

PREPARATION OF FOOD

FOR

NORTH CAROLINA HOME DEMONSTRATION
CLUB GIRLS

CORNELIA C. MORRIS

SECOND YEAR

NORTH CAROLINA
STATE COLLEGE OF AGRICULTURE AND ENGINEERING
U. S. DEPARTMENT OF AGRICULTURE
N. C. DEPARTMENT OF AGRICULTURE, COOPERATING

Coöperative Extension Work in Agriculture
and Home Economics

N. C. AGRICULTURAL EXTENSION SERVICE

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RALEIGH

FOREWORD

Food work for North Carolina Home Demonstration club girls covers a period of four years. This pamphlet outlines work in food preparation for second-year club girls. Cornelia C. Morris, Food specialist, has arranged these to embrace the nutritive value as well as the preparation of foods. The first, third, and fourth year work appear in other pamphlets.

JANE S. MCKIMMON,
State Home Demonstration Agent.

FIRST YEAR

Abbreviations.	Milk and Eggs.
Measurements.	Cereals.
Food Groups.	Vegetables.
Methods of Cooking.	Biscuits.

SECOND YEAR

Muffins—Corn Bread.	
Beverages.	Sugar.
Custards.	Salads.

THIRD YEAR

Milk Dishes.	Chicken.
Vegetables.	

FOURTH YEAR

Meats.	Table Service.
Yeast Bread.	

PREPARATION OF FOOD FOR NORTH CAROLINA

HOME DEMONSTRATION CLUB GIRLS

LESSON I QUICK BREADS

If a different kind of bread is served with each meal there is less monotony in the daily grind of biscuit-making and the variety is always accepted with grateful appreciation by the family. Toast and spoon bread are easily prepared and make excellent breads for breakfast. Corn bread and loaf bread are more in favor for dinner while muffins are always enjoyed as an accessory to the evening meal.

SPOON BREAD No. 1

1 c. meal	1 t. salt
1 c. boiling water	$\frac{3}{4}$ t. soda
$1\frac{3}{4}$ c. sour milk	2 eggs
	1 c. cooked grits or rice.

Scald the meal with the boiling water. Add grits, milk, beaten eggs, salt and soda. Bake in a hot oven and serve with crisp slices of breakfast bacon.

SPOON BREAD No. 2

2 c. cold cooked hominy	$\frac{1}{2}$ t. salt
2 T. butter	$\frac{1}{2}$ c. cornmeal
2 eggs	1 t. baking powder
	2 c. sweet milk

Scald meal in the milk; beat the eggs and add them to the salt and hominy. Cool milk slightly and combine mixtures. Bake in a buttered pudding dish. Bacon fat may be used instead of butter.

CORN MEAL MUFFINS

$1\frac{1}{2}$ c. cornmeal	1 t. salt
$\frac{1}{2}$ c. flour	2 T. melted shortening
1 egg	1 c. buttermilk

Mix and sift dry ingredients, add milk, melted shortening, and well-beaten egg. Bake in a shallow pan or in muffin rings.

FLOUR MUFFINS

1 c. flour	$\frac{3}{4}$ c. sweet milk
$1\frac{1}{2}$ t. baking powder	2 eggs
$\frac{1}{4}$ t. salt	2 t. melted butter

Mix and sift the dry ingredients and add gradually milk and well-beaten egg yolks. Pour in the melted butter. Cut and fold in the stiffly beaten whites of the eggs and bake in hot greased muffin pans in a hot oven.

LESSON II

Beverages play an important part in the daily dietary. Pure water is our best beverage and should be drunk freely. Fruit juices are refreshing and contain valuable mineral salts. Every farm home should conserve a generous supply for winter use. Milk, cocoa and chocolate are nourishing and palatable drinks for old and young. Tea and coffee are stimulating, therefore should not be indulged in by young people.

GRAPE JUICE

Place bottle of cold-pressed grape juice on ice for one hour. Fill small glasses with the juice and serve. Do not use crushed ice as the delicate flavor is impaired if the juice is diluted.

FRUIT JUICES

Dewberry, blackberry, and other fruit juices should be diluted slightly and served in tall glasses filled with crushed ice. A thin slice of lime or a small sprig of mint will add flavor and beauty to the service.

