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collection



**COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF OKLAHOMA**

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OKLAHOMA AGRICULTURAL AND
MECHANICAL COLLEGE AND
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AGRICULTURE, COOPERATING

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**Adult
Food Preparation**

Second Demonstration

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REQUIREMENTS

1. Study and apply the principles of cookery set forth in the circulars sent you for this demonstration.
2. Try twenty-five out of the thirty recipes designated below at least two times each.

Bread

Bread, straight dough method	Farmers' Bulletin 1450, page 4
Bread, sponge method	Farmers' Bulletin 1450, page 6
Home grown liquid yeast	Farmers' Bulletin 1450, page 6
Plain rolls	Farmers' Bulletin 1450, page 7
Parker house rolls	Farmers' Bulletin 1450, page 7
Graham bread or whole wheat	Farmers' Bulletin 1450, page 8
Muffins	Farmers' Bulletin 1450, page 11
Biscuit	Farmers' Bulletin 1450, page 12
Short Cake	Farmers' Bulletin 1450, page 12
Sponge Cake	Farmers' Bulletin 1450, page 14
Sunshine or angel cake	Farmers' Bulletin 1450, page 14

Nut Bread

To the Parker House Roll recipe on page 7 of Farmers' Bulletin 1450 add one egg yolk and one-third cup of ground nuts. Use the sponge method. Add the egg and nuts to sponge just before making into a dough. Make into a loaf. Bake one and one-fourth hours.

Cinnamon Rolls

Increase the sugar and butter to two tablespoons each in the Parker House Roll recipe in Farmers' Bulletin 1450. Also add one egg yolk. When ready to form into rolls, punch down and roll to one-half inch thickness. Spread with butter, cinnamon and sugar and roll diagonally to prevent filling from running out and to prevent bulging in the middle. Do not roll too tightly. Cut into one-half inch slices. Place in muffin tins or on baking tins (not too close together) and let rise and bake as you would other rolls.

Butterscotch Rolls

Use above cinnamon roll recipe. After rolling dough to one-half inch thickness, spread with a mixture of cinnamon, butter and brown sugar. Sprinkle with raisins or nuts. Roll diagonally and cut into three-fourths inch

slices. Place in muffin tins for baking. Cover muffin tins inside completely with a heavy layer of softened butter, sprinkle butter with thick layer of brown sugar. Place the sliced dough in tins and let rise and bake as you would other rolls. Watch while baking to prevent scorching of sugar and butter.

DESSERTS

Tapioca Cream

1 pint of hot milk	1 teaspoon of vanilla
$\frac{1}{3}$ cup of tapioca	The whites of two eggs
The yolks of two eggs	$\frac{1}{2}$ cup of sugar
$\frac{1}{2}$ teaspoon of salt	

Stir the tapioca into the milk and let cook until transparent; beat the yolks, add the sugar and salt and beat again, then stir into the tapioca; add the extract and fold into the whites of the eggs, beaten until dry. Serve hot or cold.

Apple Tapioca Pudding

6 tart apples	$\frac{1}{2}$ cup sugar
1 cup of tapioca	1 teaspoon of cinnamon or
1 quart of boiling water	the juice and grated rind
$\frac{1}{2}$ teaspoon of salt	of one lemon

Sprinkle the tapioca and salt into the boiling water, and cook, stirring occasionally, until the tapioca becomes transparent. Core and pare the apples and dispose in buttered baking dish; fill the cavities with the sugar and spice, mix together, and pour the tapioca over the whole. Let bake slowly until the apples are tender. Stewed prunes, peeled bananas, cooked bag figs and peaches, fresh or canned, may be prepared in a similar manner. A layer of fruit then a layer of tapioca, furnishes satisfactory way of disposing the ingredients. Serve hot with cream and sugar.

