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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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Vegetables in Abundance

Carrots, cabbage, cauliflower, white potatoes, and sweetpotatoes will be abundant in most parts of the United States during November. Industrial feeding managers will want to include white potatoes on their daily menus, and to serve the other vegetables frequently while they are plentiful.

Cauliflower

Cauliflower grown on Long Island will be plentiful this month in the markets of Northeast, Central West, and South. Cauliflower is delicious when properly prepared, but it often is ruined by overcooking and long standing on the steam table. Cauliflower is an excellent source of vitamin C, and when it is cooked for a short period about three-quarters of this vitamin is retained.

Cauliflower should be steamed for about 5 minutes or just until it is tender, and then seasoned and served immediately. Overcooking and long holding soften the texture, darken the color, and cause a strong flavor to develop.

Serve cauliflower buttered, with chopped parsley, creamed, or with hollandaise or cheese sauce.

Carrots

Selection - Good quality carrots are firm, fresh in appearance, bright in color with smooth skins and even shapes. Most of the fall carrots are topped and packed in 50-pound bags. "Washed" carrots are clean and sell for a slightly higher price than the field run.

Nutritive Value - Carrots are a rich source of vitamin A and food service managers who want to couple vitamin value with dollar economy will do well to include carrots frequently on their menus. Little of the vitamin A value of carrots is lost in cooking, so they are nutritious whether served cooked or raw.

Sales Appeal - Carrots are a popular vegetable and have increased greatly in popularity during the last 5 years, as evidenced by the fact that the present rate of consumption is more than three times that of 1940.

Carrots have become almost indispensable in large quantity cookery because they add color and flavor to soups and stews, and color and crispness to salads and relish trays.

5.

Baked fish
Scalloped potatoes*
Shredded cabbage*, tomato, and green
pepper salad
Enriched bread with butter or forti-
fied margarine
Lemon meringue pie
Milk

7.

Roast veal shoulder
Browned sweetpotatoes*
Parsley buttered cauliflower*
Enriched bread with butter or forti-
fied margarine
Baked caramel custard
Beverage

9.

Chicken pie
Buttered carrot* strips
Parsley buttered potatoes*
Whole-wheat bread with butter or
fortified margarine
Banana ice cream
Beverage

11.

Corned beef with cabbage*
Steamed potatoes*-in-jackets
Crisp carrot* sticks
Enriched bread with butter or forti-
fied margarine
Fruit cup with peanut butter cookie
Milk

13.

Baked eggs with cheese sauce
Baked potato*
Shredded carrot*, apple, and raisin
saled
Enriched bread with butter or forti-
fied margarine
Chocolate cake
Beverage

6.

Spaghetti with meat balls
Baked acorn squash
Relish plate of celery curl, carrot
sticks*, rutabaga slices, green
pepper ring
Whole-wheat bread with butter or
fortified margarine
Chocolate pudding
Beverage

8.

Baked beans with salt pork
Shredded carrots* and cabbage*
salad
Fried eggplant
Whole-wheat bread with butter or
fortified margarine
Applesauce and molasses cookies
Milk

10.

Scalloped ham and potatoes*
Green beans
Head lettuce salad with Thousand
Island dressing
Enriched bread with butter or forti-
fied margarine
Apple Betty
Milk

12.

Fried oysters (or fish)
Potatoes* au gratin
Tossed green salad
Whole-wheat rolls with butter or
fortified margarine
Raspberry sherbet
Beverage

14.

Roast turkey with dressing
Mashed potatoes*
Buttered cauliflower*
Cranberry jelly
Enriched rolls with butter or
fortified margarine
Steamed fruit pudding with lemon
sauce
Beverage

Storing Perishable Foods

Perishable foods, such as dairy products, meats, fish, poultry, eggs, fruits, and vegetables, should be inspected and stored as soon as possible after delivery.

