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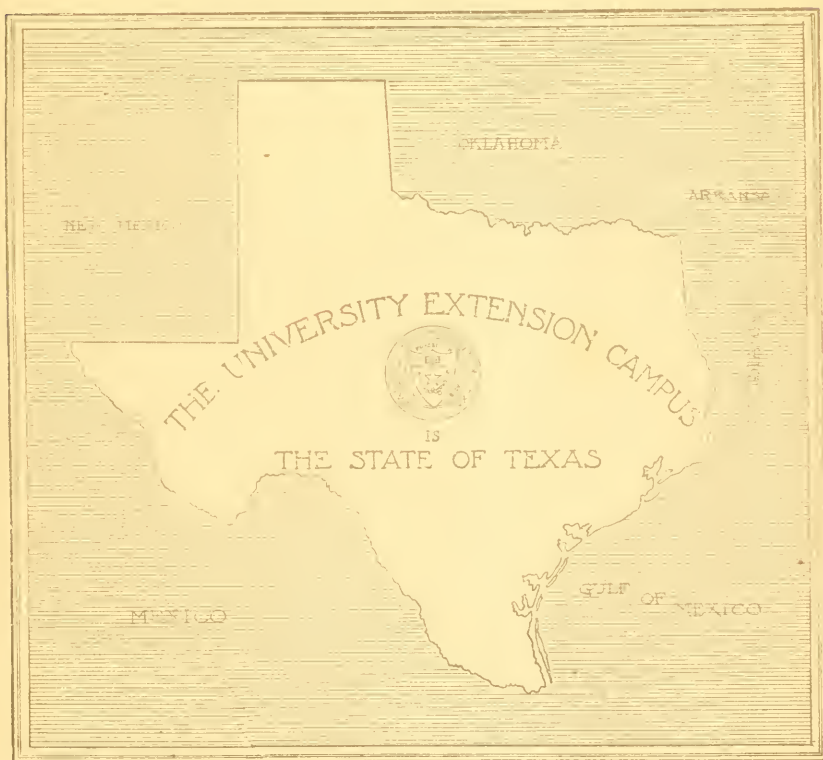
DEPARTMENT OF EXTENSION

## The Uses of the Peanut on the Home Table

BY

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The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government.

Sam Houston

Cultivated mind is the guardian genius of democracy. . . . It is the only dictator that freemen acknowledge and the only security that freemen desire.

Mirabeau B. Lamar

D. of D.  
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## The Uses of the Peanut on the Home Table

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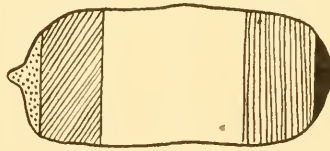
*The peanut is not a nut.* We have too often thought of the peanut as a part of the circus or street parade, and have been misled by the latter half of its name and used it as we would nuts. The peanut is not a nut. It is a pea, and belongs to the same family as the common pea and bean. The term *nut* was applied to it on account of its flavor, which is similar to that of many of the true nuts. The object of this bulletin is to point out the true food value of the peanut and to show how it can be used in our dietary.

*The composition of the peanut.* The peanut deserves to hold the same high rank among the foodstuffs used by man as do beans and other peas. Peanuts, like peas and beans, are a concentrated food. They contain more fat and less starch than the other legumes, but have about the same amount of protein, or muscle building food. The diagrams illustrate the comparative composition of these various legumes.

*The high value of the peanut as a muscle building food.* As indicated by the diagrams, the legumes have a high nutritive value and contain a large per cent of protein or muscle building substance. Few of our vegetable foodstuffs contain more than 10 per cent to 15 per cent protein, while the legumes have from 20 per cent to 30 per cent in their many varieties. The protein, or muscle building food, is a daily necessity in our diet and in the form of meat or eggs or cheese, is one of the most expensive food substances. The use of the peanut which is so rich in protein is therefore strongly to be recommended to those to whom economy is important. It is, especially when raised at home, a comparatively cheap source of protein. The following diagram illustrates the food value and economy of the peanut compared with other staple foods.

