

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

★ JAN 13 1933 ★
U. S. Department of Agriculture

Monday, Jan. 23, 1933

Hh
HOUSEKEEPERS' CHAT

(FOR BROADCAST USE ONLY)

Subject: "Peanut Uses." Information from the Bureau of Home Economics, U.S.D.A.

---o---

When you hear the word peanut, what is the first thing that comes into your mind? I'll make a guess. I'll guess that the word peanut makes you think of the circus, takes you back to the first day you fed peanuts to the elephant and wished you could be a circus lady with a pink, spangled dress when you grew up.

But the peanut has outgrown its circus days. In one form or another, it is now a respected occupant of the pantry shelf. It appears on the dinner table in most conservative company. Of course, the peanut vender still keeps his place on the corner and makes his rounds at the circus, the county fair, the zoo or the ball game. And peanut brittle comes with Santa Claus and at other special occasions. And peanut butter sandwiches are still favorites for the school lunch.

But the wise housewife will use the peanut in many other ways also. For peanuts are a chop as well as a filling food and a good investment in food value. In fact, the nutritionists were some of the first people to give the peanut its due and to tell us that this is one of the most nutritious foods we have. Moreover, peanuts may appear in any course, literally from "soup to nuts", as the old saying goes. You'd be surprised how many different dishes you can make from peanuts. Before I finish talking today, I'll give you two excellent peanut recipes.

This peanut--or goober pea, as it is sometimes called, is an interesting crop of our Southern States. As the name suggests, it is related to the common pea and belongs to the well-known legume family that we talked about not long ago. Like its relatives, the bean plant, the pea plant and so on, the peanut plant is useful in all its parts. Its roots fertilize the soil, as the cow-pea does. Its stalks and roots are used for hay. Its nuts, which are really peas, are used as food and as a source of oil--salad oil, oil for preserving sardines and other foods, oil for lubricating fine machinery. The peanut vine behaves differently from the beans and peas. Its young pods point downward on their stalks and bury themselves in the soil to ripen underground and eventually to be harvested as the familiar peanut in its shell.

Peanuts come from several different countries as well as from our Southern States. They grow in South America, Africa, India and Manchuria. In fact, the plant was introduced into southern North America from tropical America in colonial times, but it had no commercial value in the United States until the Civil War, when the soldiers discovered its sustaining power as food. Just to show you how popular and useful we have found this crop since then, let me give you some figures. During the year 1931 more than two million acres of land were planted to peanuts. And more than a billion pounds were gathered for use--some fresh roasted, others salted, some for peanut butter and some for peanut oil. This was almost four hundred million pounds more than the yield of the year before and more than any previous year.

As we mentioned, peanuts are a good investment in food value because of their high content of protein, of fat and of vitamin B. A pound of whole peanuts contains nearly half a pound of fat and nearly one fourth of a pound of protein. Both the oil--or fat, and the protein are of very high grade and easily digested.

Our friends the food specialists over at the Bureau of Home Economics have experimented with peanuts in their food preparation laboratory and have found that peanuts and peanut butter will make all sorts of delicious things. These days when we're interested in cutting costs, the peanut can do a good deal to aid the economy diet. For young children peanut butter is more digestible than whole or ground peanuts. But ground fresh-roasted peanuts mixed with a little cream or with salad dressing, makes a good sandwich spread for a school lunch. You can use this spread by itself or with lettuce or a thin slice of raw onion. Peanut and onion makes an especially good filling for a sandwich of whole wheat or rye bread.

Ground fresh-roasted peanuts are good creamed and served on toast for dinner. Fresh-roasted peanuts, either chopped or whole, have many uses in salad. Cabbage and peanut salad is a favorite. So is apple and peanut salad. A banana rolled first in mayonnaise and then in chopped peanuts and served on lettuce is another excellent salad. Then, peanuts make excellent and interesting baked dishes. A peanut loaf is a satisfying main dish. So is a scallop of onions and ground peanuts or cabbage and peanuts or creamed peanuts and rice. For dessert you can make peanut cookies, peanut brittle ice cream or peanut cup cakes.

Here's the menu for today, featuring peanut loaf as the main dish. This is another inexpensive Monday dinner menu. Peanut loaf; Buttered onions; Baked potatoes; and for dessert, Sliced oranges.

And here's the recipe for peanut loaf. Eight ingredients for this good and simple and inexpensive recipe.

| | |
|------------------------------------|--------------------------|
| 1-1/2 cups chopped roasted peanuts | 2 eggs, beaten |
| 1-1/2 cups chopped carrots | 2 tablespoons melted fat |
| 1-1/2 cups dried bread crumbs | 1-1/2 teaspoons salt |
| 1-1/2 cups tomatoes | Pepper to taste |

I'll repeat that list. (Repeat.)

Mix the ingredients thoroughly. Pour into a bread pan, lined with heavy oiled paper. Bake for 30 minutes in a moderate oven (350° F.). That's all.

Now the recipe for peanut cup cakes made with peanut butter. Another simple inexpensive recipe. Nine ingredients for these cakes.

| | |
|--------------------------------|---------------------------|
| 1/2 cup butter or other fat | 4 teaspoons baking powder |
| 1/2 cup peanut butter | 1/2 teaspoon salt |
| 1 cup sugar | 1 cup milk |
| 2 eggs | 1 teaspoon vanilla |
| 3 cups sifted soft-wheat flour | |

Once more. (Repeat.)

Cream together the fat, peanut butter, and sugar, add the beaten eggs, and the sifted dry ingredients alternately with the milk. Add the vanilla. Bake in greased muffin tins in a moderate oven (350° F.) for about 20 minutes.

Tomorrow: "Hints on Buying Sheets and Pillow Cases."