Cornstarch Pudding

2 tablespoons cornstarch or	1 cup milk (scalded)
3 tablespoons farina	2 or 3 tablespoons sugar
1 egg white	Flavoring (vanilla)

Mix the cornstarch or farina, sugar, and a few grains of salt together. Add enough cold water to form a smooth paste. Add to this the scalded milk. Return to double boiler and cook until it thickens, stirring all the time. Cook 10 minutes longer, stirring occasionally. Beat the egg whites to stiff froth; add the hot thickened milk gradually, beating all the while. Pour into mold, first dipped in cold water. Chill. Serve with soft custard made from yolk of egg.

Soft Custard

2 cups scalded milk	$\frac{1}{4}$ cup sugar
Yolks 4 eggs	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ teaspoon vanilla	

Scald milk in double boiler. Beat yolks slightly, add sugar and salt. Add the scalded milk slowly, beating constantly. When well mixed return to double boiler and cook, beating all the time, until mixture coats spoon. Strain, flavor and chill.

Steamed Chocolate Pudding

3 tablespoons butter	4½ teaspoons baking powder
¾ cup sugar	2½ squares unsweetened chocolate
1 egg	¼ teaspoon salt
1 cup milk	
2¼ cups flour	

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt, and add alternately with milk to first mixture, then add chocolate, melted. Turn into a buttered mould. Cover, and steam two hours. Serve with cream sauce or lemon sauce.

Cream Sauce

¼ cup butter	½ teaspoon vanilla
1 cup powdered sugar	¼ cup heavy cream

Cream the butter, add sugar gradually, vanilla, and cream beaten until stiff.

Lemon Sauce

½ cup sugar	2 tablespoons butter
1 cup boiling water	1 ½ tablespoons lemon juice
1 teaspoon cornstarch or 1½ tablespoons flour	Few grains nutmeg
	Few grains salt

Mix sugar and cornstarch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter, lemon juice, and nutmeg.

Boston Cream Pie

4 eggs	1 teaspoon cream of tartar
1 cup sugar	½ teaspoon soda (sift soda with ¼ cup flour)
1¼ cups flour	
¾ teaspoon vanilla	

Beat eggs until frothy; add cream of tartar and continue beating until stiff, then add sugar gradually. Fold in the flour leaving the ¼ cup of flour containing the soda until last. Flavor and bake in two or three layers. Do not substitute baking powder for cream of tartar and soda.

Cream Filling

⅞ cup sugar	2 eggs
½ cup flour	2 cups scalded milk
⅛ teaspoon salt	1 teaspoon vanilla or
1 tablespoon butter	½ teaspoon lemon extract

Mix dry ingredients, add eggs slightly beaten, and pour on gradually scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thickened, afterwards occasionally. Cool and flavor.

After the cake is cool spread cream filling over top and let stand several hours before serving. If layers are very thick, split before adding the filling. When ready to serve cut into squares and add whipped cream. Delicious.

Blushing Apples

Peel and core a ripe apple. Place in a pan with syrup made with ½ cup sugar and ¾ cup water. Pink coloring (a few red candies) may be added which makes a beautiful colored apple. When the apple is tender, remove from pan and continue boiling until syrup becomes thick. Pour over apple.

Chopped nuts sprinkled over top makes a nice addition. Serve with cream or whipped cream.

Baked Apples

Core and peel selected apples. If peeling is left on, make two circular cuts through skin, leaving a three-fourths inch band around the apple midway between stem and blossom end. Put in baking dish, sprinkle with sugar and add water to cover the bottom of the pan. Bake in hot oven until tender. Baste occasionally. Cool. Fill center with nuts and whipped cream.

Blackberry or Currant Pudding

1 quart of fruit juice	¼ cup chopped nut meats
2 small pieces stock cinnamon	(may be omitted)
1 cup sugar (or sugar to taste)	4 rounding tablespoons of cornstarch (dissolved in a little cold water)

Place juice, sugar and cinnamon on the stove and bring to a boil. Stir until sugar is dissolved. Add nut meats and stir in the dissolved cornstarch. Stir until thick, then pour in molds. Chill. May be served with sugar and cream or soft custard.

This recipe may be varied by adding small pieces of any other variety of fresh fruit or a teaspoon of vanilla at the same time nuts are added. A very rich pudding is made by adding the nuts, fruit and vanilla.

This amount will serve six people very liberally.