# PEANUT

(NOT A TRUE NUT)

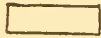


## PERCENTAGE COMPOSITION



25.8

PROTEIN



38.6

FAT



22.4

CARBOHYDRATES



2.0

ASH



9.2

WATER

## FUEL VALUE

### 2500 CALORIES

### PER POUND.

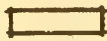
# DRIED PEA



## PERCENTAGE COMPOSITION



21.0



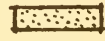
.18



55.4



2.6



1.3.0

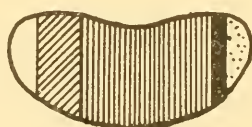
PROTEIN · FAT · CARBOHYDRATES · ASH · WATER

## FUEL VALUE

1611 CALORIES

PER POUND

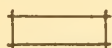
# DRIED BEAN



## PERCENTAGE COMPOSITION



25.5



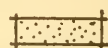
1.7



50.9



3.3



13.1

PROTEIN · FAT · CARBOHYDRATES · ASH · WATER ·

## FUEL VALUE

1565 CALORIES

PER POUND



FOOD VALUE OF THE PEANUT COMPARED WITH OTHER STAPLE FOODS.

Staple Foods	Assumed Cost per Pound	Cost of 1,000 Calories of Energy	Amount for 10c			
			Fat	Protein	Carbo-hydrates	Energy Calories
			Lbs.	Lbs.	Lbs.	
Peanuts -----	7.00	3.06	.45	.31	.20	2,767
Porterhouse steak-----	25.00	22.05	.07	.07		444
Whole milk-----	.05	12.00	.10	.08	.13	815
Beans, dried-----	.05	3.01	.03	.45	1.19	3,210
Potatoes -----	.02	6.04		.09	.74	1,550
Cheese -----	16.00	7.05	.23	.17	.03	1,330

10c worth of peanuts have a calorie value equal to-----

- {62c worth of steak.
- {34c worth of milk.
- {20c worth of cheese.
- {18c worth of potatoes.
- {9c worth of beans.

*Peanuts are not indigestible if properly used.* Peanuts are thought by many to be indigestible. They have gained this reputation because usually they have been improperly prepared and eaten in large quantities after a hearty meal or between meals, or late at night. They are, as a rule, poorly masticated. The peanut therefore has caused digestive troubles and fallen into disrepute because of its abuse rather than its use.

*Rules for preparing peanuts.* The peanut, in order to be properly digested, should be regarded as a rich leguminous food, should be properly prepared, and used only in its proper place as any other member of the legume family is used. In the use and preparation of the peanut, the following things should be kept in mind: (1) Peanuts are high in protein and consequently take the place of meat in the dietary. (2) Peanuts are high in fats and can be used in place of other fats. For example: peanut sandwiches may be prepared without the addition of butter, and peanut bread does not need shortenings as the peanut furnishes a sufficient quantity of fat in both instances. (3) Peanuts contain raw starch and therefore must be cooked before they are digestible. They can be parched as roasted peanuts, or they may be prepared as are the peas and beans. The same pleasant flavor does not develop, however, when they are cooked in the latter way. (4) Peanuts are a highly concentrated food and should be thoroughly broken up before reaching the stomach. This may be accomplished by thorough mastication or by chopping or

grinding. When a food substance reaches the stomach in a state of fine division it is more quickly digested and more thoroughly utilized.

*Reasons for using peanuts in the dietary.* There are many reasons why the peanut should be a valued food, especially in Texas. (1) They are easily produced on the farm, and hence are very economical. (2) They can be easily kept for long periods. (3) Many products can be made from them, such as peanut butter, peanut meal, peanut oil and peanut flour, hence they offer a pleasing variety in the dietary. (4) They are a valuable and convenient food for school children. The peanut butter sandwich, once or twice a week in the dinner pail is better than the thick slice of ham or fried pork. A bowl of hot peanut soup for the noon luncheon at school will go further in giving strength to prepare the afternoon recitations than the customary cold meat, cold fried eggs, and soggy biscuit. In using the peanut in the dietary of children, it should be ground or pounded to insure a thorough breaking up. (5) Peanuts are a good substitute for meat. Meat should not be eaten at every meal. Eating too much meat causes many of our common ills.

#### RECIPES.

The following recipes indicate a few of the ways in which peanuts may be used as a food in the home :

##### *Peanut Butter.*

By a little experience and the aid of a small meat grinder, anyone can make good peanut butter for home use. The peanuts may be roasted before or after shelling, but in either case the oven should be only moderately hot and the peas should be stirred frequently. After roasting, rub off the skins. In grinding use the finest plate on the grinder and screw up the tension until the crank will be quite hard to turn. If the pulp is too coarse after one grinding, it may be run through a second time. It will not be necessary to add anything but a little salt to the butter, but, if desired, the butter may be thinned by the addition of a little olive or peanut oil. The peanut butter made this way will, if kept in a cool place, keep several weeks, but will not keep

indefinitely. There are on the market grinders made especially for preparing peanut butter. These grinders do not crush so many of the oil cells in the peanut and the butter keeps fresh a longer time. Should you wish to perfect the making of peanut butter in the home, write The Department of Agriculture, Washington, D. C., for The Farmers' Bulletin No. 431, on "The Peanut," by W. R. Beattie.

