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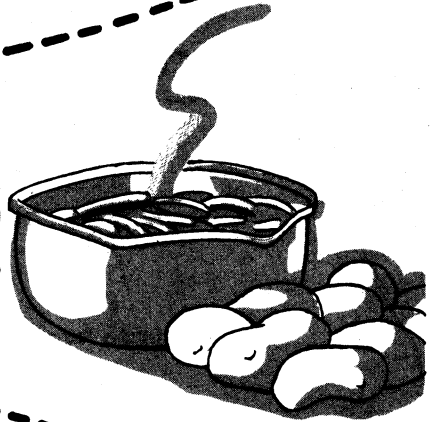
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CURRENT SERIAL RECORDS

Potatoes in

Popular

Ways



Home and Garden Bulletin No. 55

UNITED STATES DEPARTMENT OF AGRICULTURE

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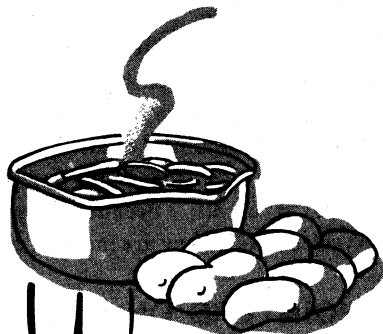
United States Department of Agriculture

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in Popular Ways"

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Potatoes in Popular Ways



Of all the vegetables our food markets offer, the potato has long been and still is the favorite. Food shoppers buy enough potatoes to supply 5 to 6 medium potatoes each week to every man, woman, and child in this country.

For the money spent on them, potatoes give a high return in food value. One medium-size potato—boiled, baked, or pressure-cooked—can supply: At least one-fourth of the ascorbic acid (vitamin C) recommended for inclusion in diets every day; and worthwhile amounts of thiamine and niacin (important B-vitamins) and the minerals iron, phosphorus, and potassium.

Persons who are reducing in weight sometimes shun potatoes because they believe them to be high in calories. Actually, potatoes are no higher in calories than many foods, but added fat, gravy, or sauce can greatly increase the calories in the potatoes as served. For example, a potato of medium size—boiled, pressure-cooked, or baked—provides only about 100 calories, approximately the same number as a large apple or orange or a banana. Fried potatoes may be two to four times as high in calories as the same weight of boiled, baked, or pressure-cooked potatoes.

LATE-CROP AND EARLY-CROP POTATOES

Late-crop potatoes are on the retail market during the greater part of the year. Early-crop (or new) potatoes are available from early spring until fall.

Late-crop.—Late-crop potatoes are grown chiefly in the northern parts of the country. They are harvested in the fall after they have matured. Late-crop potatoes keep well; they may be stored for months and brought out as needed to supply the market.

When cooked, some of the late-crop potatoes are mealy and others are waxy. The mealy potatoes, often referred to as bakers, are dry and fluffy when cooked; they are best for baking, mashing, and french frying. The waxy potatoes hold their shape well after cooking; they are not likely to break apart when you mix them in salads or use them for creaming and hash browning.

Early-crop.—Early-crop potatoes are grown in sections of the country that

have mild winters. Usually these potatoes are marketed directly from the fields, beginning in early spring when late-crop potatoes are becoming scarce and may be of doubtful quality. Early-crop potatoes are stored only for short periods, if at all. Because they are harvested before they are mature, early-

crop potatoes are highly perishable; they have very thin skins and are easily bruised.

Early-crop potatoes are firmer and less mealy when cooked than late-crop potatoes. Like the waxy late-crop potatoes, they are good for salads and for creaming and hash browning.

POINTERS ON BUYING AND STORING POTATOES

Buying

- Best quality potatoes are firm, smooth, and well shaped. They are free from cuts, blemishes, and decay.

- Look for potatoes that are reasonably clean; it's hard to judge the quality of potatoes covered with dirt. Washed potatoes may be found in some markets.

- Avoid potatoes that show green color on some part of the surface; the green portions have a bitter taste.

- For the least waste in paring select potatoes that are regular in shape and have shallow eyes.

- Before buying a large quantity of potatoes it's a good idea to buy a small sample first and try them to see if they have the cooking qualities you want. Usually it is impossible to predict cooking quality from the appearance of potatoes, and, except for potatoes labeled as bakers, cooking quality is seldom indicated on potato labels.

- Most homemakers like medium-size potatoes best for general use. It's easy to estimate portions with potatoes of this size, and there is less waste in paring than there is with small potatoes. Small potatoes are sometimes preferred for boiling whole, large potatoes for baking.

Storing

Stored properly in the home, late-crop potatoes will keep for several months; early-crop potatoes will keep for several weeks.

Look the potatoes over before storing them. Set aside any that are bruised or cracked to use first.

Keep potatoes in a cool, dark place. For best keeping and cooking quality store at temperatures of 45° to 50° F. Higher temperatures are likely to cause sprouting and shriveling. Potatoes held at room temperature should be used within a week. Temperatures lower than 45° F. for even a week or two may cause potatoes to develop a sweet taste because some of the starch in the potatoes changes to sugar. Potatoes that have become excessively sweet in storage can be improved in flavor by keeping them at room temperature (70° to 80° F.) for a week or two before using them. Potatoes should be kept in the dark because light causes greening of the skin and the flesh under the skin. This greening lowers eating quality.

Because potatoes keep better if there is some circulation of air around them they should never be stored in an airtight container. Don't place potatoes on a damp cellar floor. Put a board or some other kind of insulating material between potatoes and floor.

