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Mary A. Dolve

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South Dakota Cereals

MARY A. DOLVE, Specialist In Food and Nutrition

Cereals the world over are "the staff of life," because they are economical, nutritious, and have a mild flavor that combines well with other foods.

The production of cereals or grains plays a large part in the agricultural program of South Dakota. The cereals raised are of high quality, as are the cereal products manufactured within the state. Every homemaker should study her market and give preference to South Dakota products when all other factors are equal.

Food Value

"Grain products furnish 43 per cent. of the protein, 9.1 per cent of the fat and 61.8 per cent of the carbohydrates of the average American dietary." — Longsworthy.

All cereals contain some protein. Though it is not as efficient as the kind found in milk, eggs, poultry, fish and meat, its efficiency is greatly increased when milk is used with it. Starch is the most abundant food material in cereals, and it is used by the body to provide energy and warmth. Cereals also contain fat, which is mostly found in the germ. In addition, cereal foods having the outer layers of the grain and the germ supply minerals, vitamins and roughage. Whole cereals have a place regularly in the diet as a source for these elements. This is especially true if the diet is at all lacking in vegetables and fruits.

Cooking of Cereals

Cereals should be cooked for a long time at a temperature that is not too high, 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; and (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. Always start cereal in boiling salted water in top of the double boiler or inset of fireless cooker and cook directly over fire for 5 or 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 infants and very young children, cereals should be cooked 3 to 5 hours and strained because the fibrous tissue is too irritating to the digestive tract.

Salt. ½ to 1 teaspoon for every cup of cereal used. If fireless cooker is used, add ¼ to ½ cup less water than table directs.

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</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grains</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>
</tr>
<tr>
<td>Barley</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheat, etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Granules</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cream of Wheat</td>
<td>1 cup</td>
<td>4 cups</td>
<td>1-3 hours</td>
</tr>
<tr>
<td>Cornmeal, etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flakes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolled oats</td>
<td>1 cup</td>
<td>2 cups</td>
<td>1-3 hours</td>
</tr>
<tr>
<td>Pettijohns, etc.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Fruits, such as dates, figs, raisins and prunes may be added to breakfast cereals to vary them. Children sometimes will eat a serving with a few dates or prunes when they won't eat it otherwise.

Cereals that may be left over can be utilized in a good many ways depending on the quantity. A few suggestions are as follows: Bread, Cereal Jelly, Croquettes, Timbales, Hash, Meat Loaf, Muffins, Souffles, Pudding, Soup, Pancakes, Stuffed Tomatoes-peppers.

Whole Wheat Cooked in Steam-Pressure Cooker

Sort the grain and wash it thoroughly. Cover with water to one and one-half times its volume and soak overnight. Add ¾ to 1 teaspoon of salt for every cup of wheat used. Cook under 20 to 25 pounds pressure for one hour, or longer if grains are desired soft. Serve with cream or whole milk. Chopped dates may be added. This is an excellent cereal dish, rich in flavor and food value. The outer layers of the wheat are rich in vitamins and minerals.

Whole Wheat Canned in Steam-Pressure Cooker

Sort the grain and wash it thoroughly. Cover with water to one and one-half times its volume and soak overnight. Add ¾ to 1 teaspoon of salt for every cup of wheat used. Heat to boiling, pour it into hot jars and seal it immediately. Then put it in the pressure cooker and process 90 minutes at 15 pounds pressure for quart glass jars and 85 minutes at 15 pounds pressure for pint glass jars.
For breakfast, this canned cereal need only be heated. It is also very good to use in combination with other foods for desserts and luncheon dishes. It is splendid to keep on the shelf, not only because of its good food value but also because only a small amount of time is needed for its preparation.

**Luncheon Dishes**

**Tamale Pie**

2 cups cornmeal
6 cups water
1 tablespoon fat
1 pound Hamburg steak

Make a mush by stirring the cornmeal and 1 1/2 teaspoons salt into boiling water. Cook 45 minutes. Brown onion in fat, add Hamburg and stir until red color disappears. Add salt, pepper and tomato. A sweet pepper is an addition. Grease baking dish, put in layer of cornmeal mush, add seasoned meat and cover with mush. Bake one-half hour. Pie thus prepared serves six.

**Ham and Whole-Wheat Timbales**

2 cups canned whole wheat
1 cup milk
1 cup cooked ham (chopped)
3 eggs

Mix whole wheat, ham, beaten eggs and milk. Season with salt, pepper and parsley. Pour into buttered timbale cups and bake, surrounded by water, until mixture is firm in center. Turn out of cups and serve with a white sauce.

