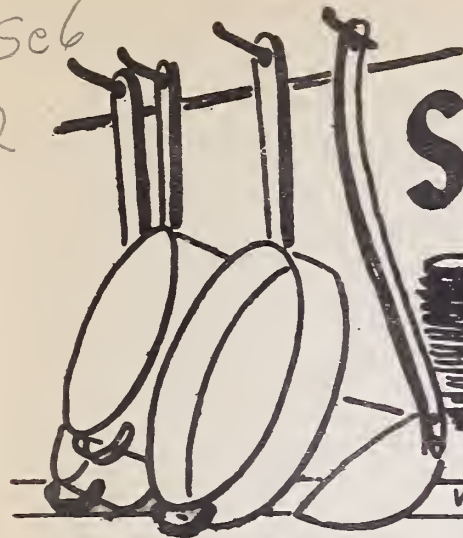


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SERVING MANY



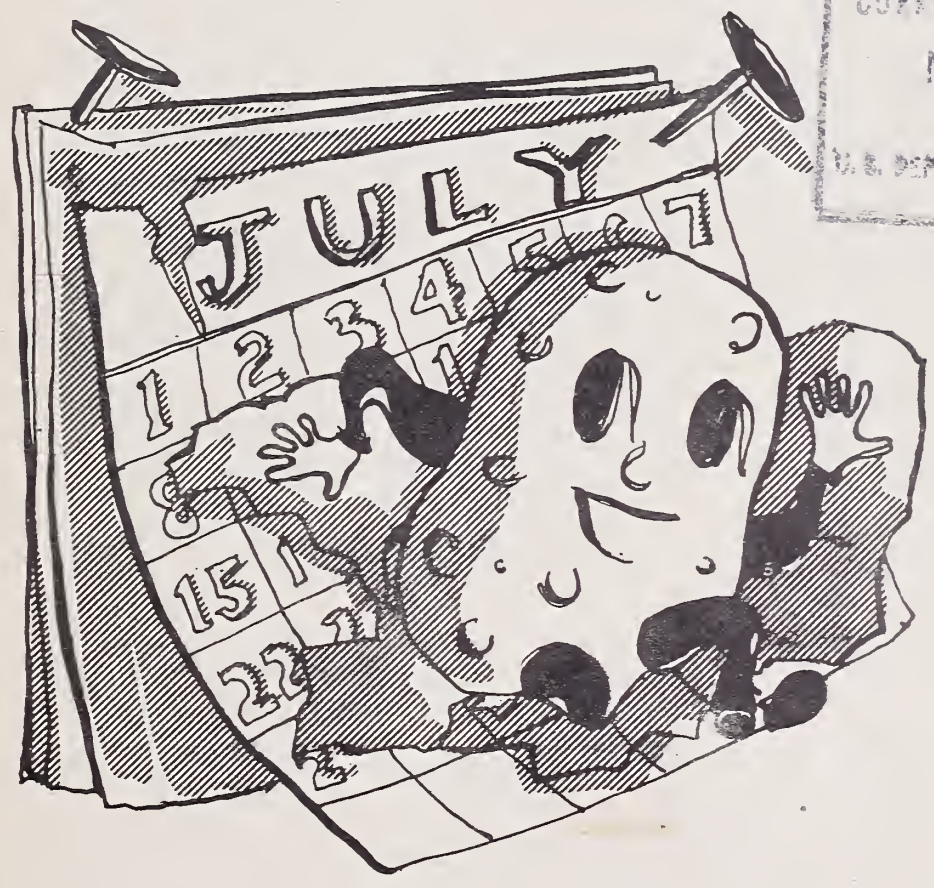
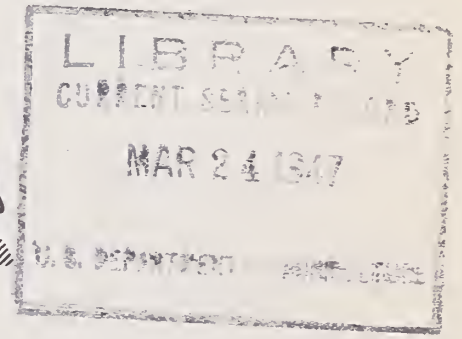
Combining INDUSTRIAL NUTRITION SERVICE

Food news for individuals and groups promoting nutrition education, and for food service managers in industrial plants, restaurants, hospitals and hotels.

