

OKLAHOMA
AGRICULTURAL AND MECHANICAL COLLEGE
STILLWATER, OKLAHOMA

EXTENSION DIVISION
IN COOPERATION WITH
UNITED STATES DEPARTMENT OF AGRICULTURE
W. D. BENTLEY, DIRECTOR OF EXTENSION AND STATE AGENT

LESSON V

IRISH POTATO

BY EDITH ALLEN

I—REFERENCES

- (1) Potatoes and Other Root Crops as Food, Farmers' Bulletin No. 295, United States Department of Agriculture, Washington, D. C.
- (2) Preparation of Vegetables for the Table, Farmers' Bulletin No. 256, United States Department of Agriculture, Washington, D. C.
- (3) Courses in the Use and Preparation of Vegetable Foods, Bulletin 245, United States Department of Agriculture, Washington, D. C.
- (4) The Irish Potato, No. 350, University of Texas, Austin, Texas.

II—DIETETICS

The Irish potato is nearly all water, cellulose and starch. It is a carbohydrate food. The starch is used in the body to furnish heat and power. It is the part of the potato which makes it a valuable food. Potatoes should not be served with rice, hominy, corn meal mush, etc. These foods furnish too much of the same kind of food material that the potato does. That is starch. Potatoes should be served with fish, meat, cheese, milk or eggs, and other protein foods. Fat like butter or the fat of meat, is also needed with the potato to make a wholesome meal. A mealy potato is more healthful than a soggy, waxy one. A potato which goes into the stomach chewed or divided into small particles is more healthful than when swallowed in lumps. This is a suggestive dinner in which potatoes are used:

Roast Chicken
Buttered Beets Potato en Casserole
Cream Gravy
Bread and Butter
Stewed Fruit

III—COMPOSITION

	Percent Protein	Percent Fat	Percent Carbohydrates	Calories per lb.
Potatoes (raw) whole	1.8	.1	14.7	310
Potato (boiled)	2.5	.1	20.9	440
Potato (mashed and seasoned)	2.6	3.0	17.8	505
Potato chips	6.8	39.8	46.7	2,675

IV—PREPARATION

The starch in the potato is white and glistening and heavier than water. Starch should be cooked in boiling water. As potatoes are mostly starch, they should be cooked in boiling water. Baked potatoes are cooked so that the water in them is boiling hot. Salt should be added to potatoes for seasoning. Potatoes should be removed from the stove as soon as they are done enough to be mealy. As soon as potatoes are done they should be drained from the water in which they are boiled. If they cook too long or stand in the water they get soggy and waxy. Boiled potatoes should be dried over the stove for a minute as soon as the water is drained off of them. This will help to make and keep them mealy. When potatoes are done they should not be covered. The steam from the potato should be allowed to escape. If it cannot escape it will make the potato soggy. Mashed potatoes must not be smoothed down on top. If they are smoothed off the steam cannot escape easily and they become soggy. Properly cooked potatoes are mealy and flaky.

Potatoes contain some mineral salts. More of these are saved if the potatoes are cooked in their "jackets". The mineral salts are near the skin of the potato. If potatoes are pared they should be pared very thin to save as much of the mineral salts as possible. Some of the mineral salts are dissolved by the water in which they are cooked and lost if the potatoes are pared.

V—RECIPES

(1) Mashed Potatoes.—Cook potatoes that have been pared thin in boiling water. Allow them to cook until tender when pierced with a fork. Drain off all the water, then dry the potatoes over the stove for a minute, and with a potato masher mash them fine. Next add a little milk alone. Beat them until they get creamy and white. The more thoroughly they are beaten the nicer they will be. Pile them lightly into a serving dish and do not cover or smooth down the top, but leave them rough so that the steam can escape easily from the potato. Set them in a warm place until time to serve them.

(2) Baked Mashed Potatoes.—Take mashed potatoes that have been thoroughly mashed. Pile them into a baking dish, leave the top rough. Put them into a hot oven and bake until the top is nicely browned.

(3) Scalloped Potatoes.—Pare and slice the potatoes. Put a layer into a buttered baking dish. Sprinkle just a little flour, pepper and salt over this

layer, then add another layer of potatoes about one-half inch thick. Also sprinkle this with flour, salt and pepper, then add another layer of potato, and continue doing this until the dish is full. Then add enough milk to fill the dish so that it just covers the potato. Bake in a hot oven until potatoes are tender.

(4) Potato en Casserole.—Pare the potatoes thin. Put them into a baking dish in which meat or chicken is being roasted and allow them to bake until they are thoroughly done. These potatoes may be basted at the same time that the meat is basted.

FOR TEACHERS

The following is a suggestive plan for developing this lesson and relating it to the other school lessons:

1. Material needed for this school lesson:

Potato.—Cut the potato in two, boil these two pieces of potato until tender. Remove one from the water as soon as it is tender. Mash this one and note how creamy and white it becomes if it is beaten. Leave the other piece stand in the water until the close of school. Notice how waxy and soggy it looks.

NOTE.—This shows how starch is changed into a substance that is almost soluble in water. It is because of this change that the potato loses its mealy texture and becomes transparent and waxy.

For serving for school lunch, have each child bring a small potato, boil and mash it.

2. Suggestions for correlation with other school lessons:

(1) Geography.—Look at South America. The country where potatoes were first discovered. Where are the potatoes that you get mostly grown?

(2) English.—Keep notebooks. These should be corrected by the teacher. Read and tell the stories in history about General Marion and the potato. Also about King Henry II of France and the potato.

(3) Spelling.—Learn the new words used in this lesson. Define the words and the use of them.

(4) Nature Study.—See how the potato grows. Notice potato seed.

(5) Arithmetic.—If one bushel of potatoes costs 80 cents, how much should one peck cost?

If one bushel is worth 80 cents, how much is one ton worth?

How many bushels of potatoes will it take to plant ten acres of potatoes if it takes five bushels to plant one?

HOT POTATOES

Potatoes on the table,
To eat with other things;
Potatoes with their jackets off,
May do for Dukes and Kings.

But if you wish to taste them,
As Nature meant you should,
Why cook them at a rubbish fire
And eat them in a wood.

A little salt and pepper,
A deal of open air;
And never was a banquet
That offered nobler fare.