**Fried Wheat Cereal**

4 cups water (depending on kind of cereal used)

Pour wheat cereal slowly into rapidly boiling salted water. Cook fifteen minutes; pour into a bread tin, cool and slice. Fry bacon, then fry slices of wheat cereal in the bacon fat. This is especially delicious if slices are dipped in egg, then in uncooked coarse wheat cereal before frying.

**Whole-Wheat Casserole Stew**

1⅔ cups left-over meat cut in medium-sized pieces
¼ cup canned whole wheat
1 T. butter

Put all ingredients in a casserole and bake slowly, stirring frequently, until meat and vegetables are tender. Keep casserole filled with water and covered. Serve hot. The kind of vegetables and meat in this recipe may be varied according to taste. Any leftover gravy may be used.

**Whole Wheat and Ham**

Remove canned whole wheat from jar and work a good white sauce into the wheat. Fill a baking dish with alternate layers of this mixture and finely minced, boiled ham. Let wheat be the last layer. Spread with bread crumbs and dots of butter. Brown in the oven.
Whole-Wheat Sausage and Fried Apples

Put canned whole wheat in earthen baking dish and pour a little milk over the wheat. Dot top with bits of butter and set in oven until milk and butter are absorbed. Fry sausage and lay in center of wheat; fry slices of apples in sausage fat and lay around sausages on wheat. Serve hot.

Egg and Asparagus Loaf

1 can asparagus tips 1 egg
2 hard-cooked eggs 1 cup milk
1 cup liquid from can Salt and pepper
2 cups cooked wheat cereal or canned whole wheat

Line a mold with asparagus tips. Mix beaten egg with cereal, milk, asparagus water, salt and pepper; pour into mold and cook twenty minutes. Turn out and serve with an egg sauce. Garnish with hard-cooked eggs and parsley. Peas or spinach can be substituted for asparagus.

Corn Meal Souffle

½ c. corn meal 3 eggs
1 c. water 2 slices bacon or
½ c. milk ½ c. cooked, ground
1 t. salt meat

Cook corn meal in double boiler 30 minutes or longer; add cooked shredded bacon to corn meal; add milk and salt and add egg yolks beaten until thick. Add the whites of eggs beaten stiff, and cut and fold mixture together. Bake in a moderate oven.

Note: Salt and bacon may be omitted and 2 tablespoons sugar and ½ tablespoon raisins added. Serve as a pudding.

Salmon Loaf

1 cup canned whole wheat 2 eggs
1 can salmon Salt and pepper

Mix beaten egg and salmon with Cream of Wheat; season with salt and pepper; bake in a greased bread tin about forty minutes; serve with egg sauce and garnish with parsley.

Spanish Whole-Wheat

2 cups canned whole wheat 4 cups boiled water
2 cups canned whole wheat or 3 T. flour
¾ cup uncooked wheat cereal 1 green pepper, chopped
and 1 stalk celery, chopped
½ t. salt 1 sliced onion
1 small can tomatoes Salt and pepper
4 T. butter

Pour cereal slowly into boiling salted water, stirring constantly. Place in double boiler and cook. Cook onion, chopped celery and green pepper with tomatoes ten minutes. Melt the butter, blend with flour and add to the tomatoes; cook until thickened; and season with salt and pepper. Serve with heated canned whole-wheat or the cooked cereal.

Tomato-and-Cheese Salad

1 cup cooked wheat cereal Tomatoes
or canned whole wheat Salt and pepper
½ package cream cheese

Mix cereal, cheese and seasonings. Remove the centers of tomatoes and stuff. Serve with French dressing on lettuce.
Wheat Cereal and Salmon

1 can salmon
1 1/2 cups cooked wheat cereal
Cut chilled wheat cereal into 1/2-inch cubes; combine with
salmon and cooked egg and mix with dressing. Serve on crisp lettuce.
Canned whole-wheat can be substituted for cooked wheat cereal.

Pineapple and Cream of Wheat Salad

1 cup canned whole wheat
1/2 cup grated American cheese
Mix Cream of Wheat, cheese and seasonings. Shape into balls
and roll in the chopped nuts. Serve with sliced pineapple and
mayonnaise on lettuce.

DESSERTS RECIPES

Wheat Cereal Pudding

Recipe No. 1
1 1/2 cups cold, cooked cereal
1/2 cup milk
1 1/2 cup sugar
1/2 cup seeded raisins
1/4 tsp. cinnamon
A speck of ground cloves
Bake until brown, or heat on top of stove.