WASHINGTON 25, D.C.

NO. 13

JULY 1946



EAT MORE POTATOES!



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SERVING MANY, combined with INDUSTRIAL NUTRITION SERVICE, has been redesigned to bring you the best features of both publications. "Industrial Nutrition Highlights," appearing on pages 3 and 4, is for editors of plant publications. "Food Service News," on pages 6 and 7, is for food service operators and dietitians. Menus and quantity recipes continue as a feature.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Production and Marketing Administration
Food Distribution Programs Branch
WASHINGTON 25, D. C.

Industrial Nutrition

For Editors
of Plant Publications

HIGHLIGHTS

Enter July ... and potatoes!

Of the 12 months on the Gregorian calendar, the most important to Americans — at least from the historical point of view — is July. The United States was born in July, some 170 years ago. July is important to Americans, too, from a vacational and recreational point of view. It is the month of flowers, sunshine, fellowship, and fun.

But this year July is, as well, an especially important month for the hungry peoples of Europe and Asia. It is a month of hope, for in Western America, the wheat harvest is on. Combines are moving over millions of acres in a dozen States, reaping a bumper crop of the staff of life's most essential ingredient. Every bushel harvested reinforces the fight against world famine; brings closer the promise of better times to come.

The battle against hunger is by no means over. The threat of famine will remain for months — even years — in many parts of the globe. We must continue to save and share; to stretch wheat supplies as far as possible. We must continue to substitute the more plentiful foods for the critical foods.

And that brings us to the plentiful food of the month — the next several months, as a matter of fact — POTATOES!

The crops this year are larger in quantity and better than ever in quality. Baked, steamed, boiled, or mashed, potatoes provide the "starchy dish" in one or more meals every day. Active workers like potatoes three times a day — fried in a little bacon or sausage fat for breakfast, mashed with meat gravy

for the midshift lunch, and baked, scalloped or in potato patties for supper. And remember, they're a good substitute for wheat products.

vegetables are plentiful

Carrots, cabbage, and onions, should also be plentiful in most States during July. In addition, locally grown spinach, new turnips and beets with their tender "greens," peas, snap beans, summer squash, and early corn-on-the-cob will be on the market or ready to pick from your victory garden. There will also be lettuce, radishes, and green onions for salads, tomatoes for slicing, and spearmint for tall cold drinks.

...fruits, too!

July is the month for cherries, apricots, peaches, watermelons, cantaloups, and new green apples. Northern gardeners may have strawberries and cream in July, especially if they planted "ever-bearing" vines. There will be local supplies of raspberries, blackberries, blueberries, huckleberries, and "black-caps." Why should any housewife worry about short supplies of fat and flour for baking when there is a profusion of nature's own desserts at the fruit stand and in the back yard?



Take home ideas

As feed grains become scarcer, cattle, sheep, and hogs are expected to become fewer. By 1947 we shall probably have a smaller supply of meat to select from than we do today. Let's choose and cook other foods for main dishes. For example:

Fresh fish. Ocean seafood fortunately doesn't feed on cereal grains and a supply of it is there for the fishing. Fresh-water fish in inland brooks, rivers, and lakes is an available and delicious protein-rich food for summer meals. The abundant fish supply list for July includes:

East Coast—Haddock and cod fillets, mackerel, sea trout, and croaker.

Mid-West—Rock fish fillets and rosefish. In the summer time in the Great Lakes region perch, pickerel, and whitefish always are "food news." Amateur fishermen will bring brook trout or catfish home with pride. "Mom" should accept them joyfully, fry 'em in drippings, and serve them tastefully garnished with vegetables from "Dad's" victory garden.

South—Mullet.

West Coast—Fresh salmon and halibut. To westerners these fish are better than anything except perhaps "mountain" trout and salmon trout. Even a Washington logger will "wade" into a platter of hot salmon steaks or halibut fillets and scarcely notice that beef steak is not on the menu.

