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Subject PEANUT PATTER Information from home economists of the U. S. Department of  
Agriculture

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Baseball and circus fans may think this is a little late in the year to be talking about peanuts. The season's over.

But take it from the smart homemaker, peanuts have a place on the American dining table all the year round. Not only as roasted or salted peanuts served straight. Not only as the time-honored dependable peanut butter. But also in soups, salads and desserts. In nut loaf and nut croquettes. Main dishes, in other words.

War Food Administration officials tell us there'll be plenty of peanuts on hand this year. Of course, many of the better quality peanuts are going to the armed forces. But you'll have no trouble in getting enough peanuts for your family's needs. And today, I want to tell you of some ways you can make good use of the rich fat, the protein and distinctive flavor of peanuts in your fall and winter meals.

For your money, peanuts offer a bargain in food values. They're rich in both protein and fat. You get about 40 per cent fat in peanuts. That's why food specialists of the U. S. Department of Agriculture suggest that you serve peanuts with your meals, not just as snacks to nibble between meals.

Since peanuts are such a good source of fat, you can use them interchangeably with other fatty foods....foods such as butter, oils, cream, chocolate and bacon that aren't so plentiful now.

Probably peanut butter offers the most convenient way to use peanuts in the place of other fats. You can substitute peanut butter for part or all of the fat called for in some recipes. For example, you can substitute peanut butter for half the fat in biscuits or in cup cakes and get delicious peanut baking powder biscuits



and peanut cup cakes. You can use peanut butter entirely in the place of other fat when you make peanut drop cookies.

And speaking of using peanut butter in the place of other fat, that reminds me. Have you ever tried cream of peanut butter soup? It's simply a thin white sauce made with milk, flour for thickening, peanut-butter for enriching and seasoning and salt and pepper. Cream of peanut-butter soup is delicious and nourishing for cold winter days. You'll find peanut butter is good in tomato and onion soups too. Just add enough to give richness and flavor. For bean soup, try adding finely chopped or ground peanuts.

I'm sure you can think of dozens of ways to use peanuts in salads. Roasted peanuts give an especially good flavor to salads made of chopped vegetables and pickles. They're good in fruit salads too and in the whipped cream dressing served with fruit salad.

A lot of you use chopped peanuts in stews you make of dried fruits. Have you tried cooking peanuts with carrots? Or do you put peanuts in candied sweet potatoes? They add to the richness and will help save other seasoning.

Awhile ago, I spoke of the peanut loaf as a main dish. It's very good for cool autumn days. You use the chopped nuts in the place of the ground meat. The other ingredients are about the same as in the meat loaf. That is, use chopped raw vegetables. Celery or green pepper or carrots are good for the nut loaf. They provide the crisp texture that's so appetizing. Then use a cereal like rice or breadcrumbs with a thick sauce to bind the ingredients together.

You'll find that you can make good nut loaf of chopped peanuts, carrots, breadcrumbs and tomato sauce. Just knead them all together with your hands. Mold them in a loaf and then pack the loaf tightly in a well greased pan. You can keep the loaf from sticking if you line the pan with paper. It takes about an hour to bake this kind of a loaf in a moderate oven.



Like meat, peanuts make good croquettes too. For peanut croquettes you'll want a softer and more moist mixture than you used in your meat loaf. You can get this by using a base of mashed potatoes or bean pulp or cooked cereal.

We were talking while ago about using peanut butter in breads and cookies. You can add chopped peanuts to receipes for biscuit, waffles and cookies with out other changes. Use a fourth to a half a cup of nuts to each cup of flour.

The nuts have a tendency to absorb moisture and make the nut bread or cookies dry. You can prevent this by putting the peanuts in boiling water for a few minutes. When you've drained the peanuts, just add them to the mixture in the usual way.

Since most of you have been using nuts in desserts more than any other way, I'll not take time to talk about peanuts in desserts, except to remind you that you can use peanuts in the same way you use pecans in pie filling. And peanut brittle makes a delicious flavor for ice cream.

There's no question about it. The peanut's a versatile food. And you can use peanuts in a variety of ways to add richness and flavor to your meals.

Might say it's good from "soup to nuts".

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