Recipe No. 2
1 cup cold, cooked cereal
1 tablespoon cornstarch
1 egg
1 cup milk
1/2 cup sugar
1/2 cup seeded raisins
1/4 teaspoon cinnamon
A speck of ground cloves
Bake in a medium oven until brown or heat on top of the
stove. Dried figs or dates or stewed fruit may be substituted for
the raisins in either of these puddings.

Apple Pudding

2 cups cooked wheat cereal
2 cups milk
1 cup sugar
Mix cereal with milk, beaten egg and sugar. Pour one-third
of cereal mixture into buttered baking dish, cover with apple rings,
sprinkle with sugar and nutmeg and dot with butter; repeat twice,
making three layered pudding with apples over the top. Bake in
moderate oven one-half hour and serve hot or cold with cream.

Prune Pudding

2 cups cooked wheat cereal
1 cup prune juice
1 cup prunes cut in quarters
Mix wheat cereal, beaten egg, sugar, liquid and prunes. Pour
into baking dish and bake twenty minutes. Serve hot or cold.
### Caramel-Nut Pudding

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup cooked wheat cereal</td>
<td></td>
</tr>
<tr>
<td>or canned whole wheat</td>
<td></td>
</tr>
<tr>
<td>½ cup sugar, caramelized</td>
<td></td>
</tr>
<tr>
<td>½ cup nut meats</td>
<td></td>
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</tbody>
</table>

Caramelize sugar, add boiling water and wheat cereal. Mix with beaten eggs, milk and nut meats, and cook in double boiler five minutes. Chill and serve with cream.

### Fig-and-Nut Pudding

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups cooked wheat cereal</td>
<td></td>
</tr>
<tr>
<td>½ cup chopped figs</td>
<td></td>
</tr>
<tr>
<td>½ cup chopped nuts</td>
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</tbody>
</table>

Mix ingredients together in order given and pour into buttered bread tin and bake thirty minutes.

### Whole-Wheat Sweet Custard

To a half-pint jar of canned whole-wheat add 2 cups hot milk, teaspoon of salt, half cup of sugar, 2 eggs well beaten and half a teaspoon of vanilla. Turn into a buttered baking dish, set dish in pan of hot water in oven and bake until the custard is set.

### Baked Apples with Wheat Cereal

(Or Canned Whole-Wheat)

Wash, core and remove about half the center of apples. Fill with cooked wheat cereal or canned whole-wheat, which has been buttered and slightly sweetened and add raisins (if desired). Sprinkle with sugar and bake until tender (about twenty minutes). Serve hot or cold with cream. (Canned whole-wheat is very good).

### Apricot Puree

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups cooked wheat cereal</td>
<td></td>
</tr>
<tr>
<td>½ cup apricot puree</td>
<td></td>
</tr>
</tbody>
</table>

Press apricots through a coarse sieve; add sugar, salt and cooked cereal or canned whole-wheat; line a mold with apricots and pour in Cream of Wheat mixture. Serve with cream.

### Escalloped Corn Meal and Apples

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ c. yellow corn meal</td>
<td>1 T. sugar</td>
</tr>
<tr>
<td>1½ c. boiling water</td>
<td>1 T. butter</td>
</tr>
<tr>
<td>1 t. salt</td>
<td>½ c. boiling water</td>
</tr>
</tbody>
</table>

Add corn meal to boiling salted water; cook in double boiler one hour. Pare apples and slice thin. Arrange apples and corn meal in alternate layers in baking dish and sprinkle each layer with salt and sugar. Melt the butter in ¼ cup of boiling water, pour it over mixture and bake until apples are soft. Serve with butter or syrup.
Date Sandwich

Date Mixture

One lb. dates. Remove stones and cook in as little water as possible. Sweeten to taste. Add chopped nuts or a little lemon juice, if desired.

Dough Mixture

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 c. oatmeal or canned whole wheat</td>
<td>2 c. flour</td>
</tr>
<tr>
<td>1 c. brown sugar</td>
<td>1 c. butter and lard mixed</td>
</tr>
<tr>
<td>1 t. salt</td>
<td>1/2 c. milk</td>
</tr>
</tbody>
</table>

Sift flour and mix first five ingredients thoroughly. Run in shortening, add milk, and mix. Divide dough into two equal parts. Roll one part 1/4-inch thick, being sure it becomes oblong in shape and just the size of the pan in which it is to be baked. Put it in pan. Spread with the date mixture. Roll other half and lay it on top. Bake in moderate oven. Cut in squares to serve.