COOKING POTATOES

No matter how potatoes are to be cooked, first remove sprouts and cut off green portions. If potatoes are pared, keep parings thin.

To get the most food value from potatoes, cook them whole in their jackets; boiling in as little water as possible saves the most vitamins.

Pared potatoes usually retain their whiteness better during boiling than potatoes cooked in their skins. If potatoes aren't cooked immediately after paring, cover them with water to prevent darkening.

For cooking whole, select potatoes of uniform size so that all will be done at the same time. The odd sizes can be used for potato salad or for scalloped potatoes or other dishes for which the potatoes are cut in pieces before cooking.

To speed cooking, cut potatoes in pieces and cook in as little water as possible in a tightly covered pan. Although the larger amount of exposed surface tends to increase loss of nutrients, this may be offset by the shorter cooking time. The smaller amount of water also causes less loss of nutrients.

Don't overcook potatoes. Potatoes cooked only until done are at their best in taste, food value, and appearance.

Boiled Potatoes

Wash potatoes. Leave skins on or pare. Leave potatoes whole, or dice or quarter.

Put potatoes into a pan containing boiling, salted water. Use about 2 cups of water and $\frac{1}{2}$ teaspoon of salt for 4 medium-size potatoes cooked whole. For quartered or diced potatoes reduce water to about $1\frac{1}{2}$ cups. Cover and

boil gently; vigorous boiling may cause the potatoes to break up. Be sure water doesn't stop boiling during the cooking period.

Boil potatoes until they can be pierced easily with a fork. The time required varies with the size, shape, and type of potatoes.

Approximate cooking times for potatoes in various forms are:

Medium, whole.....	25 to 40 minutes.
Quartered	20 to 25 minutes.
Diced	10 to 15 minutes.

Drain potatoes as soon as they are done, so they won't get waterlogged. Uncover to let the steam escape; if necessary, shake the potatoes in the pan over low heat to help dry them.

Remove skins of unpared potatoes, if desired.

Baked Potatoes

Scrub potatoes well with a brush so that the skins may be eaten.

Bake at 425° F. (hot oven); potatoes of medium size will take from 50 to 60 minutes. Potatoes usually are done if they feel soft when pressed.

Or, if other foods are to be cooked at 350° to 375° F. (moderate oven), potatoes may be baked along with them. In a moderate oven, medium-size potatoes will take from 60 to 80 minutes.

Remove potatoes from the oven as soon as they are done. Slash an X in the top side of each potato. Force the soft inner portion up through the opening to let the steam escape; this keeps the potatoes dry and mealy.

If desired, sprinkle with salt and pepper and drop a pat of butter or margarine into the opening.



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Medium-size potatoes (3 to a pound) cut in different sizes for pressure cooking.

Pressure-Cooked Potatoes

Wash potatoes. Leave skins on or pare. Leave potatoes whole, or, to shorten the cooking time, cut them in pieces. Some varieties that slough (or disintegrate) so badly during pressure cooking that they are not acceptable for serving whole make excellent mashed potatoes.

Put the potatoes on a rack in a pressure saucepan. Add 1 cup of water for a 3- or 4-quart pan, $\frac{1}{2}$ cup for a smaller pan. Adjust cover.

Place the pan over high heat. Follow manufacturer's directions for exhausting pressure saucepan and bringing pressure up.

Keep heat high until cooking pressure (15 pounds) is reached. Then regulate the heat to maintain pressure during cooking.

Approximate cooking times at 15 pounds pressure for potatoes in various forms are:

Medium, whole (about 3 to a pound) _____ 15 to 20 minutes.

Small, whole (about 6 to a pound) _____ 10 to 12 minutes.
 Quarters _____ 6 to 8 minutes.
 Slices, $\frac{1}{2}$ -inch _____ 4 to 7 minutes.
 Cubes or strips,
 $\frac{1}{2}$ -inch _____ $1\frac{1}{2}$ to 2 minutes.

At the end of the cooking period cool the saucepan quickly according to method recommended for your cooker. Drain water from the potatoes. Place the pan over very low heat for a few seconds to evaporate excess moisture left on the potatoes.

French-Fried Potatoes

Select medium to large potatoes. Pare and cut lengthwise into uniform strips about $\frac{3}{8}$ inch thick. Rinse quickly in cold water to remove surface starch. Dry thoroughly with towels.

Fry by either the one-stage or the two-stage method given here. With the one-stage method, raw strips are cooked in oil or fat until golden brown and ready to eat in one frying operation. With the two-stage method, raw strips are fried first (parfried) until



9938-D

Fry only a small quantity of raw potato strips at one time—a single layer covering the bottom of the basket.

cooked but not browned, taken out of the oil or fat, and then lightly browned in a second frying. With this method, potatoes may be prepared and parfried several hours ahead of time, then finished quickly just before they are needed.

Never overload the frying basket with raw potato strips. They are high in moisture content; when too many are put into the hot fat at once the temperature of the fat drops excessively. As a result, cooking is slower and the strips absorb more fat. In the two-stage method, about twice as many strips may be fried in the second stage as in the

first because the strips have lost a considerable amount of moisture in the first cooking.

One-Stage Method

Fill the fry kettle one-third full of fat or oil, and heat to 375° F., keeping the fry basket in the fat.

Raise basket and add raw potato strips to cover the bottom of basket.

Lower basket gently into fat. If fat bubbles a great deal, lift the basket and lower it several times until the bubbling subsides; bubbling is caused by the moisture from the potatoes.

