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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

## QUESTION BOX:

How cook frozen beans?  
Waste fats still wanted?  
Lenten menus for two?

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U. S. DEPARTMENT OF AGRICULTURE

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Thursday, March 2, 1944.

Home economists of the  
Department of Agriculture

Today's mail brings a fresh batch of wartime food questions---one on the new frozen canned beans, another on saving fat, and a third about quickly cooked foods suitable during Lent. Food specialists of the U.S. Department of Agriculture answer these questions.

The first homemaker says: "I notice frozen baked beans are ration-free. Do you cook the frozen beans the same way you cook canned baked beans?"

The home economists say the method of cooking varies with different brands. Some frozen beans have molasses added. Others are packed with tomato sauce. However, all of these have been cooked thoroughly before they were packed and frozen. They just need to be reheated. Put the package of frozen beans in a covered saucepan with 2 tablespoons of water, and heat them on top of the stove. When the frozen baked beans are packed in tomato sauce, continue heating in the covered saucepan slowly for about 15 minutes after the beans are thawed.

If you want the beans to seem like old-fashioned baked beans, you'll have to allow more time. The beans packed with molasses are particularly good for this. And you may want to add more molasses, or other flavors, such as chili sauce, mustard, or onion, or a little extra salt pork or bacon,

Don't thaw the beans before you put them into the bean pot to go in the oven. Add the flavoring after the oven has thawed the beans. Then cover the pot and let the beans cook an hour or more or until the added flavor is well blended. When the beans are thoroughly heated and flavored, lay one or two slices of bacon across the top of the pot. Continue cooking until the bacon is done and the beans are slightly brown on top.



If frozen beans thaw when you bring them home, don't attempt to refreeze them. Heat them thoroughly right away. Then if you wish you can keep them for a reasonable time, in the refrigerator.

From beans let's go to the next question, as to whether we are still asked to turn in waste fats.

Yes, indeed. Officials of the OPA say the plan of giving housewives two meat-fat ration points for each pound of waste kitchen fat has more than doubled the weekly quantity of fats turned in for war purposes, but the armed forces still need sulphur drugs, explosives, and other war materials made from fat.

You receive not only two red points for each pound of fat you turn in, but you are allowed the ceiling price of four cents a pound for the fat. You can apply both the points and the four cents on the meat you buy when you bring the fat, or take two red tokens and four cents in cash. The butcher can't accept less than half a pound of fat at a time. You can use a tin or cardboard container for the fat, but not glass. You do have to render the fat.

Although homemakers are now turning in waste fats at the rate of 200 million pounds a year, officials estimate we need 230 million pounds a year. So keep bringing in the surplus fat!

Now for a meal planning problem. This homemaker says: "During Lent I would like to serve more meals with other foods than meat for the main dish. But it's not easy to plan meals for just two people that I can cook after I come home from work."

In reply to this question we suggest you consider the possibilities of fresh fish and shellfish. All through Lent fish are plentiful in the market. Buy local varieties when you can---and try new kinds. The home economists say you can bake, boil, or fry almost any ordinary fish, and some you can broil. Never actually boil fish. Just simmer it, wrapped in a piece of clean cheese cloth to keep it together.



Solid fillets of fish like haddock, flounder or sole are fine dipped in egg and crumbs and pan-fried. If you have any cooked fish left over, pick it from the bones and use it for a second dinner---in patty cakes, scalloped dishes, croquettes, chowders or salads. Make it go farther with rice, mashed potatoes or spaghetti, and a well-seasoned white sauce. You can often buy shrimp and crab meat already cooked and heat them in a white sauce.

None of these fish dishes take much time to prepare. Then you could use oysters and clams for quick stews and chowders. Or chop them up and scallop them, or put them in a fritter batter and fry like pancakes in a small amount of savory fat.

Cheese dishes are always good "alternates" for meat dishes when you can get or make the cheese. They are economical for two persons because you need buy only as much as you wish to use.

Some of the new soya products are another protein possibility. Look around for dried or canned soya beans, soya flour and grits, noodles and spaghetti containing soya, or muffin, waffle and pancake mixes made with soya flour or grits. They are all rich in valuable protein and when you add relatively small amounts of soya flour or grits to any dish you improve its protein value.

Peanuts and peanut butter can be the foundation for a number of filling and nourishing main dishes in combination with vegetables. Don't be afraid to experiment a little with recipes where you might add these materials.

And of course you can always have egg main dishes. Season them a little more pungently than when you have eggs for breakfast, or serve a tasty sauce with them, or combine them with something else---as with cheese in a souffle, or with vegetables in a loaf.

Surely among all these suggestions---fish, fresh and canned, cheese, soya products, peanuts and eggs, you can offer several meatless menus a week all through Lent and have no two of them alike.