Eggs will be available in most areas. When meats are hard to find try a cold plate made with stuffed eggs, and sliced cheddar cheese, or cottage cheese. Garnish the cold plate with green onions, crisp radishes, leaf lettuce salad, or sliced tomatoes. Serve hot parsleyed new potatoes, and garden fresh peas or snap beans with the cold plate. What diner will give an extra slice of wheat bread or a piece of cake a thought if the meal ends with ice cold watermelon, or a big dish of fresh berries?

A little goes a long way

Extend that Meat.—Stretch the meat flavor and have plenty of vitamins and minerals too, by serving meat stews with fresh vegetables or meat pie with a mashed potato topping.

Use rolled oats in hamburger cakes or the meat loaf instead of bread crumbs.

Place hard-cooked eggs in the center of meat loaf so there will be a ring of egg in every slice of meat.

Dip fish in salted corn meal instead of flour and fry it in chicken fat or meat drippings.

Bake fish fillets and veal chops in a shallow greased pan instead of frying them.

Broil lamb chops, hamburgers, and ground Salisbury steaks. Save every bit of the drippings for pan gravy or future cooking.



Cook with Imagination. - It takes more ingenuity to put a meal together that is "different." Almost any experienced homemaker can broil a lamb chop or cook a pot roast of beef. Take pride in seeing what you can do with less meat, little fat, a small supply of sugar, and a minimum of bread. Remember to serve not over three slices per day of bread on the average for each person in your family.



Russian peasant women had a bit of beef, a little milk, and lots of beets. Out of them they made the delicious "Russian Bortsch," a beef-beet soup garnished with sour cream. We go to select restaurants in America to get this soup and count it a delicacy.

Italian women didn't have much sugar for pies and cakes but they did have an abundance of fresh fruits and native cheeses. Is anything really better for dessert in America than a chilled ripe pear and a bit of cheese, or a cluster of purple grapes and a handful of nut-meats?

French women became famous for flavorful meals because they had to make the most of a few foods. So they learned to make pôtages (soups) that were superb, sprinkled garden herbs on salad greens from field and farm, and added plentiful vegetables and spices to a little meat to make a stew (ragout) "to write home about."



Pilgrim women at Plymouth, Mass., had maize, and molasses, and a little spice. Out of those common foods they made the now famous Indian Pudding.

Virginia colonists had white corn meal and salt. They added boiling water to these and made Corn Pone and Hoe Cake. When a little later they had eggs and milk they made "egg cornbread" but added little or no wheat flour. Try southern cornbread recipes while wheat bread and flour is scarce.

American housewives, cook artistically with what you have! Cook scientifically to conserve every bit of precious food value.

American workers, choose good meals from what is offered at the plant cafeteria. Every piece of wheat bread, cake, or pie you don't eat may mean much to the health and life of a worker, mother, or child in a famine area overseas.

Health Notes

Brazilian Workers Lack Calories

Dr. W. R. Ackroyd of the Food and Agriculture Organization of the United Nations said recently that in a nutrition survey made in Brazil, only 20 percent of the industrial workers studied were found to have adequate food of the right kinds for good health. The worker's average caloric intake was only 1,600 calories. Contrast this with our national food allowance of 3,000 or more calories per man per day.

The chief nutritional deficiencies among Brazilian workers were found to be calcium, iron, and protein. Check up on your own habits, Mr. American worker! Do your meals include at least one pint of milk, one egg, and one or more servings of meat, fish, poultry, cheese, or legumes each day? Unless they do, your diet in this land of relative plenty may be lacking in calcium for strong teeth and bones, iron for good red blood, and protein for muscle building and stamina.

FOOD SERVICE

News

For Food Service Operators
and Dietitians



Put potatoes on the menu!

The big potato crop provides food service establishments with a food that not only makes for tasty, nutritious menu offerings, but one that provides some lethal wallops against Famine as well. Potatoes -- a top dish in their own right -- are an excellent substitute for badly needed grain products.

Here are some tips for potato cooking:

1. New crop potatoes are best when steamed. Scrub them well, steam them in their skins and serve them skin and all. Peel them thin and steam them whole. Sprinkle with a bit of chopped parsley, or parsley butter and serve them piping hot.

2. Steam them in the skins, cook, peel, and cube for New Potato Salad. Marinate it with a little French dressing and let it stand in the refrigerator

before you add the chopped celery, minced onions, and boiled dressing.

