

CO-OPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

STATE OF WASHINGTON

STATE COLLEGE OF WASHINGTON
U. S. DEPT. OF AGRICULTURE
CO-OPERATING

EXTENSION SERVICE
CLUB WORK
PULLMAN, WASHINGTON

Girls' Cooking Clubs

LESSON No. 8

These lessons are intended for the Rural Clubs where no regular
Domestic Science instruction is given

ECONOMY LESSON
MEAT SUBSTITUTES AND LEFTOVERS

Meat Substitutes

Foods that take the place of meat in the diet and do the things for the body that meat does are known as meat substitutes. Usually meat substitutes are used because they are cheaper than meat, because excessive meat eating is injurious and because it is well for us as a nation to use less meat.

Meat substitutes must be attractively served, savory and satisfying in order to be acceptable and in order to give variety to the diet.

The legumes, peas, beans, lentils and peanuts, contain little water, are rich in protein or tissue building material and contain some starch. Peanuts differ in high amount of oil they contain and are rich in fat. These foods form the basis for many of our meat substitutes and are perhaps the most important ones.

Macaroni is a valuable meat substitute food, as it is nutritious and inexpensive and made from a wheat (Durum) high in protein. It should be served with cream, butter or cheese to make it a perfect food. Good macaroni is rough, elastic, and hard, of a yellowish color and not starchy.

Hominy may be used as a meat substitute, and rice, while lacking in protein and fat, may be used in the place of macaroni if an equal amount of cheese, nuts or eggs is combined with the rest. Cheese is a concentrated food and should be finely chopped or melted. It makes a good meat substitute and is more of a balanced food when combined with other foods rich in starch. (See Lesson 6 for more about cheese.) Nuts are excellent meat substitutes and should be used in various dishes. Milk is also a well balanced food usable as a meat substitute. (See Lesson 6.)

Leftovers

Insofar as possible we should prevent all leftovers by careful planning of our meals, by not serving too many kinds of food at each meal, by cooking less and by careful serving. In spite of all we can do some food is apt to be left and it is necessary that every bit be used in some way.

Put good leftovers into dishes kept for this purpose and set them in a cool place. By combining small portions of different foods that will blend well a large dish may be prepared. Be careful that leftovers are well seasoned, attractively prepared, in order that they may be palatable.

Save all pieces and slices of bread; dry the pieces in oven and put through the food chopper, or grate. Toast the bread. Keep the bread crumbs in a covered jar for croquettes, meat substitute dishes, etc. Save pieces of cake for pudding. Reheat muffins.

All butter, such as scraps from bread and butter plates, should be saved for cooking. Leftover rice and potatoes make very palatable dishes when carefully seasoned and attractively served.

The secret of using meat to good advantage is to make tender such parts as are hard and tough and to warm quickly such parts as are already tender. (See Lesson No. 7.)

Practice real economy in the preparation of leftovers. The fuel to be used; the time to be spent; the food value to be saved, and the additions that must be made should all be taken into account. Prevent monotony by learning to make several different leftover dishes. Remember to provide flavor, as many leftover foods, particularly meat, have lost their original flavor and must be made tempting if they are to prove popular with the family. Onions, parsley, paprika, soup stock, etc., make excellent seasonings.

USES FOR LEFTOVER FOODS

Leftover Bread

Bread puddings
Other puddings
Stuffing
Buttered crumbs
Croquettes
Scalloped dishes

Bread sticks
Croutons
Patty shells
Cake
Bread
French toast

Toast with meat or vegetables in
gravy
Griddle cakes
Dumplings made of leftover bis-
cuits and served with gravy

Leftover Meat and Eggs

Meat pie
Scalloped dishes
Salads
Hash
Timbales
Souffles
Chop suey
Jellied meat

Croquettes
Meat loaves
Sandwich filling
Creamed meat or eggs on toast
Omelets with ground meat or eggs
Custards with ground meat or
eggs
Peppers stuffed