The quality of the food served in a plant cafeteria depends not only on the quality of food purchased but on the conditions under which it is stored, and the length of the storage period. Proper storage of perishable foods helps to decrease waste, and to preserve the appearance, flavor, and nutritive value of the foods. Not only should perishable foods be held under proper storage conditions but they should be placed in the refrigerators in such a way that the older foods will be used first.

Boxes and crates should be placed on racks or shelves in order to keep them dry and to allow for a free circulation of air.

Waste may be prevented by checking refrigerator supplies daily and adjusting the menu to include perishable foods that need to be used immediately.

Guide for Storing Fruits and Vegetables

1. Store fresh fruits and vegetables in a separate refrigerator at a temperature of 40° to 50° F.
2. Examine fresh produce carefully before it is stored and cull out over-ripe items.
3. Place crates of fruits and vegetables in an accessible position so that they may be used in rotation.
4. Do not stack crates of fruit and vegetables on the "bulge" side. Cross-stack them whenever possible to allow for a good circulation of air.
5. Use thoroughly ripened fruits and vegetables as soon as possible after they are delivered.
6. To ripen green fruits and vegetables, such as tomatoes, avocados, melons, peaches, and pears, place them in the dry storage room at a temperature of about 65° F.
7. Sort fruits frequently during storage and remove decaying pieces.
8. Do not remove paper wrappings from fresh fruits as they help to keep the fruit clean, prevent spoilage, and excessive drying.
9. Never store bananas in the refrigerator but keep them in the dry storage room--preferably at a temperature of 60° to 65° F.
10. Do not store sweetpotatoes, winter squash, and dry onions in the refrigerator. Store them in a well-ventilated room at a temperature of 40° to 60° F.
11. Store white potatoes away from the light in a moderately dry, well-ventilated room at a temperature of 40° to 60° F. Potatoes are susceptible to freezing and therefore should not be held in the refrigerator or where

Provide a slatted platform raised about 6 inches above the floor on which potato sacks can be cross-stacked. This will allow for a good circulation of air.

Sort potatoes once in every 2 weeks and remove those that are spoiled and sprouted.

Place potatoes which may have been exposed to low temperatures (35° F. or lower), and have developed a sweet flavor, in a room at about 65° to 70° F. for a week to restore the original flavor.

12. Hold frozen fruits and vegetables at a temperature of 0° to 10° F. Frozen vegetables should be used while still in a frozen state.

Defrost frozen fruits for 24 hours at a temperature of approximately 40° F. and use them immediately after defrosting. Thawed fruits and vegetables should never be refrozen.

The storage of meats, dairy products, and staples will be discussed in later issues of "Serving Many."

Care of Refrigerators

1. Keep refrigerators immaculately clean. Wipe up foods spilled on floors or shelves, immediately.
2. Wash the walls and floors of refrigerators at least once a week with hot, soapy water. Remove shelves and scrub them thoroughly with a stiff brush.
3. Flush out drain pipes and traps at least once a week with hot water. Keep drains free from dirt and open at all times.
4. Be sure that doors fit tightly and maintain a constant temperature in the boxes by opening the doors as seldom as possible.
5. Defrost pipes and fan grills when the layer of ice becomes about 1 inch thick. Accumulated ice on the pipes reduces the efficiency of the refrigerator.

The Use of DDT

There has been so much written about the insecticide DDT, used by the military forces during the war, that many industrial feeding operators have inquired about its use for killing cockroaches.

The experts in the Bureau of Entomology and Plant Quarantine tell us that, although DDT will kill roaches, they believe that pyrethrum is a better product to use for this purpose. The choice of pyrethrum is made partly because it is not toxic to man, whereas DDT in sufficient quantity is known to be poisonous.

Pyrethrum is a powder made from the blossoms of a rare plant. It is used either as a dust spray or as a petroleum-base spray. It kills the insect by asphyxiation immediately on contact.

During the war the supply of pyrethrum was reduced as Japan had been its largest producer, and the supplies from other sources were being used for military purposes. On September 30, 1945, pyrethrum was released from control by the War Production Board, and a good supply will soon be available for use in industrial feeding establishments.