CHOCOLATE

2 oz. chocolate	2 c. scalded milk
4 T. sugar	1 c. boiling water
	$\frac{1}{2}$ t. vanilla

Melt the chocolate and add the boiling water and sugar gradually. Cook 3 minutes. Pour into double boiler with scalded milk. Add the vanilla and serve.

TEA

3 t. tea	3 c. boiling water
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Scald the teapot, put in tea and pour on freshly boiled water. Steep 3 minutes. Small cheese cloth bags are very nice for holding the tea and can easily be removed when the tea has steeped sufficiently.

BOILED COFFEE

4 T. coffee	1 pt. boiling water
	$\frac{1}{4}$ egg white

Mix the coffee and egg with 2 tablespoonfuls of cold water. Put this into scalded coffee pot and pour on freshly boiled water. Boil 3 minutes then place on back of range for 10 minutes. Add a little cold water to settle the grounds.

CUSTARDS

For those persons who do not like milk in its raw state dishes must be prepared that will give the equivalent in food value. Almost everyone likes custards and ice cream and they are good desserts for both winter and summer.

BOILED CUSTARD

1 qt. sweet milk	1 t. vanilla
$\frac{1}{2}$ c. sugar	4 eggs
	$\frac{1}{8}$ t. salt

Beat the yolks and add sugar gradually; pour the scalded milk into the eggs and sugar, beating all the time. Pour the mixture back into the double boiler and cook until it is thick enough to coat the spoon. Remove from fire immediately. Cool slightly and cut and fold in the whites of the eggs; add salt, cool and flavor.

ICE CREAM

The custard given in the above recipe may be frozen for ice cream. In freezing the mixture use three parts ice to one part salt if a smooth texture is desired. In serving a frozen custard vary the appearance of it by using a few fresh strawberries or sliced peaches as a garnish. When fresh fruits are out of season a spoonful of preserved pineapple or a small amount of chocolate sauce with each serving will give variety and interest to an otherwise plain dish.

CUP CUSTARD

Use the recipe for boiled custard, but instead of cooking the mixture in the double boiler pour it into custard cups and dust with nutmeg. Set the cups in a pan of hot water and bake in a slow oven until set. Garnish with whipped cream when ready to serve.

SUGAR

Sugar is a valuable fuel food and gives us energy. We like the flavor of foods that contain sugar, and in proper amounts and eaten at the right time sweets have an important place in the diet.

Dried prunes, dates, figs and raisins will, in a measure satisfy a craving for candy and will prove to be healthful substitutes. If candy is indulged in it should be eaten at the end of a meal otherwise the appetite will be spoiled for more nourishing foods.

Grape and other fruit pastes are excellent for supplying a part of the day's sugar supply.

FRUIT PASTE

2 c. fruit pulp	1 c. sugar
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Add sugar to the pulp and cook until the fruit is of the consistency of fudge. It must be stirred constantly. Pour it on a marble slab or a large platter and when cold cut in squares and roll in sugar. Any fruit that will make jelly will make paste. In preparing fruit for paste the pulp should be cooked to a thick consistency before the sugar is added.

COCOANUT SQUARES

$\frac{4}{4}$ c. sugar	$\frac{1}{2}$ t. cream of tartar
$\frac{3}{4}$ c. water	$\frac{1}{2}$ c. grated cocoanut
	1 t. vanilla

Put sugar, water and cream of tartar into a saucepan, heat slightly and stir until dissolved. Cook without stirring until a soft ball is formed, 238° F. Remove from fire immediately and cool until hand can be held on outside of saucepan. Beat until it thickens. Add cocoanut and vanilla. Pour on buttered platter or marble slab, cool and cut into squares.

CAKES

It is not difficult to make delicious cakes that are light and fluffy if measurements are accurately made and directions carefully followed. Cakes are often spoiled by the addition of too much flour and by continued beating after the whites of eggs are added. Another important factor is the heat of the oven. Test with a piece of white writing paper. If it turns yellow in 5 minutes the oven is ready for sponge cake. A hotter oven is required for butter cakes and the paper should turn a dark yellow in 5 minutes. Layer cakes require a hot oven and take from 20 to 25 minutes for baking.

Before mixing the cake have all ingredients measured, the utensils in place and the pans greased and floured. An earthenware bowl and a wooden spoon will simplify the process of mixing.