(Continued, next page)

Fry for about 5 minutes, or until strips are cooked and golden brown. If potatoes require longer cooking, too many strips are being fried at one time.

Remove basket from fat. Drain for a few seconds, then gently shake the basket once or twice.

Serve french fries immediately.

Two-Stage Method

First stage.—Fill the fry kettle one-third full of fat or oil, and heat to 375° F., keeping the fry basket in the fat.

Raise basket and add raw potato strips to cover the bottom of basket.

Lower basket gently into fat.

Fry for about 4 minutes, or until strips are cooked but not brown.

Remove basket from fat and drain. Turn parfries out onto paper towels or other absorbent paper.

Continue frying small batches of raw strips in the same way until all the strips are parfried.

Parfried potato strips may be held for an hour or two at room temperature, or up to 24 hours in a covered container in the refrigerator. If you want to keep them longer, freeze them, following directions in next column for "Frozen French-Fried Potatoes."

Second stage.—Heat fat to 375° F., keeping the fry basket in the fat.

Lift basket out of fat. Put about two layers of parfries into basket.

Fry for about 1 minute, or until potatoes are golden brown.

Remove basket from fat. Drain for a few seconds. Gently shake basket once or twice.

Serve french fries immediately.

Frozen French-Fried Potatoes

To Freeze

Prepare potato strips according to directions for French-Fried Potatoes, page 4. Parfry according to directions for first stage of two-stage method.

Cool parfried strips to room temperature. Pack cooled strips in cartons or other containers of moisture-vapor-resistant materials. Seal.

Freeze and store at 0° F. Frozen parfried potato strips will maintain their quality for 3 or 4 months.

To Brown for Serving

Frozen parfries may be thawed, then browned in fat. Or they may be left unthawed and browned in an oven or broiler. Parfries browned in the oven or broiler are less tender and less oily than those that are browned in fat.

To brown in fat.—Leave frozen strips in package to thaw. Thaw at room temperature for 2 to 3 hours.

Remove strips from container. Pat them lightly with towels to remove condensed moisture. Be sure all strips are at room temperature before they are put into hot fat. Otherwise they will cause the temperature of the fat to drop too low for quick browning.

Brown as directed for second stage of two-stage method of french frying.

To brown in oven.—Brown unthawed parfries for 10 minutes at 500° F. (extremely hot oven), turning strips as needed, or for 5 minutes in an oven at 500° F. followed by 3 minutes in a broiler.

POTATO FAVORITES

Mashed Potatoes

4 medium-size potatoes
1/3 to 1/2 cup hot milk
Salt, pepper
3 tablespoons butter or margarine

Pare, boil, and drain the potatoes. Mash quickly until potatoes are free from lumps.

Add hot milk, a little at a time, and beat until potatoes are white and fluffy. The amount of milk needed will depend on how mealy the potatoes are.

Season with salt and pepper and beat in the butter or margarine.

4 servings.

Scalloped Potatoes

2 cups thinly sliced raw potatoes
1 tablespoon flour
1 teaspoon salt
Pepper
1 cup milk
1 tablespoon butter or margarine

Put a layer of potatoes in a greased baking dish and sprinkle with some of the flour, salt, and pepper. Repeat until all the potatoes are used.

Pour milk over potatoes and dot with butter or margarine. The milk may be heated to speed the cooking.

Cover and bake at 350° F. (moderate oven) for 30 minutes. Remove cover and continue baking until potatoes are tender—about 30 minutes. If the potatoes are not brown enough on top, place the uncovered dish under the broiler for 3 to 5 minutes.

4 servings.

Variation: If desired, add a little chopped onion. Or add cooked meat, diced or thinly sliced, in alternate layers with the potatoes. Or top with grated cheese.

Fried Potatoes, Country Style

Pare and slice raw potatoes. Heat a little cooking fat or oil or meat drippings in a fry pan and add the potatoes. Use about 2 tablespoons fat to 3 cups sliced potatoes. Season with salt and pepper. Cover closely and cook over medium heat for 10 to 15 minutes, or until the potatoes are brown on one side. Turn potatoes and brown on other side. If desired add a little chopped onion to the fat with the potatoes.

Stuffed Baked Potatoes

Cut large baked potatoes in half lengthwise as soon as they are taken from the oven. Scoop out inner portion and mash. Season with a little butter or margarine, salt, and pepper. Stir in enough hot milk to moisten.

Beat the mixture until it is smooth and fluffy and stuff it back into the potato shells. Brush with melted butter or margarine and brown lightly at 425° F. (hot oven).

For variety, add diced cooked meat, flaked salmon, or grated cheese to the mashed potato.

Parsley Potatoes

1/4 cup butter or margarine
4 medium-size cooked potatoes
2 tablespoons finely cut parsley

Melt the butter or margarine and pour over hot potatoes. Sprinkle with parsley.

4 servings.

Creamed Potatoes

2 cups diced raw potatoes
1 ½ tablespoons butter or margarine
1 ½ tablespoons flour
1 teaspoon salt
Pepper
1 cup milk

Cook potatoes in a small amount of boiling salted water until tender. Drain.

Melt the butter or margarine in a saucepan and blend in the flour, salt, and pepper. Gradually stir in the milk and cook over low heat until thickened, stirring constantly.

Add the hot diced potatoes to the sauce. Reheat if necessary before serving.

4 servings.