Tomatoes stuffed
Combined with rice, macaroni,
potatoes, peas, beans
Meat patties
Stuffed biscuits
Meat pancakes
Stuffed potatoes
Meat bones for soup stock

Leftover Vegetables

Meat pies
Salads
Soups
Custards
Creamed vegetables
Jellied vegetables

Croquettes
Scalloped vegetables
Sandwiches
Stuffed peppers
Vegetables on toast
Pickles

Vegetable relish
Meat stews
Vegetable stock for soups
Garnish for roast
Stuffing
Vegetable chowder

Leftover Cereals

Meat loaf
Croquettes
Hash
Muffins

Pancakes
Soup
Cereal jelly
Puddings

Fried cornmeal mush
Fried oatmeal mush
Timbales
(See Lesson No. 4)

(Acknowledgement is gratefully made for material on leftovers to Iowa State College Home Economics Circular No. 2.)

Food Hints

A peanut butter sandwich is fully equal in nutri-
tive value to a meat sandwich.

Wheat has five times as much protein, the tissue
building matter, and three times as much carbo-
hydrate, the heat and energy giving matter, as the
same quantity of potato.

In cooking macaroni it absorbs three times its
weight in water; therefore it must be cooked in a
large quantity of water.

Grate cheese when it becomes hard or dry. Keep
in a cool place.

Give nuts the proper place in a meal, but do not
eat between meals.

One pound of cheese is equal to 2 pounds of meat.

It is wrong to waste food, even if we have abund-
ant means. There are thousands upon thousands
of children who are hungry all the time. What we
waste can be used by no one.

Food Hints

Waste is one of the sins of America. A teaspoon-
ful of butter and a slice of bread saved every day
means four pounds of butter and two dozen loaves
of bread in a year. Is this a trifle?

Do not use foods out of season, strawberries in
December, fads or fancy dishes; do not waste left-
overs; buy foods in large quantities, not five cents
worth in a paper bag; study your cooking lessons
in order that you may prepare food in a wholesome,
attractive, efficient way and you will be helping the
United States and our allies win the war.

Do not serve beans at the same meal with a meat
dish.

Save the water in which vegetables have been
boiled for flavoring soups and stews.

The cost of living is rapidly increasing. One
third of all that is spent for food is spent for meat.
Eat less meat.

RECIPES

Meat Substitutes

Rice with Cheese

Wash one cup of rice and cook in 2 qts. boiling water. Boil hard to keep grains apart and lift occasionally with fork to prevent sticking. Drain in a colander. Put a layer of cooked rice in a baking dish, sprinkle about 2 T. grated American cheese over it and add a layer of white sauce until rice is used up. Add $\frac{3}{4}$ c. buttered bread crumbs and bake about 30 min. in moderate oven.

Cheese Fondue

$1\frac{1}{4}$ c. soft bread crumbs $\frac{3}{4}$ t. salt
1 c. scalded milk $\frac{1}{8}$ t. mustard, if liked
2 c. cheese, finely grated 3 egg yolks
Few grains pepper or 3 egg whites
few shakes paprika

Pour scalded milk over finely divided bread crumbs; add 1 T. of water to 3 egg yolks, beaten until light and lemon colored. Fold in grated cheese which should not be too fresh—it is better if somewhat dried out. Add seasonings and fold in the egg whites beaten until dry and stiff. Bake in a moderate oven about 30 min. or until done. If the oven is too hot, mixture will puff up in center and fall if taken out of oven before done.

Peanut Roast

$1\frac{1}{2}$ c. dried grated bread 4 t. baking powder
crumbs 1 egg
 $1\frac{1}{4}$ c. scalded milk Salt, pepper, paprika
 $1\frac{1}{2}$ c. shelled peanuts

Cover the bread crumbs with milk and soak until soft; chop the fresh roasted peanuts very fine and mix with the baking powder and seasonings; beat the egg. Mix thoroughly all ingredients and turn into an oiled bread pan. Bake about 45 min. in moderate oven. Serve hot with tomato sauce: 2 T. butter, 2 T. flour, $\frac{1}{2}$ t. salt, 1 c. strained tomato juice in which 1 slice of onion has been cooked for 15 min. Melt butter, stir in flour and seasonings; blend well; add tomato juice slowly, stirring rapidly until smooth and creamy.