*Nut Bread.*

2½ cups of flour.\*  
2½ teaspoons baking powder.  
1 teaspoon salt.  
⅓ cup of sugar.  
⅔ cup of milk.  
1 egg, well beaten.  
1 cup chopped roasted peanuts.

Sift flour and baking powder; add salt, sugar, and nut meats. Beat egg well, add milk to it and mix with dry ingredients. Put in pan and allow to stand ten minutes. Bake in moderate oven.

*Peanut Biscuit.*

2 cups flour.  
¾ cup of ground roasted peanuts.  
4 teaspoons baking powder.  
1 teaspoon salt.  
¾ cup of milk.

Sift salt, flour and baking powder together. Add nuts and milk to make a stiff dough. Roll on a floured board to about ¼ inch thickness, cut and bake in a hot oven.

*Peanut Buns.*

Use the baking powder biscuit dough, the recipe for which is given below. Roll to about ⅛ inch thickness; cut into pieces about three inches square, place a tablespoon of peanut butter in the center; fold up the sides about it and bake.

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\*All measures in this and all other recipes are level measures.

(These are convenient and good sandwiches for the lunch basket.)

*Baking Powder Biscuit.*

2 cups of flour.  
4 level teaspoons baking powder.  
1 teaspoon salt.  
2 to 4 tablespoons shortening.  
 $\frac{3}{4}$  cup of milk.

Sift flour, baking powder and salt and put in fat. Add milk, stirring as little as possible. Pat into shape on floured board, roll  $\frac{1}{4}$  inch thick, cut and bake.

*Peanut Milk Toast.*

Toast six slices dry bread.  
Butter toast with peanut butter.  
Make thin white sauce and turn over bread.

*White Sauce.*

$1\frac{1}{2}$  tablespoons flour.  
2 table spoons butter.  
1 cup of milk.  
 $\frac{1}{2}$  tablespoon salt.

Put butter in saucepan, stir until melted and bubbling; add flour and salt and stir until well blended. Pour on gradually the milk, adding about one-third at the time until well mixed, then beat until smooth and glossy. If a wire whisk is used all the milk may be added at one time.

*Peanut Sandwiches.*

1. Shell and peel off inner skin of roasted peanuts, then chop very fine and stir them quickly in mayonnaise dressing and spread between thin slices of bread.

2. Shell and peel off inner skin of roasted peanuts, then chop very fine and spread them quickly on slices of buttered bread; sprinkle lightly with salt before putting slices together.

3. Shell and peel off inner skin of roasted peanuts, then chop very fine and mix with enough cream cheese to hold them together; season and spread this on good sized square crackers or bread and serve with lettuce salad, or as a luncheon sandwich.

4. Follow same directions for preparing nuts as given in 1, 2 and 3. Add enough salad oil to make a smooth paste; add lemon juice in the proportion of  $\frac{2}{3}$  spoon of lemon juice to 3 spoons of olive oil. Salt to taste and use as sandwich filling.

5. Dilute 4 tablespoons peanut butter with 3 tablespoons boiling water. Add  $\frac{1}{4}$  teaspoon salt. Beat well and spread on thin slices of bread.

*Peanut Soup No. 1.*

1 $\frac{1}{2}$  pints of peanuts.  
3 quarts of water.  
1 bay leaf.  
 $\frac{1}{2}$  cup celery.  
1 slice of onion.  
1 quart of milk.

Peanut soup is made like a dried pea soup. Soak peanuts over night in two quarts of water: in the morning drain, add remaining water, bay leaf, celery and onions; boil this slowly four or five hours, stirring frequently to prevent burning, or boil fifteen minutes and place in fireless cooker over night. Rub through sieve and return to fire. When again hot add the milk and let the soup boil up; then season and it is ready to serve.

*Peanut Soup No. 2.*

2 tablespoons butter.  
2 tablespoons flour.  
4 cups of milk.  
1 cup roasted peanuts, or  
 $\frac{1}{2}$  cup peanut butter.  
1 $\frac{1}{2}$  teaspoons of salt.

Run peanuts through food chopper. Make a thin white sauce of the butter, flour, milk and salt as per directions given under

“Peanut Milk Toast.” Add chopped peanuts to the sauce. Bring to a boil and serve at once. Where the butter is used, thin it gradually with a part of the sauce to prevent lumping.

*Baked Peanuts.*

1 quart raw shelled peanuts.  
 $\frac{1}{4}$  cup of molasses.  
 1 tablespoon of salt.  
 $\frac{1}{4}$  tablespoon of ginger.  
 Water.