3. "Intermediate" crop potatoes in midsummer may be baked when fully matured, or scalloped or creamed. They make good Hot Potato Salad to serve with cold cuts or sliced cheeses. Marinate the cubed potatoes with dressing made of hot vinegar and bacon drippings. Add boiled dressing thinned with a little cream. Don't forget to add some onion or chopped chives.

4. Fry potatoes scalloped with sliced hard cooked eggs and topped with grated cheese. This is a good "casserole dish" and the recipe is found in this issue.

Extend Meat with Soy Beans and Save Wheat Products

Cooked dried soy beans may be added to ground beef to supplement the protein value, stretch the meat, and save bread crumbs and other cereal fillers. As the beans are high in fat, pork need not be used in the recipe. Follow these directions:

1. Substitute cooked, drained, ground soybeans in the proportion of 1 pound of beans to 4 pounds of meat. This is the 20 percent replacement recommended by Vail and Smull of Kansas State College.1/

2. Clean the soybeans and soak overnight in water to cover.

3. Cook the soybeans in boiling water until tender. This will require several hours.

4. Drain the beans and grind them coarsely.

5. Combine the ground beans with well-seasoned ground beef.

When you can't get meat ...

What can the food service manager serve in place of meat that will give the customer the same satisfied feeling and a like protein value?

Three-and-one-half ounces of beef pot roast will furnish about one-third of the recommended protein allowance for 1 day. But suppose your meat suppliers have no beef chuck or round? Other protein-rich foods will supply an approximate amount of protein. For example:

Food	Weight of prepared portion
Pot roast of beef	3½ ounces
Calves' liver	3½ ounces
Hamburger	3½ ounces
Fish (average)	4 ounces
"American" (cheddar) cheese	3 ounces
Cottage cheese	4 ounces (½ cup)
Eggs	3 whole
Milk	1½ pints
Baked beans	12 ounces (1½ cups)

adjust the portions ...

Some of the servings of food given above are of average size but others are too large. You might serve smaller portions of two of these foods advantageously both for good nutrition and good eating. For instance: 6 ounces of baked beans plus 2 ounces of cottage cheese in a fruit salad. Or a cold plate with 2 ounces of "American" cheese sliced and 1 stuffed egg, or a special lunch including 2 scrambled eggs and ½ pint bottle milk.

1/ Vail, Gladys E. and Smull, Mary L., Journal of the American Dietetic Association, Vol. 21, No. 10, Dec. 1945, p. 598.

Helpful USDA publications

In the famine emergency these publications of the U. S. Department of Agriculture will be of particular interest to our readers:

For the Homemaker and Her Family:

Home Canning of Meat - AWI-110. Office of Information, U. S. Department of Agriculture, Washington 25, D. C. Free. Among other things this gives directions for canning poultry.

Home Freezing of Fruits and Vegetables - AIS-48. Office of Information, U.S. Department of Agriculture, Washington 25, D. C. Free. This illustrated booklet gives full how-to-do-it directions for freezing foods at home.

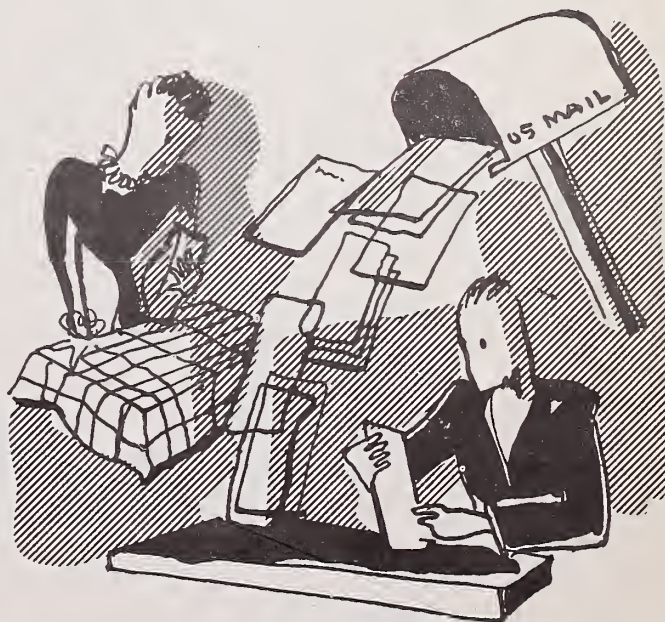
For the Food Service Manager:

U. S. Meat Stamps - AIS-47. Office of Information, U. S. Department of Agriculture, Washington 25, D. C. Free.

U. S. Graded and Stamped Meat - Leaflet 122. Office of Information, U. S. Department of Agriculture, Washington 25, D. C. Free.