Quick Scalloped Potatoes

2 cups thinly sliced raw potatoes
1 ½ cups milk
1 tablespoon flour
1 teaspoon salt
Pepper
1 tablespoon butter or margarine

Combine potatoes and milk and cook in a saucepan over low heat on top of the range for 15 to 20 minutes, taking care not to let the milk scorch.

Place a layer of potatoes in a greased baking dish, sprinkle with flour, salt, and pepper. Repeat until all the potatoes are used.

Pour the milk left in the saucepan over the potatoes and dot with butter or margarine.

Cover and bake at 350° F. (moderate oven) for 10 minutes, or until potatoes are tender. Remove cover and bake 10 minutes longer. If the potatoes are not brown enough on top, place the uncovered dish under the broiler for 3 or 4 minutes.

4 servings.

Potato Strips With Cheese

3 cups raw potato strips
(cut as for french fries)
½ cup milk
1 tablespoon butter or margarine
1 teaspoon salt
Pepper
½ cup shredded process cheese
1 tablespoon finely cut parsley

Put the strips into a greased baking dish and pour the milk over them. Dot with butter or margarine and sprinkle with salt and pepper.

Cover and bake at 425° F. (hot oven) for 40 minutes, or until the potatoes are tender.

Sprinkle with cheese and parsley and bake, covered, for 5 minutes more.

4 servings, ⅔ cup each.

Fried Sweet-Sour Potatoes

4 slices bacon
2 ½ to 3 cups diced raw potatoes
¼ cup finely chopped onion
1 tablespoon sugar
¾ teaspoon salt
½ cup water
¼ cup vinegar

Cook bacon in a fry pan until crisp, remove from pan, and chop.

Using 2 tablespoons of the bacon fat, cook the potatoes over medium heat, without turning, for 15 to 20 minutes, or until they are brown on the bottom.

Turn the potatoes with a wide spatula. Add onion and cook for 5 minutes more.

Sprinkle sugar and salt over potatoes; add water.

Cover and simmer for 15 minutes, or until potatoes are tender.

Remove from heat and pour vinegar over potatoes. Cover and let stand for 15 minutes.

Add chopped bacon, and reheat.

4 or 5 servings, about ½ cup each.



DN-1044

Adding milk to the potatoes—one of the simple steps in making Potato Strips with Cheese.



9939-D

The finished product—a new combination of favorite foods.



9940-D

Quick creamy potatoes—from raw to finished product in one pan.

Potatoes With Savory Butter

- ½ cup butter or margarine**
- 1 clove garlic, peeled**
- ¼ teaspoon thyme**
- ¼ teaspoon rosemary**
- Pinch of tarragon**
- 1/16 teaspoon powdered dry mustard**
- ½ tablespoon finely cut parsley**
- Pepper**
- 1 teaspoon lemon juice**
- 4 medium-size cooked potatoes**

Melt butter or margarine in a container set in hot water.

Cut the garlic clove, add to the butter or margarine, let stand for 5 or 10 minutes, and remove.

Crush the thyme, rosemary, and tarragon and put through a fine sieve. Add to the butter or margarine.

Add the mustard, parsley, pepper, and lemon juice. Let stand for at least ½ hour. Stir well and serve on hot potatoes.

4 servings.

This savory butter sauce is good also on baked potatoes and on cooked green vegetables.

Quick Creamy Potatoes

- 2½ cups diced raw potatoes**
- 1 cup milk**
- 2 tablespoons finely chopped onion**
- 1 teaspoon salt**
- Pepper**
- 1 tablespoon finely cut parsley**

Combine the potatoes with the milk, onion, salt, and pepper in a heavy fry pan.

Cover and cook slowly, stirring frequently, for 20 to 30 minutes, or until the potatoes are tender and most of the milk is absorbed. If the potatoes are very mealy, more milk may be needed.

Sprinkle with the parsley before serving.

4 servings, about ½ cup each.

Potato Pudding

2 cups finely diced potatoes
1 cup boiling water
1½ cups hot milk
4 eggs, slightly beaten
⅓ cup chopped onion
1½ teaspoons salt
⅓ teaspoon pepper
1 to 2 tablespoons chopped parsley

Cook potatoes in boiling water just until tender; drain.

Stir hot milk slowly into eggs.

Add potatoes and remaining ingredients; mix well.

Pour into a greased 1½-quart casserole.

Bake at 350° F. (moderate oven) 40 minutes, or until set.

6 servings, about ¾ cup each.

Variation: Use 2 tablespoons fresh or frozen chopped chives in place of the parsley and onion.

Roast Potatoes

Pare medium-size potatoes and place them around meat in roasting pan 1 to 1½ hours before the meat is done. Turn the potatoes occasionally and baste them with meat drippings.

USING COOKED POTATOES

Potato Griddle Scones

1½ cups sifted flour
1 teaspoon salt
2 teaspoons baking powder
2 tablespoons shortening
¾ cup cold seasoned mashed potatoes
1 egg, beaten
2 to 4 tablespoons milk

Sift together the flour, salt, and baking powder.

Cut in the shortening until the mixture is granular. Blend in the potatoes.

Combine egg and 2 tablespoons milk, and add to the flour-and-potato mixture. Mix slightly. Add more milk if needed to make the dough hold together.

Turn onto a lightly floured board and roll out to about ⅜ inch in thickness. Cut into 2-inch squares.

Place on a hot, very lightly greased griddle or fry pan and cook slowly, 7 or 8 minutes on each side. Turn only once.

May be served with creamed tuna, creamed chipped beef, or other creamed fish or meat.

8 to 10 scones.

