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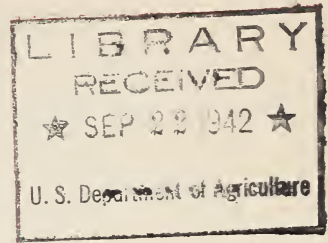
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Homemaker News

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(Digest of Market Basket for September 2, 1942)

MAKE GOOD USE OF THE FATS YOU SAVE

Questions about how extensively kitchen fats can be used as food and when they should be turned in to processors to increase our glycerine supply are raised by many homemakers these days.

_____ (Name) _____ (Title) _____ (Place) here gives some answers from home economists, U.S. Department of Agriculture.

The important goal is to build up the country's total fat supply. By making good use in the kitchen of the fats we save from day to day, getting the most from them as a food, we lessen the burden on commercial stocks of fats. Every bit of fat we save and use for food helps. Use all you can for food and cooking - then turn in what is left.

Properly cared for, fats you save are good for several purposes in your regular cooking routine. You can use them for seasoning, frying, cooking, and in some cases for baking too.

Drippings from roasts and other cooked meats make flavorful fats for seasoning - you can use them in gravies, when cooking or heating vegetables, in salad dressings, and on wilted lettuce. Try their flavor in spoonbread. If you use these drippings for baking, you'll need to clarify them.

Bacon drippings are often used for shallow frying - such as for frying eggs, apples, chicken, cabbage, and liver and other lean meats. Bacon, sausage, and poultry fats may be used as the fat in cream sauces for vegetables as well as in gravy.

You can use fats trimmed from raw meat in various ways - for frying meats having too little fat for that purpose....in suet puddings....in pastries. In addition, you can render these meat trimmings and use them as you would use any other fat. Poultry fat is good for shortenings in cakes, biscuits, and other baking. Rendered suet and rendered fresh pork also make good shortening.... for pastry, biscuits and other quickbreads.

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