts simple but sufficient.

Prune Bran Pudding—

1 egg beaten thoroughly	2 c bran
1 T melted butter	4 t baking powder
2 T sugar	$\frac{1}{2}$ t salt
1 c milk	1 c finely cut prunes (soak
1 c flour	as for cooking before cutting)

Combine dry ingredients; add milk, egg, fat and prunes. Steam. Serve hot.

Prune Custard—

2 egg yolks or 1 whole egg	3 T sugar
$\frac{1}{2}$ c milk	$\frac{3}{8}$ c prune pulp

Make egg, milk, and sugar into custard and beat prune pulp into custard. Beat hard and mold in cups. Serve cold with whipped cream. 1 c flour and 1 t baking powder may be added to the above when cooled and steamed in cups until well done ($\frac{3}{4}$ hour). Serve hot with sauce.

Prune Balls—

2 c rice, cooked and cooled
 1 c finely cut prunes (cooked) any fruit may be used.
 4 T juice or enough to give pleasing flavor
 $\frac{1}{2}$ c sugar
 1 t cinnamon
 1 T gelatin (soak in $\frac{1}{4}$ c cold water and dissolve over hot water).

Mix all ingredients but gelatin; add it and mold at once in cups. When set serve with or without whipped cream.

Brown Betty—

Alternate layers of cracker or bread crumbs and apples sliced. Season each layer with bits of butter, a little sugar and ground cinnamon. When dish is full pour over it a mixture of $\frac{1}{2}$ cup molasses with $\frac{1}{2}$ cup water. Bake in pan of hot water until apples are soft. A few raisins adds to the dish. Any cooked dried fruit may be used in place of the apples.

Norwegian Prune Pudding—(F. F. 416)

$\frac{1}{2}$ pound prunes	$\frac{1}{2}$ t cinnamon
2 c cold water	$1\frac{1}{3}$ c boiling water
1 c sugar	$\frac{1}{3}$ c corn starch
1 T lemon juice	

Cook prunes and remove stones; then add sugar, cinnamon, boiling water, and simmer 10 minutes. Combine cornstarch with enough water

to pour easily. Add to prune mixture, cook until cornstarch is thoroughly done. Add lemon juice, mold and chill.

Prune Tapioca—

$\frac{3}{4}$ c Pearl or Minute tapioca
 $2\frac{1}{2}$ c boiling water (use water in which prunes were cooked)
 $\frac{1}{2}$ t salt
 $\frac{1}{2}$ c sugar
 1 c finely cut soaked and cooked prunes or any dried, canned or fresh fruit.

Soak pearl tapioca one hour in cold water; drain; add boiling water and salt; cook in double boiler until transparent. Arrange prunes in buttered baking dish; sprinkle with sugar; pour over tapioca, and bake in moderate oven until it becomes light brown.

Peach Custard—

Arrange alternate layers of stale cake and of canned peaches in a glass dish and pour over it a thin custard. Any dried, cooked or canned fruit may be used in place of the peaches. Left-overs of two kinds of fruits may be used.

Compote of Rice—

Cook $\frac{2}{3}$ cup rice in boiling water (3 cups) and steam until rice has absorbed all the water. Add $\frac{1}{8}$ cup hot milk, 1 teaspoon salt, and $\frac{1}{4}$ cup sugar. Cook until rice is soft. Turn into slightly buttered shallow mold. When shaped, remove from mold to serving dish and arrange over it halves of canned peaches, pears, apples or these fruits dried and cooked. Serve with or without sugar and cream.

Southern Apple Pone—

3 apples	$\frac{1}{2}$ t salt
$1\frac{1}{2}$ c milk	$\frac{1}{3}$ c molasses
$\frac{1}{2}$ c cornmeal	6 T chopped suet

Pare and quarter apples and put in buttered baking dish. Scald milk; moisten cornmeal with water; add scalded milk and cook several minutes. Then add salt, suet, and molasses. Pour over apples and cook 1 to 2 hours in a slow oven. Makes 6 services.

Cottage Cheese Pudding—

$\frac{2}{3}$ c cottage cheese
 $\frac{1}{2}$ c sugar
 $\frac{1}{2}$ c currants, raisins, or prunes (any dried soaked fruit may be used)
 $\frac{1}{4}$ c bread crumbs
 $\frac{1}{4}$ c melted butter
 2 eggs slightly beaten
 Bake as a custard.

Carrot Pudding—

1 c sugar, $\frac{1}{3}$ c butter, cream together
 1 c grated carrot (raw or dried and soaked carrots may be used)
 1 c flour
 $\frac{1}{8}$ t each allspice, cinnamon, cloves, salt
 1 c finely cut raisins (prunes or other dried soaked fruit may be used)
 1 t soda
 1 c grated potatoes

Add in order given. Put in greased vessel. Steam $2\frac{1}{2}$ to 3 hours. Serve with lemon sauce, whipped cream.

Lemon Sauce—

$\frac{1}{4}$ c sugar	1 T butter
$\frac{1}{2}$ c boiling water	$2\frac{1}{2}$ t lemon juice
$\frac{1}{2}$ T cornstarch	Speck salt
Dash nutmeg	

Fruit Pudding—

1 c flour
2 T shortening
2 t baking powder
 $\frac{1}{4}$ t salt

Milk to make a soft dough as for biscuit. (Dough should be as soft as can be handled without sticking. Place fruit in baking dish, add sugar to taste, cover with dough rolled to $\frac{1}{4}$ inch thickness. Bake until done. (Any fresh, dried or canned fruit may be used.)

Chocolate Bread Pudding—

3 c stale bread crumbs	$\frac{1}{2}$ t salt
$1\frac{1}{2}$ quart scalded milk	1 t vanilla
3 squares Baker chocolate	1 c sugar
2 eggs	

Soak bread in milk 30 minutes; melt chocolate in sauce pan placed over hot water, add $\frac{1}{2}$ of the sugar and enough milk taken from the bread and milk to make a consistency to pour. Add to the mixture the remaining sugar, salt, vanilla, and eggs slightly beaten. Turn into oiled baking dish, set in pan of water and bake in moderate oven. Serve with hard or cream sauce or cream. This may be varied by using raisins and spices and omitting chocolate. Canned or cooked dried fruits may be added and part of juice used to replace the milk.

Corn Starch Pudding—

2 c milk
1 T cornstarch
 $\frac{1}{8}$ t salt
 $\frac{1}{2}$ t vanilla
2 T sugar

Mix dry ingredients with a little cold milk. Scald the rest of the milk and stir into this mixture, cook to boiling point and stir constantly until mixture thickens and then cook in double boiler for 20 minutes. Remove from fire and flavor. Pour into cups, chill and serve with soft custard.