Cottage-Fried Potatoes

2 or 3 tablespoons cooking fat or oil
2 cups sliced cooked potatoes
Salt
Pepper

Heat fat or oil in a fry pan and add the potatoes. Season with salt and pepper.

Fry until potatoes are brown, turning them as they cook.

4 servings.

Variation: Chop a small onion fine and add when the potatoes are browned on one side.

Potato Puff

2 cups hot or cold seasoned mashed potatoes
3 tablespoons hot milk
1 egg, separated
2 tablespoons butter or margarine, melted
1 teaspoon grated onion
2 tablespoons cut parsley
1 teaspoon salt
Pepper

To the potato add the hot milk, beaten egg yolk, butter or margarine, onion, parsley, salt, and pepper. Mix well.

(Continued, next page)

Beat egg white until stiff and fold into the potato mixture. Pile lightly into a greased baking dish.

Bake at 375° F. (moderate oven) for about 35 minutes, or until brown. For a deeper brown, put the dish under the broiler for 3 or 4 minutes.

4 servings.

Hash-Browned Potatoes

2 cups diced cooked potatoes
2 tablespoons finely chopped onion
4 teaspoons flour
1½ teaspoons salt
Pepper
2 tablespoons milk
2 tablespoons cooking fat or oil

Combine potatoes and onion.

Mix flour, salt, and pepper, and slowly blend in the milk.

Combine with the potato-and-onion mixture.

Heat fat or oil in a heavy fry pan.

Spread potato mixture evenly in the pan, making one large cake that does not touch the sides.

Cook over medium heat until the underside is brown. Cut into four equal portions and turn each piece to brown the other side.

4 servings.

Potato Nests With Eggs

1½ cups cold mashed potatoes
5 eggs
1 tablespoon butter or margarine
Salt and pepper

Mix potatoes with one of the eggs. Shape mixture into four balls.

Place potato balls on a greased baking dish. Press centers of balls to make cups. Brush cups with the melted butter or margarine.

Heat potato cups at 375° F. (moderate oven) for 20 minutes.

Remove cups from the oven. Break an egg into each cup and season with salt and pepper.

Return cups to oven and heat for 12 to 15 minutes.

4 servings.

Egg-Cheese-Potato Casserole

1 cup thin white sauce
1 tablespoon minced parsley
2 cups sliced cooked potatoes
1 cup shredded cheese
4 hard-cooked eggs, sliced
Soft breadcrumbs
Salt, pepper

Combine white sauce and parsley.

Place alternate layers of potatoes, cheese, and eggs in a greased baking dish; sprinkle with salt and pepper. Pour the white sauce over the top. Sprinkle with breadcrumbs.

Bake at 375° F. (moderate oven) 15 to 20 minutes.

4 servings.

Mexican Potato Balls

1½ cups hot mashed potatoes
2 eggs, beaten
¼ teaspoon chili powder
½ teaspoon salt
⅛ teaspoon powdered dry mustard
1 teaspoon grated onion
1 teaspoon milk
½ cup shredded cheese
½ cup dry breadcrumbs

Combine potatoes, eggs, seasonings, and milk. Blend cheese and breadcrumbs. Add one-half to the potato mixture.

Shape into balls and roll in remaining cheese and breadcrumbs. Fry in deep fat at 380° F. until golden brown. Drain.

4 servings.

Potato-Cheese Surprise

2 cups seasoned mashed potatoes
1 egg, well beaten
½ teaspoon salt
½ teaspoon finely chopped onion
½ cup shredded cheese
4 tomato slices
¼ cup dry breadcrumbs
2 tablespoons melted butter or margarine
½ teaspoon salt

Combine potatoes, egg, salt, and onion. Mix well.

Shape into 4 patties and place on a greased baking pan. Make a depression in each patty and fill with cheese. Cover with a slice of tomato.

Mix breadcrumbs with the fat and salt and sprinkle over tomato. Bake at 350° F. (moderate oven) 30 minutes.
4 servings.

Potato Cakes

Shape cold mashed potatoes into small cakes and dip both sides in flour. Brown on both sides in a little cooking fat or oil.

For variety, mix the mashed potatoes with slightly beaten egg, chopped cooked meat or fish, or grated cheese.

POTATOES IN MAIN DISHES

Potato-and-Meat Scallop

¾ pound ground beef
1 teaspoon finely chopped onion
1½ teaspoons salt
1 tablespoon butter or margarine
1 tablespoon flour
1½ cups milk
2 cups thinly sliced raw potatoes

Brown the beef and onion. Add salt.

Melt the fat and blend in flour. Add the milk and cook until thickened, stirring constantly.

Place alternate layers of sliced potatoes, beef, and sauce in a greased baking dish.

Cover and bake at 350° F. (moderate oven) for 50 to 60 minutes. If desired, remove cover and brown under broiler about 5 minutes.

4 servings.

Variation: Use 2 cups diced raw ham in place of the beef. Reduce salt to ½ teaspoon. It is not necessary to brown the ham.

Browned Hash

1½ cups diced cooked meat
2 cups diced cooked potatoes
1 finely chopped onion
Cooking fat or oil
Broth or milk
Seasoning to taste

The meat, potatoes, and onion may be chopped by hand or put through the food chopper, depending on the texture desired.

Heat fat or oil in fry pan and add onion. Cook onion until golden brown.

Mix meat, potatoes, and onion thoroughly. Moisten with a little broth or milk, and season to taste.

Spread mixture in an even layer in a lightly greased fry pan. Cook slowly until browned on the bottom. If desired, turn and brown on the other side.