Marketing Poultry - Farmers' Bulletin No. 1377. Superintendent of Documents, Government Printing Office, Washington 25, D. C. 10 cents per copy.

Making the Most of Meats in Industrial Feeding. Production and Marketing Administration, U. S. Department of Agriculture, Washington 25, D. C. Free.



MENUS

for Special Lunches

These menus utilize foods in national abundant supply which are indicated by asterisks. They are planned to conserve foods needed in the Famine Emergency Program especially fats and oils and wheat products.

Corned beef with grated horseradish sauce
Scalloped potatoes*
Buttered green cabbage*
Bran biscuits with butter or fortified margarine
Sliced peaches with cream
Milk

Cheese souffle* 1/
Parsley buttered new potatoes*
Fresh spinach or other greens
Sliced tomatoes
Ryebread with butter or fortified margarine
Raspberry Sherbet
Milk

Veal stew with carrots*, onions*, and potatoes*
Tossed green salad with chiffonade dressing 2/
Cornmeal muffins with butter or fortified margarine
Baked orange custard 3/
Beverage

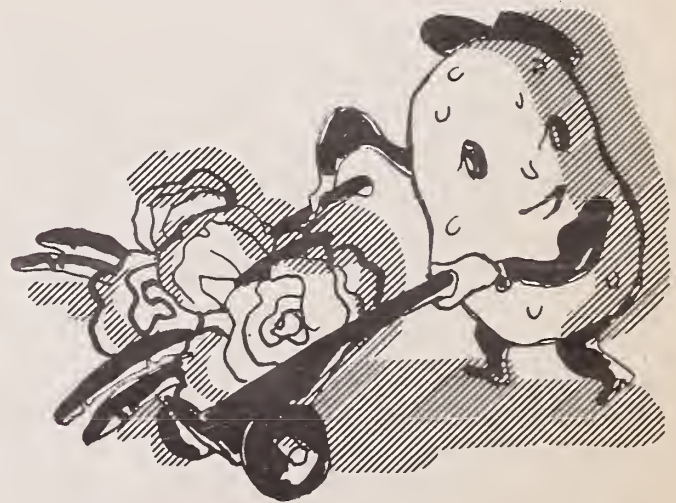
Potato* and onion* soup 3/
Cold plate:
Salami
Fresh peach and cottage cheese salad
Cole slaw*
Enriched roll with butter or fortified margarine
Raspberries
Beverage

Baked fish hash 4/
Green peas
Crisp carrot* strips
Whole wheat bread with butter or fortified margarine
Orange* sponge
Milk

Pot roast of beef with gravy
Browned potatoes*
Sautéed summer squash
Celery hearts
Enriched bread with butter or fortified margarine
Cantaloupe
Beverage

Scalloped turkey* with yellow corn
Snap beans
Cabbage* and carrot* salad
Oatmeal muffins with butter or fortified margarine
Strawberry ice cream
Milk

Steamed frankfurters with mustard sauce
Hashed brown potatoes*
Creamed new cabbage*
Enriched finger roll with butter or fortified margarine
Watermelon
Milk





Poached eggs on fresh greens
 Potatoes* au gratin
 Orange*, grapefruit and banana salad
 with honey dressing 5/
 Corn bread with butter or fortified mar-
 garine
 Milk

Baked halibut with lemon* sauce
 Creamed new potatoes*
 Lima beans (fresh)
 Whole wheat bread with butter or forti-
 fied margarine
 Orange* ice cream
 Beverage



Roast lamb with dressing
 Browned potatoes* with gravy
 Buttered carrots*
 Potato* rolls 6/
 Butter or fortified margarine
 Blueberries with cream
 Milk

"Glorified" hamburger on enriched bun
 Sliced onions*
 Sliced tomatoes
 Potato* salad
 Fresh citrus fruit* cup
 Milk

