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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE



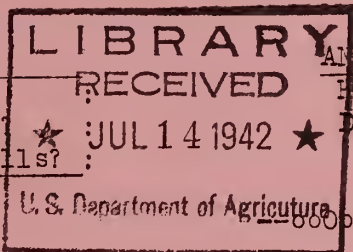
Thursday, July 9, 1942.

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In 344

QUESTION BOX:

How make waffles?  
Uses for tomato juice?  
Why cheese souffle falls?



ANSWERS FROM:

Home economists of the U. S.  
Department of Agriculture

Today's batch of questions come from homemakers who want to know different ways to use the foods plentiful right now--wheat flour, tomatoes, maple sirup and cheese. Food scientists of the U. S. Department of Agriculture have given us several recipes, for using these different foods. If you are interested, get your paper and pencil ready to jot them down after each question.

First on the list is a question from a young homemaker about waffles and griddlecakes. She writes: "I happen to have received a gallon of maple sirup from friends in New England, and would like to serve waffles and griddlecakes more often while the sirup lasts. Could you give me some reliable recipes?"

Waffles and griddlecakes are made from very similar batters. For either waffles or griddlecakes you need flour, baking powder, salt, eggs, milk and melted fat. You put sugar in waffles to help them brown; in griddlecakes you can use sugar or not, as you like.

The ingredients for 4 good-sized waffles are: sifted flour, one and a half cups....baking powder, 2 teaspoons....salt, one-half teaspoon....sugar, one table-  
spoon....eggs, one or 2....milk, one cup....and melted fat, 2 tablespoons. Sift the dry ingredients together. Combine the one egg and milk and beat together. Add the melted fat. Add this liquid mixture to the dry ingredients. Stir just until the batter is smooth, no longer. If you double the recipe and use 2 eggs instead of one, separate the yolks and whites. Mix the beaten yolks with the milk and fat. Add to the dry ingredients, and fold in the stiffly beaten whites last of all. This



gives waffles a finer grain and greater volume. Since you have an electric waffle iron which of course you never grease, add extra melted fat -- about a tablespoon - to keep the batter from sticking.

You use all the same ingredients in the same proportions for griddlecakes except that if you wish you can add half a teaspoon more baking powder and leave out the sugar.

Next we have 2 questions about using tomato juice. First one: "Please tell me what seasonings to use for an extra-delicious tomato juice cocktail." If you like a specially seasoned cocktail, use a teaspoonful of horseradish to a quart of tomatoes, fresh or canned. Also use such other seasonings as celery and green pepper, cooked with the tomatoes, a little onion juice or pulp, and a tablespoon or two of tomato catsup. If the tomatoes are not very acid you can add a little lemon juice. Be sure to strain all the ingredients. Chill and stir the mixture well before serving. Garnish with finely chopped parsley or a thin slice of cucumber on top.

Another homemaker asks how to use tomato juice beside serving it cold as an appetizer. Well, of course you might serve it hot as an appetizer, and it would seem different. You can also make clear tomato soup by combining the tomato juice with beef or chicken broth, or by making a cream of tomato soup.

By the way, when you make cream of tomato soup, don't follow that old remedy --putting soda in to prevent curdling. That destroys vitamins and changes the tomato flavor. Instead, food scientists say make cream of tomato soup properly, and serve it promptly, to prevent curdling.

And this is how to make it properly: Thicken the hot tomato juice with a little flour. Add the hot thickened juice to the hot milk. Heat, but don't allow it to boil. Serve as soon as it's well blended. It will separate if you let it stand too long.



Two other good uses for tomato juice are in jellied consommé and tomato aspic salad. Season the juice and prepare it like any gelatin mixture. Use one tablespoon of gelatin to a pint of juice.

Then of course there's nothing nicer for meats like Swiss Steak or veal cutlet than cooking them in a tomato gravy. And you might like to try baking some of those dry white-fleshed fish like halibut steaks, haddock fillets or pickerel in tomato gravy. Or make "tomato spaghetti", seasoning the sauce with grated cheese and some finely chopped beef. You can also cook potatoes, celery, and other vegetables in tomato juice instead of water, slightly thickening the liquid for a sauce to serve with the vegetables. Tomato juice is sometimes used as the liquid in making "pink" bread for party sandwiches.

Our last question is: "Please tell me how to make cheese soufflé that won't fall?" Long, slow cooking is the secret of making soufflé that doesn't fall. Cook a soufflé of any kind at moderate oven heat-- that's 300° Fahrenheit-- for an hour or longer. This long slow cooking expands the air bubbles in the egg whites, and "sets" the mixture throughout without toughening it. Cooked this way and served immediately a soufflé will keep light and fluffy.

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