homemakers' chat
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U. S. DEPARTMENT OF AGRICULTURE

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QUESTION BOX
How cook pork liver?
Vitamins in canned grapefruit juice?
Heat rolls without oven?
Keep mold off smoked ham?

ANSWERS FROM scientists of U. S. Department of Agriculture.

Today's mail is full of letters about food, so let's get right to work answering them with information from the scientists of the U. S. Department of Agriculture. First of all comes a question that says, "How can I cook pork liver so it won't have a strong flavor?"

To cook pork liver so it will have a delicate flavor, the home economists advise you to scald it before cooking. Pour boiling water over the liver, then drain it. Salt and pepper the meat, roll the slices in flour, and cook them slowly in a small amount of meat drippings, or any good-flavored fat. Cook until the outside of the liver is nicely brown and the inside has just lost its pink color. Liver can't stand high heat, or overcooking-- it gets tough and hard. So use only moderate heat, and don't over-cook liver, if you want it to be tender and juicy.

Of course you know how nutritious liver is, with its valuable iron and vitamins. Pork liver is down to just two ration points a pound now. And with a great deal of home butchering going on, many farm families can be having pork liver now too.

Most families like liver fried with bacon, or with onions, if you can get them. But if you're looking for a change, try scalloped potatoes and liver. For six servings, you sprinkle one pound sliced liver with salt, pepper, and flour ...brown the slices lightly in fat... and cut them in small pieces. Now pare and slice six or seven potatoes. Then make alternate layers of potatoes and liver in

a baking dish, seasoning each layer with salt and pepper, and topping off the dish with a layer of potatoes. If you have onions, you can put a few slices on each layer of liver. Cover with milk, and bake covered in a moderate oven for about an hour-— until the potatoes are tender. At the last, take the lid off so the top can brown.

You can use cooked rice, macaroni, or noodles in this dish, in the place of the sliced potatoes, if you prefer.

So much for liver. Now here's a letter from a nutrition-minded homemaker, who writes, "I'd like to serve canned grapefruit juice for breakfast, now that it is point-free. Will I be depriving my family of vitamin C by serving the canned juice in place of fresh grapefruit?"

Fresh grapefruit is richer in vitamin C than the canned grapefruit juice. But the canned juice nevertheless ranks very high in vitamin C content, so you won't be slighting your family's best interests if you serve them the canned juice Just recently almost two and a half million cases of canned grapefruit juice from the 1943 pack came on the civilian market, and this accounts for the fact that the juice is now point-free on the ration list. No doubt busy homemakers will find the canned juice quite a time-saver and convenience now that they can buy it without ration points.

From grapefruit juice, let's go on to our next letter, which says, "I've often wondered if there isn't some way to heat rolls on top of the stove. It seems such a waste of fuel to heat up the oven just to warm rolls for breakfast or dinner."

The home economists agree with this conservation-conscious housewife. It certainly isn't good fuel economy to turn on the oven just to heat rolls. Fortunately you can heat rolls on top of the stove, in a double boiler. Put the rolls in the top of the boiler. If they're dry, sprinkle them with a few drops of water. Cover the double boiler tightly, and let the rolls stand over hot water ten or fifteen minutes. The rolls will be hot and fresh-tasting.

Speaking of rolls, did you know that beginning next Sunday, January 16, you can buy more enriched baked goods? Of course all white bread has been enriched for a year, but after this week bakeries will enrich many more types of baked goods, including all bread in which they use white flour... coffee cakes... sweet buns... and plain rolls... and also doughnuts, crullers, and fried cakes.

And here's the last letter in today's mailbag. "Is there some way to keep mold from forming on smoked ham? Does the mold damage the ham?"

The meat specialists say that coating the surface of the ham with salad oil will slow up the growth of mold for several weeks. And if you have a sliced ham in the pantry or the refrigerator, salad oil is especially good for keeping down the development of mold on the cut surface of the ham.

Development of mold won't damage the meat provided the ham is well cured. The mold will form only on the surface, and you can get rid of any moldy flavor just by brushing or scrubbing off the mold.

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