Leftovers

Casserole of Rice and Meat

Line a mold with cooked rice; fill center with chopped cold meat highly seasoned with salt, pepper, paprika, celery salt, onion juice. (Any or all of the seasonings may be omitted except the salt and pepper.) Moisten with stock, milk, or gravy. Cover meat with rice and then cover dish and steam 30 to 45 min. If you do not use casserole serve on a platter in which meat is surrounded by tomato sauce.

Meat Souffle

2 c. cold meat or chicken, ground or chopped.
1 c. white sauce, medium. (See recipe for white sauce in Lesson No. 7.)

Seasonings: salt, paprika, onion juice. 2 T. parsley. (Any or all may be omitted except salt and pepper.)

2 egg yolks beaten until thick with 2 T. water.
2 egg whites beaten until stiff.

Stir 2 c. meat into white sauce, add seasonings, stir in mixture and fold in egg whites. Bake in a moderate oven, in a casserole or bread pan, about 35 min. or until done.

Bread Griddle Cakes

$1\frac{1}{2}$ c. bread crumbs 1 T. maple syrup, sugar
2 c. milk or molasses
2 eggs 2 t. baking powder
1 T. melted butter 1 c. flour
 $\frac{1}{2}$ t. salt

Soak crumbs in milk $\frac{1}{2}$ hour, mix and sift dry ingredients, melt butter, add soaked crumbs; sift in dry ingredients, add eggs, beaten light. Drop by spoonfuls on oiled griddle.

RECIPES (Continued)

Buttermilk Corn Meal Mush

(Use as a meat and potato substitute)

White corn meal cooked in buttermilk makes a dish which resembles cottage cheese in flavor. It may be eaten hot, but is especially palatable when served very cold with cream. For this purpose it is sometimes molded in cups. In making it, allow 1 part of corn meal to 6 parts of buttermilk, and 1 t. salt to each cup of meal. Bake or steam from 2 to 3 hours.

Bread Muffins

3 c. dry crumbs
2½ c. milk
1 c. flour
3 eggs
1 T. melted butter
2 t. baking powder
¼ t. salt

Cover crumbs with milk and soak 15 min.; melt the butter and add the soaked crumbs; add beaten yolks, mix and sift dry ingredients, beating them into the mixture. Fold in stiffly beaten whites. Bake in a buttered muffin pan in a quick oven about 30 min.

QUESTIONS

1. What must a food contain to be a meat substitute?
2. What are some of the more important meat substitutes? Name five.
3. Name 3 important points in making leftovers.
4. Would you serve salted peanuts with a heavy or a light meal?
5. State four reasons why we should use meat substitutes and leftovers.
6. Name eight uses for leftover bread; for leftover meat and eggs; for leftover vegetables; for leftover cereals.

Send your report promptly to

Submitted to and Approved by:
MARY E. SUTHERLAND,
Extension Specialist, Home Economics.

JULIET LITA BANE,
Asst. Professor of Home Economics.

J. S. Tharner

Director of Extension Service.

PRACTICE

1. Make out menus for two dinners, using leftover meat in one, and a meat substitute in the other.
2. Prepare and serve a leftover meat, using one of the recipes given in this lesson.
3. Prepare leftover meat in some way not given in this lesson and report your results.
4. Prepare and serve one of the dishes given as a substitute for meat.
5. Calculate the cost of the meat substitute dish which you have prepared, and estimate the number of persons it will serve.

Elizabeth Deita Jones

Asst. Club Leader,
Pullman Washington.