Turn hash out on a platter and garnish with parsley.

4 servings.

New England Boiled Dinner

- 2 pounds corned beef**
- 2 carrots**
- 4 small whole potatoes**
- 2 small turnips**
- 4 small whole onions**
- 1 small cabbage**
- 3 small beets**
- 1 teaspoon soft butter or margarine**

Wash beef in cold water to remove outside brine. Cover with cold water, bring slowly to a boil and cook about 5 minutes.

Remove scum, cover, and simmer about 3 hours or until meat is almost tender.

Prepare the vegetables; cut carrots and turnips in halves and cabbage in quarters. Boil whole beets separately until tender 30 to 45 minutes.

One-half hour before serving, skim excess fat off liquid and add the prepared vegetables except cabbage and beets.

Add cabbage for last 15 minutes of cooking.

Quarter beets and add fat.

Place the hot meat in the center of a large platter and surround it with vegetables including quartered and buttered beets.

4 servings.

Scalloped Potatoes With Pork Chops

- 2 cups thinly sliced raw potatoes**
- 1 small onion, sliced**
- 1 teaspoon salt**
- Pepper**
- 4 loin or rib pork chops**
($\frac{1}{2}$ to $\frac{3}{4}$ inch thick)
- 4 tablespoons flour**
- 1 cup milk**

Arrange potatoes and onion in layers in a greased baking dish, seasoning each layer with salt and pepper.

Trim fat from pork chops and save it for later use. Lightly season each chop with salt and pepper and coat well with 3 tablespoons of the flour. Brown chops on both sides in some of the pork fat in a fry pan. When chops are well browned, remove them from pan.

Set aside all except 1 tablespoon fat from fry pan. Mix the remaining 1 tablespoon flour with the fat in the pan. Avoid scraping off any browned flour from pan. Add milk, blend lightly until smooth, and cook to the consistency of thin white sauce.

Pour sauce over potatoes in baking dish. Top with browned chops. Cover the baking dish.

Bake at 350° F. (moderate oven) for 50 to 60 minutes until potatoes are soft and meat is tender.

4 servings.

Potato-and-Egg Scramble

- 2 slices bacon**
- 2 cups thinly sliced raw potatoes**
- 1 teaspoon salt**
- 4 eggs, beaten**
- $\frac{1}{4}$ cup milk**
- Pepper**

Cook bacon slices in a fry pan until crisp. Remove from pan.

Fry the potatoes in bacon fat until they are well browned, sprinkling with salt when they start to brown.

Cover pan closely and cook over low heat until potatoes are tender.

Combine eggs, milk, and pepper. Pour over potatoes in the pan and cook slowly, stirring occasionally, until eggs are set.

Crumble the bacon and add it just before taking the pan from the heat. Serve at once.

If desired, sliced boiled potatoes may be used instead of raw potatoes.

4 servings.

Scalloped Potatoes and Ham

2 cups thinly sliced raw potatoes
1 tablespoon grated onion
Pepper
Salt

½ pound thinly sliced ham, cut in serving pieces
1 ½ cups hot milk

Put half of the potatoes into a greased baking dish. Sprinkle with half the onion, pepper, and a little salt; use the salt sparingly.

Add ham. Cover with rest of potatoes, seasonings, and onion.

Add milk until it barely shows between the potato slices on top. Save the rest of the milk to add during cooking if needed.

Cover dish. Bake at 350° F. (moderate oven) about 1 hour.

Remove the cover the last 15 or 20 minutes to allow potatoes to brown on top.

4 servings.

Potato Meatburgers

¾ cup ground or coarsely grated raw potato

¾ pound ground beef

¼ cup grated or finely chopped onion

2 tablespoons chopped green pepper

1 teaspoon salt

1 egg, beaten

Cooking fat or oil

1 cup tomato juice

1 tablespoon flour

¼ cup water

Add potato, beef, onion, green pepper, and salt to the beaten egg. Shape the mixture into flat cakes.

Heat a little cooking fat or oil in a fry pan and brown the cakes on both sides.

Add tomato juice and simmer until the meat is done—about 20 minutes. Remove cakes from the pan and keep them hot.

Mix flour and water and add gradually to the liquid in the pan. Cook slowly, stirring constantly until thickened, and pour over the cakes.

4 servings.

Potatoes and Ham With Cheese Sauce

1 tablespoon butter or margarine

2 tablespoons flour

1 teaspoon salt

Pepper

1 cup milk

½ cup shredded process cheese

2 cups diced cooked potatoes

1 cup diced cooked ham

Melt butter or margarine and blend in flour and seasonings.

Add milk slowly and cook over low heat until thickened, stirring constantly.

Remove from heat and add cheese.

Put alternate layers of potatoes and ham in a greased baking dish. Pour cheese sauce over the top.

Cover, and bake at 375° F. (moderate oven) for 30 minutes. Remove cover and bake 10 minutes longer.

4 servings, ⅔ cup each.

Mashed Potato-Meat Pie

Put hot meat stew in a baking dish. Top with hot or cold mashed potatoes. If cold mashed potatoes are used, moisten potatoes first with hot milk and beat until fluffy.

Bake uncovered at 400° F. (hot oven) until potatoes are lightly browned and heated through.

Salmon-and-Potato Puff

- 1 cup salmon (7 ¾-ounce can)
- 2 tablespoons butter or margarine
- 2 tablespoons finely cut celery
- 2 tablespoons finely cut parsley
- 1 tablespoon finely chopped onion
- 1 ½ cups hot or cold seasoned mashed potatoes
- 1 ½ tablespoons lemon juice
- 3 drops tabasco sauce
- 2 eggs, separated

Drain the fish, and flake it with a fork.

