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The Most Inexpensive Foods Made Attractive

Mary A. Dolve
THE MOST INEXPENSIVE FOODS MADE ATTRACTIVE

by

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There is no breakfast dish that will start the boy and girl off to school in the morning or the grown folks to work, as well as a cereal cooked in milk and served with whole milk. The whole cereals are best. There are many cereals on the market, and they may be varied from time to time by the additions of different kinds of fruits such as dates, prunes, apples, etc., so there is no need of having the cereals become monotonous. Cooked breakfast cereals are not used as much as they should be.

WHOLE CEREAL WITH MILK IS AN ALL AROUND DISH BECAUSE:

1. Furnish protein.
2. Furnish fuel food (starch)
3. Furnish minerals.
4. Furnish vitamins, health and growth promoting substances.
5. Helps to prevent and correct constipation.

ATTRACTIVENESS OF CEREAL DETERMINED BY HOW IT IS COOKED:

The cereal foods contain a large amount of starch grains surrounded by fibrous tissues. The covering of the grain contains a large amount of this fibrous tissue and is readily seen in rolled oats. Thoroughly cooked starch is much improved in flavor and is much easier to digest. The cereals also contain protein which should not be cooked at a high temperature.
Cereals should, therefore, be cooked for a long time at not too high temperature because:

1. Long cooking develops the flavor.
2. Heat softens and ruptures the fibrous coverings of the starch grains so the digestive juices can act more freely on the starch.
3. Heat causes starch to be more easily digested.

Cereals should be cooked so they are firm. This increases the chewing which means more thorough mixing with saliva, the first digestive juice to act upon starch.

COOKING OF CEREALS

1. Double Boiler - The cereal is cooked in the upper part of the double boiler directly over the fire for five or ten minutes. Then it is placed over the hot water in lower part of the boiler and cooked for 2 hours or longer. The cereal can to good advantage be cooked while making the supper and reheated the next morning.

2. Fireless Cooker - Very desirable as cereals require a long slow cooking and makes possible a saving in attention and fuel.

3. Proportion of cereal and water or milk. No general rule can be given as the kind of cereal, method of manufacture (whether ground or whole), whether it is cooked in the fireless cooker or directly over the fire, consistency desired, etc., are factors that determine the amount of water used.

4. Time required for cooking. Different cereals require different lengths of cooking depending largely upon the way it is manufactured.

GENERAL TABLE FOR COOKING CEREALS.

<table>
<thead>
<tr>
<th>Kind of Cereal</th>
<th>Amount of Cereal</th>
<th>Amount of Water or Milk</th>
<th>Time of Cooking Double Boiler</th>
<th>Time of Cooking Fireless Cooker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grains</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td>1 cup</td>
<td>3-4 cups</td>
<td>3-8 hours</td>
<td>Overnight</td>
</tr>
<tr>
<td>Barley</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheat, etc.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Geranules</td>
<td>1 cup</td>
<td>2 cups</td>
<td>1-3 hours</td>
<td>Overnight</td>
</tr>
<tr>
<td>Granulated</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornmeal, etc.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flakes</td>
<td>1 cup</td>
<td>2 cups</td>
<td>1-3 hours</td>
<td>Overnight</td>
</tr>
<tr>
<td>Rolled Oats</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Puffins, etc.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Salt, 1/2 to 1 teaspoon for every cup of cereal used. If fireless cooker is used, use 1/4 to 1/2 cup less water than given in table.

Always start cereal in boiling salted water in top of the double boiler or instant of fireless cooker and cook directly over fire from 5 to 10 minutes, then place over boiling water in lower part of boiler or place in fireless cooker. Cook without stirring. The cereal is lighter, more nutty and less sticky when not stirred during the cooking process. For in-
Fruits such as dates, figs, raisins, prunes, may be added to breakfast cereals to vary them. Children sometimes will eat a serving with a few dates or prunes in it when they won't eat it otherwise.

CEREALS FOR LUNCHEON OR SUPPER DISHES

**Rice with Cheese Sauce**

- 1 1/2 c. milk
- 1/2 tbsp. flour
- 1/4 tsp. salt
- 2 tbsp. butter
- 1 1/2 c. grated cheese
- Cayenne pepper

Stir the flour and the salt smoothly into one-half cup of milk, heat the remaining milk carefully to the boiling point, preferably in a small frying pan. Add the butter, thicken with the flour mixture. Let all boil together about two minutes, and then set aside to cool slightly while grating the cheese. Add the cheese, and bring slowly to boiling, stirring constantly. Season highly with cayenne or white pepper and serve hot on boiled rice.

**Spanish Rice**

- 1 c. rice, white or brown
- 3 c. water
- 6 c. tomato
- 2 tbsp. butter
- 3 1/2 tbsp. salt
- 2 onions, (medium)
- grated or ground
- 2 pimientos, (cut fine)

Put the mixture on the stove and let come to a boil. When it boils, cover and set in the oven. Cook from 1 1/2 to 2 hours in the fireless cooker. If cooked in open dish, use 2 cups water.

**Hot Weather Luncheon Salad**

Rice and salmon in equal parts, with boiled or mayonnaise dressing.