Shepherd's pie 7/ (with potato* topping)
 New beets with greens
 Cabbage* and green pepper salad
 Rye bread with butter or fortified mar-
 garine
 Sponge cake
 Milk

Meat loaf with gravy 8/
 Baked potatoes*
 Glazed carrot* strips
 Enriched bread with butter or fortified
 margarine
 Queen of puddings 9/
 Beverage

Baked fillet of haddock with lemon*
 Creamed new potatoes*
 Green peas
 New onions* and radishes
 Ambrosia* 10/
 Milk

- 1/ Recipe for Cheese souffle in "Making the Most of Meats in Industrial Feeding" page 21.
- 2/ Recipe for Chiffonade dressing in May - June issue of SERVING MANY.
- 3/ Recipe for Potato and onion soup in this issue.
- 4/ Recipe for Baked fish hash in this issue.
- 5/ Recipe for Honey fruit dressing in April 1946 issue of SERVING MANY.
- 6/ Recipe for Potato rolls in this issue.
- 7/ Recipe for Shepherd's pie see "Making the Most of Meats in Industrial Feeding" page 14.
- 8/ Recipe for Meat loaf in May - June issue of SERVING MANY.
- 9/ Recipe for Queen of puddings in this issue.
- 10/ Recipe for Ambrosia in May - June issue of SERVING MANY.

RECIPES



Potato* and Onion* Soup

Ingredients	Amounts to make	
	100 por.	500 por.
Potatoes, pared and sliced thin	12 lbs.	60 lbs. (raw weight)
Celery cut in 1/2" pieces	1 lb.	5 lbs.
Water, boiling	2 gal.	10 gal.
Onions, thinly sliced	5 lbs.	25 lbs.
Bacon fat	1 lb.	5 lbs.
Flour	10 ozs.	3 lbs.
Scalded milk	3 gal.	15 gal.
Salt	4 ozs.	20 ozs.
Parsley, finely chopped	1 oz.	5 ozs.
Size of portion: 8 ounces		

Method:

1. Cover the sliced potatoes and celery with the boiling salted water and cook in steam kettle until tender.
2. Fry sliced onions in hot bacon fat until a pale brown.
3. Add the flour to the fat and onions and stir until smooth. Dilute with part of the scalded milk.
4. Add the remainder of the hot milk to the cooked vegetables.
5. Thicken with the fat and onion paste stirring until smooth.
6. Garnish with finely chopped parsley and serve with croutons made from stale bread.

*Abundant foods are marked by asterisks.

Scalloped Potatoes and Eggs with Cheese

Ingredients	Amounts to make	
	100 por.	500 por.
Potatoes, sliced	25 lbs.	100 lbs. (raw weight)
Hard cooked eggs, sliced	100	500
Cheddar type cheese, ground	5 lbs.	25 lbs.
Cream sauce	3 gal.	15 gal.
Paprika	1 tbsp.	5 tbsp.
Bread crumbs, dry	1 qt.	5 qts.
Size of portion: 6 ounces		

Method:

1. Pare potatoes and slice in 1/8 inch slices crosswise.
2. Cook the eggs until the yolks are mealy. Shell and slice crosswise in 1/4 inch slices.
3. Make medium thick cream sauce using chicken fat.
4. Grind cheddar style cheese medium fine and add to cream sauce, reserving part for topping.
5. Grease baking pans with drippings. Put alternate layers of potatoes, eggs, and sauce. Repeat. Top with ground cheese, sprinkle with fine crumbs.
6. Bake in 350° F. oven for 45 minutes or until piping hot and the cheese melted.
7. Serve as meat alternate dish.

