

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF OKLAHOMA

W. A. CONNER, Director

OKLAHOMA AGRICULTURAL AND
MECHANICAL COLLEGE AND
UNITED STATES DEPARTMENT OF
AGRICULTURE, COOPERATING

EXTENSION SERVICE
COUNTY AGENT WORK
STILLWATER, OKLAHOMA

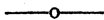
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ADULT
FOOD PREPARATION

First Demonstration

MARTHA MCPHEETERS

Food and Nutrition Specialist



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First Demonstration

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TIME—January 1st to November 1st.

Requirements:

1. Study and apply the principles of cookery set forth in this circular.
2. Try out 30 out of the 33 recipes at least twice.
3. Make report of work done at end of year.

PROTEIN COOKERY

(Meat, milk, eggs and cheese)

The Principle of Protein Cookery.—Cook all protein foods at a low temperature (below boiling) because a high temperature hardens and toughens most protein, thus making it more difficult to digest and in the case of meat difficult to eat because of toughness. In the case of milk, boiling does not only toughen the protein, but is the means of losing of the lime. Milk is our chief source of lime. Boiling causes the lime to fall to the bottom of vessel where it sticks to the bottom and sides.

1. Milk.—Cook milk and cheese dishes in a double boiler, or over hot water or in a slow oven.

2. Meat.—Meat also is a protein food and should not reach a high or boiling temperature any more than milk or eggs should. Cook at simmering temperature on top of stove or moderate oven or in a pressure cooker or fireless cooker. Sear before cooking to retain juices. Sear in hot frying pan or hot oven or with boiling water. Season after searing.

Sweet Potatoes.—Parboil six potatoes, put in pan with meat, and cook until soft, basting when basting meat.

Ham Baked in Milk

Cut from the center of a well cured ham slices two to three inches thick. Soak in cold water for an hour or two. Wipe dry, put in a double roaster or baking dish which has been greased with a little butter, sprinkle with a little brown sugar and cover with warm sweet milk. Cook in an oven at a low temperature for an hour and a half or until thoroughly done. Either potatoes or peeled and cored apples are very nice when cooked with the ham. Add just in time to be done when meat is done.

Tamale Pie

2 c. corn meal
1 tbs. fat
2 c. tomatoes

6 c. water
1 onion
1 lb. hamburger steak or chopped
meat

Make a mush by stirring the corn meal and $1\frac{1}{2}$ teaspoons of salt into the boiling water. Cook 45 minutes.

Brown onion in fat, add the chopped meat and stir until the red color disappears, if meat is raw. Cold chopped meat may be used. Add salt, pepper and tomatoes. A sweet pepper is a good addition. Grease baking dish, put in layer of corn meal mush, add seasoned meat and cover with mush. Bake one-half hour. Serves six.

Swiss Steak

Cut steak $1\frac{1}{2}$ to 2 inches thick. Use a half cup of flour for two pounds of meat and mix well with salt and pepper. Pound flour thoroughly into the meat. Heat one-fourth of a cup of fat and brown the meat well on each side. Add a few slices of onion; one-half of a green pepper, chopped fine; two cups of boiling water or part strained tomato. Cover closely and let it simmer for two hours or cook it in a pan in the oven. Swiss steak may be cooked without any liquid, if preferred, as its own moisture is sufficient. The onion may be omitted or other vegetable added.

Fricassee of Chicken

Cut the chicken in pieces as for frying. Season and roll in flour. Place the pieces in a baking dish or roaster and pour a cup of boiling water over it. Have the oven very hot for the first fifteen minutes of the cooking, then lower the temperature to a simmering temperature. Keep this temperature until the chicken is done. Remove the lid and brown before serving.

Broiled Steak

Have frying pan hot. Use a piece of suet from trimmings of steak to slightly grease pan. Place steak in pan. As soon as it is seared turn and keep turning about every minute until steak is done. This frequent turning keeps it from being subjected to a high temperature for any length of time. Steak that is turned often when cooked in a hot pan will be much more tender than when it is only turned a time or two. About 12 or 15 minutes is necessary for cooking of thick steak, and 8 to 12 minutes for thinner steaks. The same method should be used when frying or broiling chicken, ham or other meats. If it is not possible to turn often then reduce temperature after meat is well seared.

Potato Soup

Pare and slice potatoes, using about one-half of a medium sized potato per person, add salt and a few slices of onion, cover with water and cook to a mush. Season well with butter and add hot milk, enough to make a soup. This makes a delicious soup.

Plain Rice Pudding

1 qt. sweet milk	4 T. sugar
4 T. rice	1 c. seeded raisins

Pour milk into a baking dish, add the sugar, wash rice and raisins. Place in a slow oven and cook slowly, stirring occasionally until thick. It will probably take two or three hours. Serve hot or cold with cream.