SNOW CAKE

$\frac{1}{4}$ c. butter	$2\frac{1}{2}$ t. baking powder
1 c. sugar	whites of 2 eggs
$\frac{1}{2}$ c. milk	$\frac{1}{2}$ t. vanilla
	$1\frac{2}{3}$ c. flour

Cream the butter, add sugar-stirring constantly. Sift baking powder with the flour. Add half the flour and half the milk to the butter and sugar. Add the remainder of the flour and milk and beat well. Add the flavoring and cut and fold in the stiffly beaten whites. Do not beat the batter after the whites are added. Bake in layers and put together with white icing.

DECORATIVE CAKE ICING

2 c. sugar	$\frac{3}{4}$ c. water
	$\frac{1}{4}$ t. cream of tartar

Mix the above ingredients and cook without stirring until a soft ball is formed, 238° F. While the sugar is cooking beat the whites of 4 eggs and add gradually $\frac{1}{3}$ c. sugar to which $\frac{1}{8}$ teaspoon cream of tartar has been added. Pour the cooked syrup into the egg mixture and beat

until it is stiff enough to be handled. One half of this recipe will be sufficient for the Snow Cake.

This icing can be put into a jar and kept in the refrigerator for several days. If a fancy icing is desired put it into a double boiler and stir over hot water until it is stiff enough to use in a pastry bag. If a color is desired use a very delicate tint. White icing is always in good taste.

SALADS

Fresh, raw uncooked fruits and vegetables are a necessary part of the daily diet and when made into salads are wholesome and appetizing. Dr. McCollum says that salads of this kind should be eaten every day at dinner and at supper. Every North Carolina home can have a supply of celery and lettuce through the greater part of the year and during the summer months other vegetables and fruits can be had in abundance. Apples, celery and nuts make a good combination when served with mayonnaise. Lettuce is delicious with almost any kind of salad dressing. Head lettuce can be cut into quarters like cabbage and served with mayonnaise dressing to which has been added a small amount of Chili Sauce. This makes a good substitute for Russian dressing and almost everyone likes it. When celery is served with a meal it is not necessary to have a salad. Cole slaw is a valuable food and is usually served with a boiled dressing.

The following salad combinations are suggested, but may be varied to suit individual tastes.

Apple, celery and nut	Lettuce and tomato
Grape fruit and celery	Tomato and cucumber
Apple and raisin	String bean and celery
Cucumber and onion	Banana and nut
	Green pepper, lettuce and tomato

Left-over cooked vegetables make good salads. Carrots, turnips, beets and potatoes are cut into cubes, string beans are left whole. Some suggested combinations for a vegetable salad are:

Asparagus and green pepper	Potato, onion, carrot and green
Carrot and green pea	pea
Beet and string bean	Turnip, carrot and celery

Do not combine the vegetables until just before serving time. If each portion is served on a lettuce leaf it adds to the appearance of the salad. Radishes make an attractive garnish for a cooked vegetable salad.

MAYONNAISE

Yolks of 2 eggs	2 T. lemon juice
1 t. salt	2 T. vinegar
1 t. mustard	$\frac{1}{8}$ t. cayenne pepper
	$1\frac{1}{2}$ c. olive or other salad oils

Beat egg yolks, add salt, mustard and pepper and a few drops of oil. Beat constantly and continue adding oil drop by drop until the mixture thickens. Add vinegar and lemon juice. Mix thoroughly. The oil can be put in more rapidly after the addition of the acid if care is taken in blending it well. The dressing should be stiff enough to hold its shape.

If it curdles add it drop by drop to another egg yolk.

FRENCH DRESSING

3 T. olive oil	1½ t. vinegar
½ t. salt	⅛ t. pepper
	½ t. sugar

Put the oil into a bowl. Stir in the salt, pepper and sugar. Stir in the vinegar, a few drops at a time. Serve on lettuce. Lemon juice may be used for the vinegar. Onion juice and chopped parsley may be added when the dressing is for other vegetables.

BOILED DRESSING

2 eggs	2 T. butter
2 T. sugar	1 T. corn starch
¼ t. pepper	1 T. mustard
2 t. salt	½ c. vinegar

Mix the butter, mustard, pepper, salt and sugar in the vinegar. Place on the fire to heat. Beat the eggs in a double boiler with the corn starch. When the vinegar is hot pour it into the eggs, stirring until the mixture thickens. Cool. One-fourth cup whipped cream folded in just before serving adds to the richness of the dressing.