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# Homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE



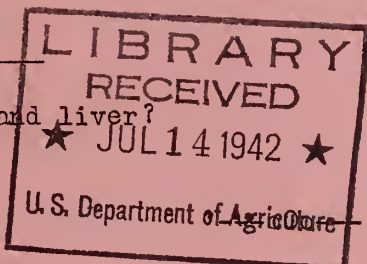
Thursday, July 16, 1942.

ANSWERS FROM:

Extension workers, home economists and plant scientists of the U.S. Department of Agriculture

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QUESTION BOX:

Barbecued chicken?  
How cook lamb kidneys and liver?  
Best kinds of liver?  
When cut okra?



Our questions today are on barbecued chicken, kidneys, liver, and okra.

Different scientists of the U.S. Department of Agriculture answer these questions for us.

As this happens to be "broiler and fryer" week among the Victory Food Specials you have heard about, we'll take that question about barbecued chicken first.

"Please tell me how to make barbecued chicken as they fix it in Alabama. Could we have a barbecue party for about 12 in our own backyard, where we have a fireplace, or is it necessary to dig a regular barbecue trench or pit?"

You couldn't choose a better time for a barbecued chicken party, because your party can help in the campaign for eating more broilers. The "Alabama recipe for barbecued chicken" calls for a broiler to a person.

Certainly you can cook the chickens in your backyard fireplace instead of in a pit. In fact, if it should turn out to be a rainy day, you could still have your party by cooking the chicken indoors in your oven if big enough to hold 6 chickens at once. But it's more fun out-of-doors, and actually less work, if you use paper plates and napkins and burn them when the party's over.

The main thing about any barbecued meat or poultry is the sauce. You use this spicy-sour-sweet sauce for basting the birds during the cooking, and then serve sauce with each portion. In Alabama they generally pass potato salad with barbecued chicken, some big buns or bread, and pickles.



Now for cooking directions: Dress and clean the broilers, Split them down the back and flatten the breast bone. Unless you have a fireplace or other barbecue grill, dig the barbecue pit about 20 inches deep. Make a charcoal fire with half a peck of charcoal. When the fire has burned to red coals, and all smoke has disappeared, stretch a wire rack over the coals. Place the chicken on the wire, and turn constantly until slightly brown. Have the sauce ready nearby in a large pan. Dip each chicken in the sauce and return it to the fire. Continue until the chickens are done, never allowing them to get dry. Put them in a pan, pour the rest of the sauce over them, and keep hot on the wire rack. Turn once or twice in the sauce.

Here's the recipe for the barbecue sauce: Tomato catsup, 2 cups..... vinegar, 1 cup..... worcestershire sauce, 4 tablespoonfuls..... tabasco sauce, 1 tablespoon..... salt, 2 tablespoons..... prepared mustard, 3 tablespoons..... a dash of red pepper..... the juice of one lemon..... and a half pound of butter. Melt the butter, add the vinegar, then the other ingredients, and bring to a boil. Let the mixture simmer a few minutes, and keep hot while cooking the chicken.

If you're planning a large barbecue for a club or a community, just multiply the sauce recipe to correspond to the number of chickens you'll need.

Now we have some questions about liver and kidneys. One homemaker asks:

"What kind of liver is best?"

That's quite a question to answer. Most livers from animals used for meat are eaten, and are very valuable as food. In a recent list of foods home economists of the U.S. Department of Agriculture mention about 15 different kinds of liver, including auk and seal liver, eaten in Greenland, cod liver-- with which you are at least somewhat acquainted through using cod-liver oil; eel liver; and livers from all the ordinary barnyard animals- beef, calf, lamb, sheep, pork, and poultry. Add to that list duck, goose, pigeon, turkey and chicken liver, also goat and rabbit



liver. Europeans make "paté de foie gras" from goose liver, you remember- or at least they used to!

It would be hard to say which is the best kind of liver because all are valuable for iron, phosphorus, copper, and vitamins A, B-one, D and riboflavin. Beef and pork livers are especially valuable sources of vitamin D, which we get from relatively few foods. Tender livers from young animals like calves, lambs and chickens are delicious when cooked a very short time at moderate temperature.

Another letter writer wants to know how to cook lamb liver and kidney. The home economists say that lamb liver has a better flavor if you scald it before you cook it. Then pan-broil it at moderate temperature just long enough for all redness to disappear. Never overcook liver. Cooking too much makes it tough.

Before you pan-broil lamb kidneys, take off the outer membrane, split the kidneys, and cut out the fat blood vessels, and connective tissue. Dip in melted fat, season with salt and pepper, and pan-broil 10 to 20 minutes in a shallow pan turning for cooking. Serve on toast.

Another good way to cook lamb kidneys is to broil them on skewers, alternated with chunks of tender lamb about the same size as the kidneys.

Finally, we have a question on okra. "What is the right time to cut okra so it won't be 'woody'?"

The plant scientists say the best time is when the pods are from 2 and a half to 3 inches long, or about 6 days old. At this age the pods have a good color and flavor and are tender in texture. The perfect age for tenderness depends on the climate or temperature where it grows. For perfect okra, temperature should be about 67 and a half degrees Fahrenheit. Okra will grow very fast between the sixth and eighth day, and is not too old to cut on the eighth day, as a rule, but after that it will get "woody".

And that completes today's batch of questions.