Heat the butter or margarine and cook the celery, parsley, and onion in it until the onion is golden brown.

Combine with the salmon, mashed potatoes, and seasonings.

Beat egg yolks well and add to the mixture.

Beat egg whites until stiff and fold in. Pile lightly in a greased baking dish.

Bake at 350° F. (moderate oven) for 1 hour or until firm in the center and lightly browned.

4 or 5 servings.

Potato-Liver Loaf

- 1 ½ pounds liver
- 2 tablespoons fat or meat drippings
- ¼ cup finely chopped onion
- ¼ cup finely cut celery
- ¼ pound pork sausage
- 1 teaspoon salt
- 1 cup mashed potatoes
- 1 egg, beaten
- About ¾ cup milk or canned tomatoes

Brown the liver lightly in the fat. Chop liver, onion, and celery by hand or put through a food chopper, depending on the texture desired.

Brown the onion and celery in the fat and add to the liver.

Add the rest of the ingredients, using

just enough milk or tomatoes to moisten the mixture well.

Pack firmly into a loaf pan to shape.

Bake in the pan or turn out on a rack in a shallow pan for baking. Bake at 350° F. (moderate oven) about 1 ½ hours.

Serve the loaf with Spanish sauce (see recipe below).

4 servings.

Spanish Sauce

- 2 tablespoons chopped onion
- 2 tablespoons fat or meat drippings
- 1 tablespoon flour
- 2 cups cooked tomatoes
- ½ cup finely cut celery
- ½ cup chopped green pepper
- Salt
- Pepper

Brown the onion in the fat and blend in the flour.

Add the other ingredients and cook about 20 minutes, or until rather thick.

Codfish Balls

- 1 ½ cups flaked codfish (canned or cooked) or 1 cup dry salted codfish
- 1 ½ cups mashed potatoes
- 1 egg
- Pepper
- Flour
- Cooking fat or oil

If salt codfish is used, soak in lukewarm water about an hour. Simmer in water 15 to 20 minutes, drain, and flake.

Combine fish, mashed potatoes, egg, and pepper. Mix well.

Shape mixture into balls and roll in flour.

Fry in shallow or deep fat, or bake at 500° F. (extremely hot oven) for 10 minutes.

4 servings.



9936-D

Mashed Potatoes with Frankfurters—a speedy oven dish

Potato-and-Frankfurter Casserole

- 2 tablespoons bacon drippings**
- ¼ cup chopped onion**
- 2 teaspoons flour**
- 1 teaspoon salt**
- Pepper**
- 1 tablespoon sugar**
- 1 teaspoon powdered dry mustard**
- ½ teaspoon celery seed**
- ⅔ cup water**
- ½ pound frankfurters**
- 2 cups thinly sliced raw potatoes**
- 2 tablespoons vinegar**

Heat bacon fat and cook onion in it until golden brown.

Mix flour and seasonings and blend into the bacon fat-and-onion mixture. Stir in the water and bring to a boil.

Split frankfurters lengthwise and cut twice crosswise.

Put alternate layers of potatoes and frankfurters in a greased casserole. Pour the sauce over the top.

Cover and bake at 375° F. (moderate oven) for 45 to 50 minutes. Remove from oven and pour vinegar over the potatoes and frankfurters. Cover and return to oven for 5 minutes.

4 servings.

Mashed Potatoes With Frankfurters

- 8 frankfurters**
- 2 cups hot or cold seasoned mashed potatoes**
- ½ to ¾ cup grated cheese**
- Paprika**

Slit frankfurters lengthwise almost through, spread open, and place cut side up on a greased baking sheet.

Heap mashed potatoes on the frankfurters, using ¼ cup for each one. Sprinkle with grated cheese and paprika.

Heat at 400° F. (hot oven) for about 15 minutes.

4 servings.

POTATO SALADS

Potato-Cheese Salad

½ cup mayonnaise
¼ cup sweet pickle juice
2 cups diced cooked potatoes
2 hard-cooked eggs, coarsely chopped
1 teaspoon salt
½ cup celery, coarsely chopped
2 tablespoons chopped onion
1 ½ cups diced cheese

Thin mayonnaise with pickle juice. Combine with remaining ingredients.

Chill salad thoroughly to blend flavor.

Serve on crisp salad greens. If desired, garnish with sliced pickle.

4 servings.

Potato Salad-Salmon Plate

3 cups potato salad
(see recipe on page 19)
Lettuce
1-pound can chilled salmon
2 tomatoes, sliced
½ cucumber, sliced
4 lemon wedges
Parsley

Mold potato salad into four mounds. Place each on a lettuce leaf in center of platter.

Drain salmon and break into large chunks. Surround potato salad with salmon and with tomato and cucumber slices. Decorate with lemon wedges and parsley.

4 servings.



N-10179

Potato salad combines well with chilled salmon in this attractive Potato Salad-Salmon Plate.

Potato Salad

- 4 medium-size potatoes**
- ¾ cup hot cooked salad dressing**
(see recipe below)
- 1 to 2 tablespoons finely chopped scallions or onions**
- 1 teaspoon salt**
- 2 tablespoons chopped green pepper**
- ½ cup finely cut celery**
- ¼ cup diced cucumber**
- 2 hard-cooked eggs, chopped**

Cook potatoes whole in the skins, peel, and dice. Or pare, dice, and cook them in a small amount of boiling salted water until tender. Drain.