Blanch one quart of raw shelled peanuts by dipping in hot water until the skins can be rubbed off with the fingers. Soak over night. In the morning boil for twenty minutes; add  $\frac{1}{4}$  cup of molasses, 1 tablespoon of salt,  $\frac{1}{4}$  tablespoon of ginger. Put in bean pot, covered with water, and bake slowly for four or five hours, or until tender. Or put into fireless cooker for five to seven hours, and remove to oven for thirty minutes to brown done.

Any baked peanuts left over may be rubbed through a sieve and used for making soup.

*Peanut Turnips.*

Slice turnips in rounds, throw into rapidly boiling water or meat stock and cook until tender. Place layer of turnips in bottom of buttered baking dish, sprinkle over these chopped roasted peanuts, and pour over this peanut butter thinned with warm water to consistency of cream. Repeat until dish is filled. Cover with bread crumbs. Season each layer with salt and pepper. Bake in the oven for about fifteen minutes, basting every little while with peanut butter thinned with a little hot water.

*Peanuts and Rice.*

$\frac{3}{4}$  cup uncooked rice.  
 1 cup chopped roasted peanuts.  
 1 pint white sauce.

Boil rice until thoroughly tender in salted *boiling* water and

drain. Make a cream sauce, using one pint of milk, four tablespoons of butter and four tablespoons of flour. Heat the butter, stir in the flour, and cook a few minutes (be careful not to burn); then add the milk, heated. Boil for three minutes and season with one teaspoon of salt. Put bits of butter in the bottom of a baking dish or pan, add about half the rice, a generous sprinkling of peanuts, and about half the cream sauce. Repeat this, beginning with the butter, then the rice, cheese, and cream sauce. Cover with bread crumbs and brown in a hot oven. Serve at once. Where one is in a hurry or the oven is not hot, simply add peanuts to the white sauce and turn this over the cooked rice.

*Potato and Peanuts.*

6 medium sized cold boiled potatoes.

2 cups white sauce.

1 cup chopped roasted peanuts, or  $\frac{1}{2}$  cup peanut butter may be used.

*White Sauce.*

4 tablespoons butter.

4 tablespoons flour.

2 cups milk.

Cut cold potatoes into cubes and mix with white sauce, to which the peanuts have been added. Put in a buttered baking dish, cover with bread crumbs, heat in oven until crumbs are light brown. Serve in baking dish.

*Peanut Loaf 1.*

1 cup roasted peanuts.

2 cups bread crumbs.

$\frac{1}{4}$  cup melted butter.

$\frac{1}{2}$  teaspoon onion juice.

1 egg.

$\frac{1}{2}$  teaspoon salt.

$\frac{1}{4}$  teaspoon pepper.

Milk.

To the peanuts, bread crumbs, melted butter, beaten egg, onion juice, salt and pepper, add enough milk to make a moist

loaf. Stir all these well together and add more seasoning if required. Put into a buttered tin or mold, bake for one hour in a moderate oven, covering the first half of the time. During the cooking, baste three times with melted butter. Turn out on a hot dish, sprinkle with chopped peanuts and serve with brown sauce.

*Peanut Loaf 2.*

- 1 large potato.
- 1 cup roasted peanuts.
- 1½ cups bread crumbs.
- 2 eggs.
- 2 tablespoons butter.
- 1 small onion.
- 1 cup hot water.
- 1 pint strained tomatoes.
- 1 teaspoon salt.

Grind the nuts, potato and onion. Add hot water, crumbs, butter, and salt, form in loaf, place in pan and turn. Pour tomato juice over it. Bake in moderate oven, occasionally basting with the tomato juice.

*Peanut Macaroni.*

- 1 cup macaroni.
- 2 cups medium white sauce.
- ½ cup peanut butter.
- ½ teaspoon salt.

Wash and break macaroni into short lengths, cook in salted boiling water until tender. Make medium thick white sauce and carefully add peanut butter. Put bits of butter in bottom of baking dish, add a layer of macaroni, cover with sauce and repeat; cover with crumbs and brown in a quick oven. Serve hot.

*White Sauce.*

- 2 tablespoons butter.
- 2 tablespoons flour.
- 1 cup milk.
- ½ teaspoon salt.

Melt butter, add flour and cook three minutes. Then add milk



gradually, stirring until it thickens. Add salt just before serving.

*Tomatoes Stuffed With Peanuts.*

- 6 ripe tomatoes.
- $\frac{1}{2}$  cup bread crumbs or cooked rice.
- $\frac{1}{2}$  cup chopped roasted peanuts.
- 1 teaspoon salt.
- 1 tablespoon butter.