Trilba Dessert

2 cups of whipped cream	½ cup preserved cherries
½ cup chopped nuts	(well drained)
	1 cup quartered marshmallow

Fold the marshmallows, preserves and nuts into the whipped cream. Let stand 15 to 30 minutes. Any kind of preserves may be used. Just whip cream slightly sweetened and delicately flavored with vanilla, with cooked prunes (cut in small pieces) folded into the cream also makes a delightful dessert.

Bavarian Cream

½ box gelatine, or 2 table- spoons	Whip of 3 cups cream
½ cup water	2 cups crushed berries, apri- cots, peaches
½ cup sugar	1 tablespoon lemon juice

Soak gelatine in cold water. Heat the crushed fruit, add sugar, lemon juice and soaked gelatin; chill in pan of ice water, stirring constantly. When it begins to thicken, fold in whipped cream and fruit; mold and chill. Serve with a light cookey or sponge cake. Cherries and canned pineapple are especially good additions, also chocolate.

Steamed Pudding

1 cup chopped suet or ½ cup beef fat	2 eggs
1 cup syrup or ¾ cup brown sugar	2½ to 3 cups flour
½ teaspoon salt	1 cup seeded raisins
1 teaspoon soda	1 cup chopped nuts
½ cup currants or cut citron	Spice: 1 tablespoon cinna- mon, ¼ teaspoon cloves,
1 cup sour milk	½ teaspoon nutmeg

Place mixture in greased cans with perforated lids, and place on rack of pressure cooker with water up to rack. Cook 55 minutes to 1 hour with pet-cock open, then close cock and maintain 15 pounds pressure for 20 minutes. Reduce pressure slowly. It is necessary to cook doughs WITHOUT pressure at first to allow time for mixture to "set" before putting under pressure. Serve with liquid sauce or a hard sauce. If you do not have a pressure cooker, steam by placing in hot water and allow water to boil around cans for two or three hours.

Hard Sauce

½ cup butter	1 cup sugar (powdered or granulated)
1 teaspoon vanilla	

Cream the butter, add sugar gradually and flavoring. Brown sugar is very good. Use a teaspoon with each serving of hot pudding.

MISCELLANEOUS

Creole Stew

1 pound lean beef or medium sized fowl	1 cup chopped sweet pepper
2 cups tomatoes	½ cup rice
1 cup carrots or okra cut small	¼ cup chopped onion
	Salt
	1 tablespoon fat

Cut meat in small pieces. Melt fat, add the onion, pepper, meat or chicken. Brown for a few minutes. Put in cooking vessel with seasoning, rice, vegetables and one cup boiling water. Simmer from 2 to 3 hours. Very good.

Rice and Eggs

Butter well a baking dish and line with boiled rice. Over the rice slice a layer of cold hard cooked eggs. Sprinkle with salt, pepper and bits of butter, then make another layer of rice, then a layer of egg and seasoning and another layer of rice. Cover with buttered bread crumbs. Pour over the whole mixture from ½ to 1 cup of meat stock or milk and bake twenty minutes.

Scalloped Potatoes

Pare potatoes, slice them about ¼ inch thick and arrange slices in a buttered baking dish in layers, sprinkling each layer with flour, butter, salt and pepper. Pour over top enough milk just to be seen through the top layer. Bake in a moderate oven until the potatoes are tender, from 45 to 60 minutes.

Spinach Loaf

2 cups spinach	1½ teaspoons salt
1 cup cooked rice	Pepper
2 eggs	1 teaspoon chopped onion
3 tablespoons butter	

Drain spinach and rub through a strainer. Add the melted butter, rice, beaten eggs and seasonings. Turn in a buttered baking dish and bake in slow oven until firm. Garnish with crisp bacon or sliced hard cooked eggs.

Corn Pudding

2 cups canned corn
2 cups milk
2 eggs

3 tablespoons melted butter
1½ teaspoons salt
Pepper

To the corn add the milk, seasoning and beaten eggs. Mix and turn into a buttered baking dish. Bake in a slow oven until firm, about 25 minutes.