OTHER RECIPES

Whole-Wheat Muffins

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. canned whole wheat or wheat cereal</td>
<td>1 T. melted butter</td>
</tr>
<tr>
<td>1 c. flour</td>
<td>1/2 t. salt</td>
</tr>
<tr>
<td>4 t. baking powder</td>
<td>1 c. milk</td>
</tr>
<tr>
<td>1 T. sugar</td>
<td>1 egg</td>
</tr>
</tbody>
</table>

Mix and sift dry ingredients and add milk, then wheat, beaten egg and melted butter. Pour into greased muffin tins and bake in hot oven about twenty minutes.

Corn-and-Rye Gems

Pour one-half cupful of boiling water over one cupful of corn meal and let stand for ten minutes. Sift one-fourth teaspoonful of soda into one cupful of whole-wheat flour, one cupful of rye flour and two teaspoonfuls of baking powder. Add one-fourth cupful of molasses to the softened corn meal and then stir in the dry ingredients, alternating with one cupful of milk. Add one teaspoonful of salt, one-fourth cupful of raisins rolled in one tablespoonful of flour, and two tablespoonfuls of melted shortening. Mix well. Bake in hot muffin pans at 400 degrees Fahrenheit for twenty-five minutes. This recipe will make eighteen gems.

Cornmeal Dumplings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Other Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups corn meal</td>
<td></td>
<td>Boiling water, Flour for dredging</td>
</tr>
<tr>
<td>1 t. salt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mix the meal and salt; pour boiling water over the meal and stir thoroughly, using water enough to make a thick paste. Form portions of the paste into flat dumplings about 3 inches in diameter. Have ready a kettle of boiling water. Drop the dumplings in carefully, cover and cook 20 minutes. These dumplings are often cooked with turnip tops or other greens, and with or without the addition of a ham bone or piece of fat pork. Some cooks dredge the dumplings with flour before boiling them.
Farina Gingerbread
(Or other similar wheat cereal)

\[
\begin{align*}
\frac{3}{4} \text{ c. cooked Farina} & \quad 3 \text{ t. ginger} \\
1\frac{1}{2} \text{ c. flour} & \quad 2 \text{ eggs} \\
\frac{1}{2} \text{ t. salt} & \quad \frac{1}{4} \text{ c. sour milk} \\
1 \text{ t. soda} & \quad \frac{1}{4} \text{ c. butter} \\
2 \text{ t. cinnamon} & \quad \frac{3}{4} \text{ c. brown sugar} \\
\frac{1}{2} \text{ c. molasses} & \\
\end{align*}
\]

Cream butter; add sugar, well-beaten eggs, Cream of Wheat, molasses and sour milk. Mix and sift dry ingredients and combine the two mixtures. Bake in a moderate oven thirty minutes.

Brown Eyed Susans

Mix and sift together one-half cupful of flour, one and one-half teaspoonfuls of salt, four teaspoonfuls of baking powder and three tablespoons of sugar; then add three cupfuls whole-wheat flour, one cupful walnuts, and one cupful raisins, the latter two having been chopped fine. Mix well and add two and one-half cupfuls of milk. Pour into one large, greased pan or two smaller ones and bake at 375 degrees Fahrenheit for forty-five to sixty minutes, depending upon the size of the loaves.

Farina Cakes

\[
\begin{align*}
1\frac{1}{2} \text{ c. Farina} & \quad 1 \text{ c. walnut meats} \\
1\frac{3}{4} \text{ c. bread crumbs} & \quad 1\frac{1}{2} \text{ c. sugar} \\
5 \text{ eggs} & \quad 4 \text{ ts. baking powder (2 oz.)} \\
2 \text{ qts. whipped cream} & \\
\end{align*}
\]

Graham Mush
(For Six)

\[
\begin{align*}
1\frac{1}{4} \text{ c. graham flour} & \quad 1 \text{ t. salt} \\
3 \text{ c. water} & \quad 1 \text{ c. dates} \\
\end{align*}
\]

Moisten the graham flour carefully with a cupful of cold water. When perfectly smooth, add it to remainder of the water, which has received the salt; boil rapidly, allowing the mixture to cook until it thickens; then place it in double boiler and cook one to two hours. Wash dates, remove stones and cut each date into pieces. Add cut dates to mush before serving. Serve hot with cream or milk and sugar.