

OKLAHOMA
 AGRICULTURAL AND MECHANICAL COLLEGE
 STILLWATER, OKLAHOMA

EXTENSION DIVISION

IN COOPERATION WITH

UNITED STATES DEPARTMENT OF AGRICULTURE

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LESSON X

THE PEANUT

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1—REFERENCES

Bulletin 332—Nuts and Their Uses as Food, United States Department of Agriculture, Washington, D. C.

2—DIETETICS

Peanuts are composed of considerable food material—fat, carbohydrates and protein. They are very rich in protein. They are therefore a muscle building food, which also furnishes considerable fuel material. They are too rich in food material to use between meals or as a relish. They should form a part of a meal, eaten just as meat and potatoes. They are valuable as a food because they furnish protein in so cheap a form. Peanuts are best combined with other materials, as they are a concentrated form of food.

3—COMPOSITION OF PEANUTS

	Percent Water	Percent Protein	Percent Fat	Percent Carbohydrates	Full Value Per Pound
Shelled	7.4	29.8	43.5	17.1	2625
Butter	2.1	29.3	46.5	17.1	2740
Whole refuse, 27%.					

4—PREPARATION

Because peanuts contain so much starch they should be thoroughly cooked or roasted, and because they contain so much protein this should be done rather slowly.

Peanuts are less likely to be irritating if the brown skin is removed. Pouring boiling water over the raw peanuts will make the hull come off more easily.

Roasted peanuts are easier hulled after they have been roasted.

Peanuts are roasted by putting them in a moderately hot oven and stirring them about so that they will not brown more on one side than the other. Roast them until they taste cooked. It is very easy to get them too hot, and then the nut has a burnt taste.

5—AIM OF THIS LESSON

1. To teach the value of the peanut as a human food.
2. To teach how it may be prepared.

Menu

Supper

Cream Peanut Soup
Broiled Side Meat

Sliced Tomato

Biscuits
Potatoes

The soup furnishes protein; biscuits, side meat and potatoes fuel, and tomato flavoring.

6—RECIPES

1. **Peanut Soup.**—Use ground, roasted peanuts or peanut butter.

1 qt. of milk
4 tablespoons flour
3 tablespoons butter

1½ teaspoons salt
a little pepper
6 tablespoons peanut butter
a little hot water

Heat the milk and thicken it with the flour and butter. Season with salt and pepper. Thin the peanut butter with hot water, stirring thoroughly until like a thick batter; add this to the milk and cook a moment, then serve.

2. **Baked Peanuts.**—Remove the brown hulls from the raw peanuts. Use 1½ cups of hulled nuts. Soak over night in cold water. Put the soaked nuts in a pan of water and boil about ten minutes. Drain off this water. Put them into a baking pan with a teaspoon and a half of salt fat pork, add enough water to cover them and bake in a slow oven like beans until they are thoroughly done and browned on top. Serve them just like baked beans.

3. **Peanuts and Rice.**—Put a layer of boiled rice in a buttered baking dish. Thin some peanut butter with hot milk until like a thick batter. Put a thin layer of this peanut butter or a sprinkling of finely ground peanuts over the rice, season with salt and butter, add another layer of rice, the peanuts and seasoning, and so on until the pan is three-fourths full. Cover this with the milk and bake one-half hour. Serve as you would macaroni and cheese. Macaroni may be used instead of the rice.

4. **Peanut Sandwiches.**—Make a thick batter of ground peanuts or peanut butter and hot milk. Salt and spread on thin slices of buttered bread.

FOR TEACHERS

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

Materials for this lesson:

Some peanut butter

Some hot milk or butter.

Mix and beat until a thick batter is formed.

Make into soup or sandwiches to serve as a supplement to school lunch.

Suggestions for correlation with other school lessons:

1. English.—The keeping of notebooks in which the things learned in this lesson are written down and corrected. Stories about the peanut.
2. Spelling.—Give the new words used in this lesson. Define them.
3. Geography.—In what part of the United States are peanuts largely grown?
4. What kind of a plant is the peanut?
5. Arithmetic.—If a 15-cent glass jar of peanut butter contains 7 ounces, how much are you paying per pound for peanut butter?