Pour hot dressing over hot potatoes. Add scallions or onion and salt and mix carefully. Let cool for 10 to 15 minutes.

Mix in the rest of the ingredients.

Chill for 3 or 4 hours before serving.

Makes about 1 quart.

Variation: Cold salad dressings may be used instead of the ¾ cup hot cooked dressing. Use ½ cup mayonnaise or thick salad dressing and blend in ½ teaspoon prepared mustard. Or use ¼ cup mayonnaise or other thick dressing and ¼ cup french dressing. A quarter of a cup of chopped pickle makes a good addition to this salad.

Cooked Salad Dressing

- 2 tablespoons flour**
- 1 tablespoon sugar**
- 1 teaspoon powdered dry mustard**
- 1 teaspoon salt**
- Dash of cayenne**
- 1 cup milk**
- 1 egg, slightly beaten**
- 1 tablespoon butter or margarine**
- ½ cup vinegar or lemon juice**

Mix flour, sugar, mustard, salt, and cayenne in the top of a double boiler. Gradually stir in the milk.

Cook over boiling water, stirring constantly, until the mixture starts to thicken. Cover and cook for 10 minutes, stirring occasionally.

Stir a little of the hot mixture into the egg, add to the rest of the mixture, and cook over boiling water for 3 minutes, stirring constantly. Add the butter or margarine.

Remove from heat and slowly blend in the vinegar or lemon juice.

Makes about 1½ cups.

NOTE.—If salad dressing is not used when hot, cover and store in refrigerator.

Hot Potato Salad

- 3 cups diced raw potatoes**
- 4 slices bacon**
- ¼ cup finely chopped onion**
- 1 tablespoon flour**
- 1 teaspoon powdered dry mustard**
- 1 teaspoon salt**
- 1 tablespoon sugar**
- ½ cup water**
- 1 egg, beaten**
- ¼ cup vinegar**

Cook potatoes in a small amount of boiling salted water until tender. Drain.

Cook bacon in a fry pan until crisp. Remove from pan and chop.

Using 2 tablespoons of the bacon fat, cook onions until golden brown.

Blend flour, mustard, salt, and sugar into the fat. Stir in the water and boil for 2 minutes.

Add about 2 tablespoons of the hot mixture to the beaten egg, then stir this into the rest of the mixture. Add vinegar and reheat.

Pour the hot dressing over the hot diced potatoes. Mix in the chopped bacon. Serve hot.

5 or 6 servings, about ½ cup each.

POTATO SOUPS

Quick Potato Soup

2 cups thinly sliced raw potatoes
¼ cup finely chopped onion
1 ¼ cups boiling water
1 ½ cups milk
1 tablespoon butter or margarine
¼ teaspoon worcestershire sauce
1 teaspoon salt
Pepper

Add potatoes and onion to the boiling water. Cover, and cook for 15 to 20 minutes, or until potatoes are tender. Mash the potatoes slightly with a fork to thicken the soup a little if desired.

Add milk, butter or margarine, and seasonings. Heat.

For a touch of color, garnish each serving with chopped parsley, grated cheese, croutons, diced crisp bacon, or finely cut watercress or chives.

4 servings, 1 cup each.

Variation: Cut 2 frankfurters into ¼-inch slices and add them to the soup with the milk.

Potato-and-Fish Chowder

½ pound filets of cod, haddock, or other white fish, cut in small pieces
1 cup diced raw potato
¾ cup diced raw carrots
2 cups water
2 ounces salt pork, diced
¼ cup chopped onion
1 ½ tablespoons flour
1 cup milk
¼ teaspoon salt
¼ teaspoon worcestershire sauce
Pepper

Cook fish, potatoes, and carrots in the water for about 15 minutes. Do not drain.

Cook the salt pork in a fry pan until crisp; remove from pan.

Add the onion to the fat and cook for a few minutes. Blend in the flour and add the milk.

Combine with the fish and vegetables and add seasonings. Simmer for 10 minutes, stirring frequently.

Garnish with the salt pork crumbled very fine.

4 servings, 1 cup each.

Potato and Ham Chowder

¼ cup finely chopped onion
1 tablespoon butter or margarine
1 cup diced raw potato
½ cup coarsely chopped cooked smoked ham
1 teaspoon salt
1 teaspoon worcestershire sauce
Thyme
Few grains paprika
⅛ teaspoon celery salt
1 ½ cups boiling water
2 cups hot milk
2 tablespoons water
1 tablespoon flour
⅓ cup cooked peas

Cook onion in butter or margarine until it is golden brown.

Combine onion, potato, ham, seasonings, and boiling water and cook 15 minutes.

Add hot milk.

Blend water with flour, stirring until smooth. Stir into the vegetable-and-meat mixture.

Cook gently until slightly thickened. Add peas, and heat.

If desired, sprinkle with chopped parsley.

4 servings, 1 cup each.

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OTHER PUBLICATIONS ON VEGETABLES

Other publications on the preparation and use of vegetables are listed below. You may obtain a copy from the Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250; send your request on a postal card.

	<i>Order No.</i>
Home Canning of Fruits and Vegetables.....	HG 8
Home Freezing of Fruits and Vegetables.....	HG 10
Making Pickles and Relishes at Home.....	HG 92
Vegetables in Family Meals: A Guide for Consumers.....	HG 105
Tomatoes on Your Table.....	L 278
Dry Beans, Peas, Lentils . . . Modern Cookery.....	L 326