Cocoa

$\frac{3}{4}$ c. milk	2 T. boiling water
$1\frac{1}{2}$ t. cocoa	$1\frac{1}{2}$ t. sugar

Scald milk in double boiler. Mix the cocoa and sugar thoroughly, then add the boiling water gradually and stir until the mixture boils. Add a small amount of milk to the cocoa mixture and stir until smooth. Add this to the remaining milk and keep hot until ready to serve. Beat until foamy with an egg beater before serving.

White Sauce

1 c. milk	$\frac{1}{4}$ t. salt
2 T. butter	Dash pepper
2 T. flour	

Scald milk in double boiler. Melt the butter, but do not brown; add flour and seasonings and stir until smooth. Add this mixture to the milk gradually, stirring frequently until mixture thickens. Cook for 15 minutes.

Cream of Tomato Soup

Make a white sauce by above recipe. Add a slice of onion to the milk at the beginning and remove before serving. Just before serving add from one-half a cup to a cup of hot strained tomato pulp. If a pinch of soda is added to the tomato before combining it with white sauce it will help to keep milk from curdling. Many other soups may be made by changing the vegetable used.

Scalloped Eggs

Make white sauce by above recipe. For this amount of white sauce use 5 or 6 hard cooked eggs. Place a layer of quartered eggs in a buttered baking dish then a layer of sauce and sprinkle with buttered bread crumbs, another layer of eggs, sauce and crumbs. Place in oven and heat through. Very good. To buttered crumbs add a tablespoon of butter to $\frac{1}{4}$ cup of bread or cracker crumbs. Melt butter and stir crumbs until well oiled and browned slightly.

Creamed Eggs

1 c. milk	2 T. butter
4 hard cooked eggs	2 T. flour
$\frac{1}{4}$ t. salt	$\frac{1}{8}$ t. pepper

Separate whites from the yolks of the hard cooked eggs. Make a white sauce and add to this the yolks which have been pressed through a strainer. The whites may be cut into small pieces and also added to the sauce. Serve on hot buttered toast.

Egg Sandwiches for School Lunch

Cut hard cooked eggs into small pieces, season with pepper and salt, moisten well with thick cream or salad dressing and spread between buttered slices of bread.

Caramel Custard

4 c. scalded milk	1 t. vanilla
5 eggs	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ t. salt	

Put sugar in saucepan, stir constantly over hot part of range until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then

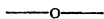
strain in buttered mould, set in pan of hot water and bake in slow oven until firm, which may be readily determined by running a knife through custard. If knife comes out clean, custard is done. Always bear in mind that eggs and milk in combination must be cooked at a low temperature. Chill or cool and serve with caramel sauce or whipped cream. If baked in individual molds it is nice for school lunch.

Caramel Sauce

$\frac{1}{2}$ c. boiling water

$\frac{1}{2}$ c. sugar

Melt sugar as for caramel custard, add water, and boil ten minutes. Cool before serving.



VEGETABLES

Principles of Cookery.—Cook all vegetables whole when practical, using enough water to cover. Most vegetables should be cooked in a small amount of water because some of the mineral salts and other important substances dissolve out into the water and are lost if the water is thrown away.

Strong flavored vegetables (as turnips, onions, cabbage and cauliflower) should be cooked uncovered in a large amount of rapidly boiling water or steamed.

Delicately flavored vegetables (as spinach, celery and peas) should be cooked slowly in a small amount of boiling water until tender.

Creamed Carrots and Peas

Dice carrots and cook in boiling salt water until tender. Cook peas in same manner. Drain both carrots and peas, mix and season with pepper, salt, butter or the white sauce described in this leaflet.

Scalloped Cabbage

Cut cabbage in rather small pieces and cook in rapidly boiling salt water for about 20 minutes or until tender. Drain. Place a layer in buttered baking dish, then a layer of white sauce and buttered bread or cracker crumbs. Another layer of cabbage, sauce and crumbs. Heat in oven until hot through.

Scalloped Onions

Prepare as you do scalloped cabbage. Use onions whole if small or quarter if large.

Spinach and Hard Cooked Eggs

Cook spinach until tender in boiling salt water. Drain, season with salt, pepper, butter and slice hard cooked eggs over the top.

Glazed Sweet Potatoes

Boil medium sized sweet potatoes twenty minutes, peel and cut in halves. Place in a buttered pan. Brush potatoes over with a syrup prepared as follows:

Boil together for 3 minutes:

$\frac{1}{2}$ c. sugar

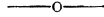
1 T. butter

$\frac{1}{8}$ t. salt

4 T. water

After brushing the potatoes over with the syrup place in the oven and

bake for 15 minutes. Baste again with the syrup and bake for 5 minutes. Pour the remaining syrup over the potatoes, return to the oven and bake until well browned.



SALADS

Cooked Salad Dressing

6 T. butter	1 t. mustard
3 T. flour	$\frac{1}{4}$ t. paprika
1 c. sweet milk	$\frac{1}{2}$ c. sugar
Yolks of 6 or whole of 3 eggs	1 c. vinegar
1 t. salt	

Make a white sauce of the milk, butter and flour. Add all the other ingredients and cook for several minutes. Remove from fire, add beaten eggs, beating constantly while eggs are being added. Reheat for a minute or two or until raw taste of eggs disappears.