Peel tomatoes, slice off top, and scoop out the center. Mix this center with crumbs, peanuts, salt and butter. Sprinkle inside of tomato with salt, fill with the mixture, replace top, and bake on a buttered ring of toast or slice of cold molded rice.

*Brown Sauce.*

- 2 tablespoons butter.
- $\frac{1}{2}$  slice of onion.
- 3 tablespoons flour.
- 1 cup brown stock.
- $\frac{1}{4}$  tablespoon salt.
- $\frac{1}{8}$  tablespoon pepper.

Cook onions in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with the seasoning, and stir until brown; add stock gradually and cook until it begins to thicken.

*Peanut Chops.*

- 4 tablespoons peanut butter.
- 6 tablespoons cream.
- 1 egg.
- 6 slices of bread.
- Cracker crumbs.

Trim all crusts off the bread, spread the bread with peanut butter; cut each slice into three oblong pieces; beat the egg and add the cream. Dip the bread into the egg and cream mixture

and then into the cracker crumbs. Place in a greased pan and bake in a hot oven until brown.

*Banana and Peanut Salad.*

Banana	Chopped roasted peanuts.
Lettuce	Mayonnaise.

Place  $\frac{1}{2}$  banana on lettuce leaf, sprinkle with chopped nuts, and serve with mayonnaise.

*Lettuce with Peanut Dressing.*

Lettuce.	Peanut butter dressing.
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Crisp lettuce leaves. Serve with peanut butter dressing.

*Peanut Butter Dressing.*

2 eggs, beaten.  
 4 tablespoons vinegar.  
 2 tablespoons peanut butter.  
 4 tablespoons sugar.  
 1 teaspoon salt.  
 1 cup cream, whipped.

Cook together the vinegar, eggs, sugar, salt and peanut butter: cool. Add cream and serve on head of lettuce.

*Peanut Cake.*

$\frac{1}{4}$  cup butter.  
 $\frac{1}{2}$  cup peanut butter thinned with  $\frac{1}{4}$  cup milk.  
 2 cups sugar.  
 3 cups flour.  
 4 eggs.  
 1 cup of milk.  
 3 teaspoons baking powder.  
 $\frac{1}{2}$  teaspoon salt.

Melt butter, add peanut butter thinned with milk. Stir in

sugar, add egg yolks, milk and flour and stir well. Beat egg whites and fold into cake. Bake in layers as a loaf. Frost.

Coarsely ground peanuts may be added to White Mountain Frosting and used to ice a simple cake.

*White Mountain Frosting.*

1 cup sugar	White of one egg.
$\frac{1}{3}$ cup boiling water	1 teaspoon vanilla or
	$\frac{1}{2}$ teaspoon lemon juice.

Put sugar and water in sauce pan and stir to prevent sugar from sticking to pan. Heat gradually to boiling point and boil without stirring until syrup will thread when dropped from spoon. Pour syrup gradually on beaten whites of eggs and continue beating until right consistency to spread.

*Peanut Cookies.*

2 tablespoons butter.	$\frac{1}{2}$ cup chopped roasted peanuts.
$\frac{1}{4}$ cup of sugar.	$\frac{1}{2}$ cup flour.
1 egg.	2 tablespoons milk.
$\frac{1}{4}$ teaspoon salt.	$\frac{1}{2}$ tablespoon lemon juice.
1 teaspoon baking powder.	

Cream the butter, add the sugar and beaten eggs. Sift the flour and baking powder, add to the other ingredients. Then add milk, peanuts and lemon juice and stir until thoroughly mixed. Drop from teaspoon on buttered sheets one inch apart and place a half peanut on each. Bake twelve to fifteen minutes in a slow oven.

*Peanut Candy.*

1 cup sugar.
$\frac{1}{2}$ cup chopped roasted peanuts.

Heat the sugar in a hot oven or stir over the fire until melted. When it is melted move to the back of range and add peanuts, mixing them thoroughly with the syrup. Spread on a tin and

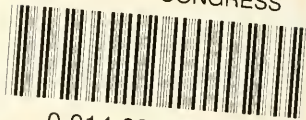
press into shape with knives. (The tin does not need greasing.)  
Cut into bars at once, as it hardens rapidly.

*Salted Peanuts.*

Blanch the jumbo peanuts. Heat 1 cup of Wesson's salad oil and drop in  $\frac{1}{3}$  cup nuts. Cook until a delicate brown color, remove to unglazed paper and sprinkle with salt.



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