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HOMEMAKERS' CHAT

TUESDAY, May 20, 1941

(FOR BROADCAST USE ONLY)

Subject: "QUESTIONS AND ANSWERS," Information from the Office of Experiment Stations, U. S. Department of Agriculture.

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Here's Tuesday again and another bagful of letters waiting for answers.

The answers today come from scientists at different State experiment stations.

The first letter comes from a young housewife who wants to know how to cook beef tongue, but she doesn't say whether it's fresh tongue, or smoked or pickled tongue.

Well, the principles of cooking are the same, with any kind of tongue, according to food scientists at the Minnesota Experiment Station. Tongue is not one of the tender meats. It needs long slow cooking in water to make it tender. Fresh beef tongue can go directly into the kettle. Smoked tongue or pickled tongue are better with a couple of hours soaking in cold water first. One other difference in cooking is that fresh tongue tastes better if it cooks in salted water. Smoked and pickled tongue need no extra salt.

Here's how to prepare fresh tongue. Wash it first--thoroughly. Then cover it with slightly salted water--one teaspoon of salt for each quart of water. Simmer until tender. A large beef tongue will need 3 to 4 hours of cooking. A small pork, lamb or veal tongue will need only one to one and a half hours. After cooking remove the skin from the outside of the tongue.

As for smoked tongue and pickled tongue, they need a couple of hours soaking. Then they go into a kettle with enough cold water to cover. Bring the water to the boiling point, and pour it off. Add fresh water and simmer

the meat until tender.

Tongue makes a number of excellent dishes. It is good served hot with tomato sauce or ripe olive sauce. It is good served cold or jellied in hot weather. Let the tongue chill in the water it cooked in. Then pour off the liquid for use in gravy, sauce or soup.

Here's a recipe from the Minnesota Station for making jellied tongue: Chill the tongue and save the liquid it cooked in. Pour a half cup of the cold liquid over 3 tablespoons of granulated gelatin. While the gelatin softens, heat 5 cups of the liquid. Pour the hot liquid over the gelatin to dissolve it. Then pour this over the tongue in a mold. Set the mold away in the refrigerator for a few hours to become firm.

So much for tongue. Now here's a question about carrots. A housewife who is already planning next winter's supply of food wants to know which saves the most food value: canning carrots or storing them in the cellar.

Carrots are chiefly valuable for the vitamin A they contain. Several experiment stations have tested carrots fresh, canned, frozen or stored for their vitamin A. The Massachusetts Station found frozen carrots very rich in vitamin A. Other stations report canned carrots good in this vitamin. And the Tennessee Station found that carrots harvested in the fall and kept in cellar-storage lost much of their vitamin A by spring. So if you value your vitamins, you'll want to preserve the young tender early carrots by canning or frozen storage rather than wait until fall to store the "winter" carrots.

Another letter here asks about vitamin A in green soybeans and dry soybeans.

Green soybeans contain more vitamin A than the dry beans. The Alabama station suggests that you eat soybeans right out of the garden while they're

green to get the most vitamin A. While the beans are green and fresh is the time to can them, too.

So much for questions about vitamins and vegetables. Now here's a question about washing with "soapless soap." A housewife says: "My big problem on wash-day is hard water. Our water is so hard that I can hardly get any lather no matter how much soap I use. Bits of sticky curd get all over the clothes and is almost impossible to get off by rinsing. Can you tell me whether the new soapless soap advertised nowadays really does a good job of laundering in hard water?"

Scientists at the Montana Station have recently tested some of these soap substitutes. Here's what they report about them. They say: Much of the water in Montana is hard. Soap added for laundering forms an undesirable curd of insoluble calcium and magnesium soaps. As a result there has been a need for some economical, satisfactory water softener, or some new type of cleansing material. Recently sulfated or sulfonated fatty alcohols have appeared on the market as substitutes for soap. The claim is that they have great sudsing power and are useful in either hard or soft water. This Station used them for laundering cotton, linen, silk, rayon, and wool garments with them. The tests showed they make excellent suds but unfortunately they do not remove the soil as well as soap does.

That's all the questions for today.

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