Beet and Cabbage Salad

1 pt. chopped, cooked beets	1 pt. chopped cabbage
$\frac{1}{2}$ c. grated horse-radish	

Mix thoroughly. Make a dressing of 1 cup of vinegar, 1 teaspoon of salt, 4 to 8 tablespoons of sugar, pepper. Pour over salad and let stand twenty or thirty minutes. Very good.

Lettuce With Cottage Cheese Dressing

Add cottage cheese or cream cheese cut into small cubes to salad dressing and serve on lettuce.

Cabbage and Green Pepper Salad

Shredded cabbage with chopped onion and chopped green sweet peppers makes a delicious salad. Use dressing suggested for beet and cabbage salad.

Tomato Salad

No. 1. Choose smooth, firm, medium sized tomatoes. Wash and remove skin, cut in eighths, not cutting through the bottom, so when laid upon a lettuce leaf or on a plate the sections will fall apart at the top and be held together at the bottom, thus forming a flower. Fill the center with a spoonful of salad dressing or the above cabbage and pepper mixture. This is a very pretty salad, as well as very delicious. Whole canned tomatoes with salad dressing make a good winter salad.

No. 2. Arrange sliced tomatoes on lettuce leaves or beds of shredded lettuce and serve with good salad dressing. Small cottage cheese balls arranged on the sliced tomatoes makes an attractive, as well as palatable salad.

Cabbage and Apple Salad

Use equal parts of shredded cabbage and diced apples. Mix with salad dressing. Tart apples are best.

Carrot Salad

2 c. ground raw carrots	1 c. chopped nuts
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Mix with cooked salad dressing. Use enough of dressing to make mixture moist. Grind carrots in food chopper or chop very finely. Very good.

CEREALS

Principle of Cookery.—Due to the large percentage of starch in cereal foods it is necessary to have them thoroughly cooked. Thoroughly cooked starch is much improved in flavor and is much easier digested and somewhat more quickly digested. Then too, there is some protein in most cereal foods and protein should not be cooked at a high temperature. For these reasons cereals require long, slow cooking to make them palatable and digestible. However, all cereal foods are started in boiling water and are boiled for 5 to 10 minutes to keep them from being pasty and sticky and to break down the fibrous tissue surrounding starch grains which is necessary for the thorough cooking of starch.

Graham Mush

Prepare as you would oatmeal mush, using graham.

Whole Wheat Mush or Wheatena Mush

Prepare as you would oatmeal mush, using wheatena or coarsely ground wheat.

Spanish Rice

2 c. cooked rice	1 green pepper
1 c. tomatoes	2 small onions
½ c. cooked meat, chicken or chicken giblets	2 T. butter
	Salt

Cook the onions and peppers in the butter by slowly simmering. Combine with the rice, tomatoes, and meat. Season with the salt. Cook until thoroughly heated.

Spoon Cornbread

2 c. water	1 T. fat
1 c. milk (whole or skim)	2 eggs
1 c. corn meal	1 t. salt

Mix water and corn meal and bring to a boiling point, and cook 5 minutes.

Beat eggs well and add other materials to the mush. Beat well and bake in a well greased pan for 25 minutes in a hot oven.

Serve from the same dish with a spoon. Enough for six.

Whole-Wheat Muffins

(15 small muffins)

2 c. graham flour (measured before sifting) or part graham and part white flour or whole-wheat flour	¾ t. salt
	1 or 2 T. sweetening
	1 T. shortening (melted)
	1 egg
2½ t. baking powder	1 to 1¼ c. liquid

Proceed as for making plain muffins, but add to the flour mixture the bran which remains after sifting the dry materials. A little more liquid is required for graham than for white flour. Bake longer and a little more slowly than plain muffins.

Bran Muffins

(12 muffins)

1 c. flour	$\frac{1}{4}$ c. sweetening
1 t. salt	1 egg
3 t. baking powder	1 T. shortening (melted)
2 c. clean bran	About $1\frac{1}{2}$ c. sweet milk

Sift together the flour, salt, and baking powder; blend with this the bran, and add to these dry ingredients the mixture of milk, beaten egg, sweetening, and shortening. Have a thick but very moist batter as described in preceding recipe for bran muffins. Bake in greased muffin pans in a moderate oven about $\frac{1}{2}$ hour.

Graham Pudding

1 c. sugar	} Bring to boil
1 qt. boiling water	
1 pinch salt	

Make paste of $\frac{3}{4}$ cup graham flour (sifted), add to boiling sugar and water, and boil $\frac{1}{2}$ hour.

Cut fine one package dates or raisins, cook in the above 10 minutes. When cool, add $\frac{1}{2}$ cup of chopped nuts. Serve cold with whipped cream.