**Macaroni Loaf**

- 1 c. cooked macaroni
- 1 c. soft bread crumbs
- 1/2 c. melted butter
- 3/4 c. salt
- 1 tsp. parsley, (If you have it)
- 3 eggs
- 1 c. scalded milk

Combine all ingredients down to eggs; then slightly beat eggs, add to them the milk, stirring constantly. Add egg and milk mixture to rest. Turn into a baking dish lined with buttered paper or buttered crumbs. Set the pan on folds of paper in a dish of hot water and bake in moderate oven 1/2 hours. Serve with tomato sauce.
Tomato Sauce

2 tb. fat
2 tb. flour
1 slice onion
1/2 ts. salt
1-16 ts. pepper
1 c. stove top and strained tomatoes

Melt fat, add dry ingredients and blend thoroughly. Cook tomatoes with slice of onion and add tomatoes gradually to fat and flour. Mixes tomato soup thickened, a little butter, and paprika added makes a good sauce.

Bran Bran

2 ts. fat
1/2 c. bran
1/2 c. flour
1/4 c. chopped nuts
1/4 c. chopped figs
2 tb. sugar
1/2 c. sour milk
1/2 ts. baking powder
1/2 ts. soda
1/4 c. boiling water
1/2 ts. salt
1/2 ts. cinnamon

Cream fat, add sugar and sour milk. Mix and sift dry ingredients; add nuts and fruits. Add bran and mix with first mixture. Bake in slow oven about 20 minutes.

Nut Bread

2 c. flour
1 c. sugar
6 ts. baking powder
1 c. milk
1 c. chopped nut meats
1/2 tch salt

Mix and sift dry ingredients. Add egg and milk, making a soft dough as for baking powder biscuits. Add nuts and turn into loaf pan which has been well oiled. Let stand 20 minutes. Bake in moderately hot oven 30 to 45 minutes.

Scalloped Cornmeal and Apples

1/2 c. yellow cornmeal
1/2 c. boiling water or milk
1 ts. salt
2 large apples
1 ts. sugar
1 tb. butter
1/2 c. boiling water

Add cornmeal to boiling, salted water; cook in double boiler one hour. Pare apples and slice thin. Arrange apples and cornmeal in alternate layers in a baking dish and sprinkle each layer with salt and sugar. Melt the butter in 1/4 c. boiling water, pour over the mixture and bake until apples are soft. Serve with butter or a syrup.

Cereals for Dessert

Oatmeal Cookies

1 egg
1/4 c. sugar
1/4 c. thin cream
1/4 c. milk
1 c. fine oatmeal
2 c. flour
2 ts. baking powder
1 ts. salt
Beat egg until light, add sugar, cream and milk; then add oatmeal, flour, baking powder and salt, mixed and sifted. Toes on a floured board, roll, cut in shape and bake in a moderate oven.

Rice with Strawberry Sauce

\[
\begin{align*}
\frac{1}{2} \text{ c. rice} & \quad 2 \text{ c. milk} \\
1\frac{1}{2} \text{ c. sugar} & \quad 1 \text{ box strawberries} \\
1-3 \text{ c. butter} & \quad \frac{1}{2} \text{ ts. salt}
\end{align*}
\]

Wash rice and cook in the milk until soft, adding \(\frac{1}{2}\) c. of sugar and salt. Remove the cover and allow the mixture to thicken. Pick over, wash and mash the strawberries. Add one-third cup sugar and set in a warm place for a couple of hours, in order to extract the juice. Make a hard sauce of the butter and the remaining sugar, and when ready to serve stir into it the strawberries.

Cereal Dainty

\[
\begin{align*}
1\frac{1}{2} \text{ c. cooked rice or whole wheat} & \quad \frac{1}{3} \text{ c. powdered sugar} \\
\frac{1}{3} \text{ c. fruit} & \quad \frac{1}{3} \text{ c. whipped cream}
\end{align*}
\]

Mix rice, fruit and powdered sugar, fold in cream. Chill before serving.

Chocolate Cereal Pudding

\[
\begin{align*}
1 \text{ c. rice or cream of wheat} & \quad 2 \text{ tb. cocoa} \\
5 \text{ c. milk} & \quad \frac{1}{2} \text{ ts. salt} \\
1 \text{ c. sugar} & \quad 3 \text{ eggs} \\
& \quad 1-6 \text{ ts. cinnamon}
\end{align*}
\]

Cook rice in scalded milk. When almost tender, add cocoa and sugar, salt and cinnamon, finish cooking. Fold in slightly beaten egg yolks, pour into an oiled baking dish. Cover with meringue and brown in oven.

Meringue

\[
\begin{align*}
2 \text{ egg whites} & \quad 4 \text{ tbl powdered sugar}
\end{align*}
\]

Fold sugar into stiffly beaten egg whites.

LEFT OVEN CEREALS

Cereals left over may be molded in bread pans and cut into slices. These may be either sautéed or fried in deep fat and served with crisp bacon, sausage, jelly or syrup.

Left over breakfast cereals that may be left over can be utilized in many ways, depending on the quantity.

A few suggestions are as follows:

<table>
<thead>
<tr>
<th>Bread</th>
<th>Hash</th>
<th>Pudding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal jelly</td>
<td>Meat Loaf</td>
<td>Soup</td>
</tr>
<tr>
<td>Croquettes</td>
<td>Muffins</td>
<td>Pancakes</td>
</tr>
</tbody>
</table>

REFERENCES:

- U. S. Dept. of Agriculture. F. B. #249 - Cereal Breakfast Foods
- U. S. Dept. of Agriculture. F. B. #617 - How to Select Food
- U. S. Dept. of Agriculture. F. B. #1228 - A week's food for an average family.
- U. S. Dept. of Agriculture. F. B. #1195 - Rice as Food.