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homemakers' chat

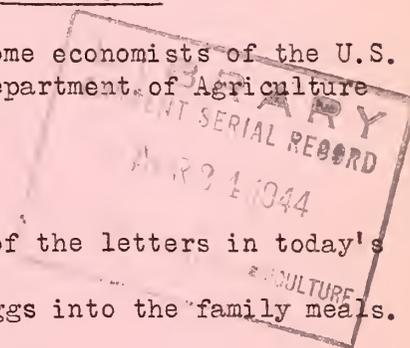
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U. S. DEPARTMENT
OF AGRICULTURE

Thursday, April 27, 1944.

ANSWERS FROM:

Home economists of the U. S.
Department of Agriculture



QUESTION BOX:

How use more eggs?
Soya in scrapple?
Green spots in potatoes?

---oo0oo---

Eggs are still a market leader these days, and one of the letters in today's mail is from a woman who wants to know how to get more eggs into the family meals. Speaking of markets, did you know that you'd better take your own bag or bags along when you go for the groceries? Reports indicate an unusual shortage of ordinary paper bags---the big strong kraft bags for the whole grocery order, and the smaller individual bags for odds and ends bought loose---that pound of snap beans, or half a dozen lemons, or a bunch of asparagus. Also you might take extra care to save those smaller bags while the children are still carrying their lunches to school---you may need them.

We have two other questions besides the one on eggs---how to make scrapple containing soya flour and whether green spots on potatoes are harmful. We've turned all the questions over to the home economists of the U. S. Department of Agriculture to answer. Here's the first question:

"Now there are plenty of eggs, I'd like to use more eggs, But we've had a good many egg dinners and lunches all winter---hard-cooked eggs in white sauce or curry gravy, ham and other souffles, omelets, scrambled eggs and so on. Couldn't I work more eggs into other dishes without calling attention to the eggs?"

That's a good thing to do, the home economists say. Every extra egg you put into a pudding or a sauce adds important food values to the day's supply. For example, instead of making a plain white sauce to go with fish or chicken or vegetables, turn it into a delicious rich golden sauce by beating up an egg and adding it to the sauce just after you take it from the fire.

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Or, for egg sauce to go with fish, add chopped hard-cooked egg and a little lemon juice for flavor to a plain white sauce.

You can make carrot and turnip custard and corn pudding with several eggs and serve any one of these dishes as a vegetable. To make carrot or turnip custard allow one egg for each cup of milk and each half cup of the vegetable, either grated raw, or cooked and mashed. Season with salt and fat. Mix and pour into a greased baking dish. Set the dish on a rack in a pan of hot water as you do in baking any custard, and bake in a moderate oven for about an hour, or until the custard is set in the center. In corn pudding, a good proportion for 6 persons is 3 eggs, 2 cups of milk, and 2 cups of canned corn, with salt, pepper and fat for seasoning.

"Timbales" are mixtures of chopped meat, flaked fish, or vegetables, baked in a medium-thick white sauce with added eggs to make a custard consistency. Now that asparagus is "in" you might make some asparagus timbales for a change.

Don't forget popovers while eggs are so plentiful. Popovers are not only popular for bread. They make good "shells" for any creamed foods. You can also add that extra egg yolk to the sauce.

On the dessert side you can ring in a number of variations of custards and make all of them with more eggs than usual. One good idea is to put extra egg yolks into the dessert itself, and reserve two whites to make a meringue for the top of the pudding. Any of the cream pies with meringue tops are good, and also bread pudding and other puddings made with eggs and milk. Another idea is to use the whites only in such desserts as lemon or orange sponge, or prune whip, and make the yolks into a thin custard sauce to serve over the pudding.

Now for a request for a recipe for scrapple containing soya grits. You make this scrapple, the home economists say, just as you do ordinary scrapple, except for adding soya grits and therefore using less meat in proportion to corn meal. If you'd like a recipe, try this one:

Simmer a pound and a half of bony pieces of pork in a quart and a half of water until the meat drops from the bones. Strain off the broth. Separate the bones

from the meat, taking care to get out all tiny bits of bone. Chop the meat fine. You should have about 5 cups of broth. If you haven't, add water to make 5 cups. Bring the broth to boiling. Add a cup and a half of corn meal very slowly, so it does not lump, and a teaspoonful of salt. Cook over direct heat, stirring constantly, for 5 minutes. Cover and cook in a double boiler for an hour.

Now add the chopped meat, half a cup of soya grits, two and a half tablespoons of onion pulp, 4 teaspoons of salt, and savory seasoning such as thyme, sage, or celery seed. Mix well and pour hot into loaf pans that have been rinsed out with cold water. Let the scrapple cool and become firm. To cook it, cut in slices, dip in flour, and fry in a little fat.

You can also make soya sausage. For 6 servings, mix a quarter of a cup of soya grits or flour with half a pound of all-pork sausage meat. Shape into 6 medium sized cakes and fry slowly to form a tender crust.

Now for a question about potatoes. "What causes the green spots I sometimes find on potatoes? Do they do any harm?"

The home economists say that light gives potatoes those green spots, and they are harmful to eat. You can cut off the greenish part and eat the rest, but that's wasteful. So the better way is to keep potatoes in a dark place, or cover them well with cloth or paper. Another thing: Never eat the sprouts of potatoes, for the same reason. They contain the same harmful substance you have in the green spots. But you can eat the rest of a sprouted potato if you peel it and take out the "eyes" where the sprouts have started. As it wastes good food values to have to peel and trim potatoes in this way, it's better to buy only as many potatoes at a time as you can store properly and use up promptly. Then you won't have green spots or sprouts. There are lots of potatoes on the market just now, so buy them often and keep on serving them.