Potato* Rolls

Ingredients	Amounts for	
	100 por. (9 doz.)	500 por. (45 doz.)
Potatoes, mashed	2 qts.	10 qts.
Milk, scalded	1 qt.	5 qts.
Fat	12 ozs.	3 1/2 lbs.
Sugar or sirup	8 ozs.	2 1/2 lbs.
Salt	1 1/2 tbsp.	2 ozs.
Compressed yeast	1 1/2 cakes	7 cakes or equiv.
Water, tepid	1/4 cup	1 cup
Flour	3 lbs.	15 lbs.
Serving: 1 roll		

Method:

1. Steam and mash the potatoes.
2. Add the salt, fat, and sugar to the scalded milk. Combine the milk with the mashed potatoes.
3. Moisten the yeast in the tepid water.
4. When the potato mixture is lukewarm add the softened yeast.
5. Sift the flour and add gradually to the potato mixture and mix with dough hook until well-kneaded.
6. Grease top of dough, cover and let it raise over-night.
7. In the morning punch down, let recover and shape into balls 1½ inches in diameter.
8. Place rolls 1½ inches apart on oiled bun pans. Let prove to double their bulk.
9. Bake in 400° F. oven for 12 to 15 minutes.

Queen of Puddings

Ingredients	Amounts for	
	100 por.	500 por.
Bread cubes (stale bread)	2 lbs.	10 lbs.
Scalded milk	3 gal.	15 gal.
Salt	1 oz.	5 ozs.
Eggs, separated	2 doz.	10 doz.
Margarine or butter	3 ozs.	1 lb.
Sugar granulated	2 lbs.	10 lbs.
Sirup, corn	½ lb.	2½ lbs.

Method:

1. Soak the cubed bread in the scalded milk.
2. Separate the eggs.
3. Beat the yolks slightly, add half the sugar and the sirup and combine with the bread mixture. Mix in the melted butter.
4. Cook pudding in a moderate oven at 325° F. for 45 minutes to 1 hour until set.
5. Remove pudding from oven, spread with red berry jam. Pile on top of pudding a meringue made of beaten egg whites and remainder of sugar.
6. Return to oven and cook until meringue is set and delicately brown.

Baked Fish Hash

Ingredients	Amounts to make	
	100 por.	500 por.
Haddock*, fresh cod*, or halibut*	20 lbs.	100 lbs.
Potatoes*	20 lbs.	100 lbs.
Minced onions*	1 lb.	5 lbs.
Eggs	1½ doz.	7 doz.
Pepper, black	2 tsp.	1 tbsp.
Salt	as needed as needed	
Size of portions: 6 ounces		

Method:

1. Place fish in boiling salted water and bring to a boil. Reduce the heat and let the fish simmer for 20 minutes or until tender.
2. Remove fish from liquid and remove the skin and bones.
3. Steam 20 pounds of potatoes and when cooked, mash them using standard recipe for mashed potatoes.
4. Combine the flaked fish, mashed potatoes, and minced onions. Add slightly beaten eggs and pepper. Mix until smooth.
5. Weigh 4 1/2 pounds of hash into each greased baking pan. Bake one hour in moderate oven at 350° F.
6. Serve with Spanish Sauce or Egg Sauce.



ACCENT MIDSHIFT MEALS!

The midshift meal at the plant is the main meal of the day for many workers. It is eaten during the period in which most workers expend the greatest amount of energy.

The special lunch should provide from 33 to 40 percent of the energy value and nutrients needed each day for an average worker, or 1,000 to 1,200 calories.

In terms of average servings a special lunch should include:

One serving of a protein-rich food (meat, fish, poultry, eggs, cheese, dried beans, or peas).

One serving of potatoes.

One green or yellow vegetable, or tomatoes, cooked or uncooked in salad.

One or more slices of whole-grain or enriched bread.

One pat butter or fortified margarine (whenever available).

One-half pint milk or other beverage.

One serving dessert (this may be fresh fruit, of course).

	<u>Size of Portions</u>	<u>Amount</u>
<u>Main Dishes</u> -	Roasted meats and poultry	3 to 3½ ounces
	Chops and steaks	4 ounces or more
	Meat stews and pies	6 ounces or more
	Fish steaks or fillets	4 to 5 ounces
	Eggs (in place of meat)	2
	Cheese, cheddar type	2 ounces or more
	Beans, baked	6 ounces or more
<u>Potatoes</u> -	<u>Cooked</u>	4 ounces or more
<u>Vegetables</u> -	<u>Cooked</u>	4 ounces
<u>Salads</u> -	Fruit or vegetable salads	2 to 4 ounces or more
<u>Desserts</u> -	Puddings	4 ounces
	Fruits, cooked or fresh	½ cup or more
<u>Milk</u> -	Bottled	½ or 1 pint