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DIVISION OF HOME WELFARE  
DEPARTMENT OF EXTENSION

Food Conservation Bulletin No. 4

## SAVE THE FAT

24 RECIPES  
Using  
ANIMAL FAT SUBSTITUTES

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FOOD CONSERVATION BULLETINS

No. 1, Save the Wheat  
No. 2, Save the Sugar  
No. 3, Save the Meat  
No. 4, Save the Fat



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The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government.

Sam Houston

Cultivated mind is the guardian genius of democracy. . . . It is the only dictator that freemen acknowledge and the only security that freemen desire.

Mirabeau B. Lamar

## FOREWORD

Today, the crying need of the Allies in every part of the country is for fat. The Germans have been able by a remarkable system of conservation to keep from actual famine, but have not been able to forestall the shortage of fats, since they have had to depend almost entirely on their own resources for their fat supply. We are much more fortunate in that we have two important vegetable fats, which are home products—cottonseed oil and peanut oil and their vegetable compounds. The use of these fats in the place of butter, lard and beef suet cannot be too strongly urged. When these are substituted for the butter, which is far more expensive, they will greatly reduce the cost of a given recipe, and also free our butter and animal fats for the use of our soldiers "Somewhere in France."

## EXPLANATIONS AND DIRECTIONS

All measures used in these recipes are *level*.

Dry materials are measured after *sifting*.

Each recipe contains at least six *servings*.

Ingredients are given in order in which they should be combined.

*Abbreviations*

c=cup;

T=tablespoon;

t=teaspoon;

B.P.=baking powder;

pt.=pint;

f. g.=few grains;

f. d.=few drops;

min.=minutes.

*Measures*

3 t=1 T;

16 T=1 c;

2 c=1 pt;

2 pts=1 qt;

16 oz=1 lb.

## RECIPES

### *General Directions for Preparing Scalloped Dishes*

Butter baking dish with vegetable oil.

Sprinkle with bread crumbs.

Arrange the ingredients to be used in alternate layers, or fill dish after materials have been combined.

Fill dish not more than  $\frac{3}{4}$  full.

Cover top layer with buttered (with oil) bread crumbs.

Bake according to the nature of the ingredients. See table below.

#### *Time table:*

Previously cooked ingredients—20 to 30 min.

Uncooked ingredients—45 min. to 1 hr.

Note: Proportion of ingredients in buttered bread crumbs,  $\frac{1}{4}$  c oil to 1 c crumbs (1:4); blend well.

### *Mock-Buttered Peas and Carrots*

2 c cooked carrots—diced or sliced

2 c peas—whole, add

4 T vegetable oil

1 t salt

f. g. paprika

Mix thoroughly, serve hot.

Note: Many vegetables are especially good when cut into small pieces and served hot, simply seasoned with vegetable oil, salt and pepper, if desired. This is very true of white turnips.

### *Creamed Celery*

Select the part of the bunch which is known as second grade—leaving the best for the table as a relish.

Thoroughly wash—cut cross wise into small pieces.

Cook in small amount of boiling salted water until tender.

Drain, save the water for soup or use it in making the sauce.

Add the celery to hot white sauce.

Serve hot—on toast or croutons.

Note: Cook the tops, root stock and outside leaves and add water in which cooked to soup stock.

*Creamed Oysters*

1 pt. oysters—heat in liquor until edges begin to curl, drain,  
add to

1½ c white sauce No. I seasoned with

f. g. celery salt.

Serve on toast, or make a scalloped dish, using  
alternate layers of cooked brown rice or bread  
crumbs.

*Creamed Pecans*

1 c pecan meats—heat until well browned in

1 T oil—then add

1 c white sauce No. I

Serve hot

*Croutons (Duchess Crusts).*

Cut stale bread in ⅓ inch slices.

Cut slices in ⅓ inch cubes.

Bake to a golden brown.

Serve hot with cream soups.

*Parsley Sauce*

⅓ c oil

3 T flour

1 t salt

f. g. pepper

Blend well, add

1½ c hot water

Cook until desired thickness, add

4 T chopped parsley.

*Peanut Butter*

2 c peanuts—roasted, shelled and brown skin removed.

Grind several times in chopper, add

1 t salt, or enough to season to suit taste.

Stir until a soft paste is formed.

Store in covered jars or jelly glasses.

Note: If peanuts are dry, add a little peanut oil. Before using thin with a little boiling water or one-half the quantity of cooked salad dressing.

*Baked Rice with Peanut Butter*

2 c steamed brown rice, add

1 egg—well beaten

$\frac{1}{4}$  c peanut butter

2 T chopped parsley

1 T onion—minced

f. g. pepper or paprika

$1\frac{1}{2}$  t salt

1 t celery salt

Butter dish with peanut oil.

Bake 20 to 30 min. in moderate oven.

Serve hot.

*Fish with Tomatoes*

2 lbs. fish—cut into serving pieces, dip in oil, dredge with flour and sprinkle with salt. Cover with

3 tomatoes—sliced, or 2 c canned tomatoes.

Sprinkle over all

2 T flour

2 T onion—minced, if desired

f. g. pepper

1 t salt.

Bake in serving dish 30 to 45 min.

Baste with

1 c water to which has been added

2 T peanut or cottonseed oil

Serve with Parsley Sauce.

*Pea or Bean Salad*

2 c peas—whole, or green beans

2 T minced onion

4 sweet pickles—chopped

Marinate with French Dressing

Serve with Salad Dressing.

*Rice and Tomato Soup**Tomato mixture—*

½ can tomatoes

Simmer 5 min. Add

¼ t soda

Strain, add prepared

*White sauce mixture—*

2 T peanut or cottonseed oil

2 T flour

1 t salt

f. g. pepper or paprika

4 c milk

½ to 1 c cooked brown rice

Just before ready to serve pour the tomato mixture into the white sauce mixture. Add more seasoning if necessary.

Note: For variety of flavor add one or more of the following.

1 T chopped parsley

1 T chopped onion

1 T chopped green pepper

½ bay leaf

4 or 5 whole cloves.



*Salad Dressing*

2 T flour or  $1\frac{1}{2}$  T cornstarch

$1\frac{1}{2}$  t salt

$1\frac{1}{2}$  t mustard

1 T corn syrup

1 egg—slightly beaten

2 T oil

Mix well, add gradually

$1\frac{1}{3}$  c water or milk

Lastly add

$\frac{1}{4}$  c vinegar or more

Cook until consistency of thick cream.

*French Dressing*

$\frac{1}{2}$  c peanut or cotton seed oil

5 T vinegar or lemon juice

$\frac{1}{2}$  T corn syrup

1 t salt

2 T finely chopped parsley

1 T finely minced onion

2 T finely minced green pepper

Mix ingredients, let stand 1 hr.

Beat vigorously for 5 min.

Note: Especially good served with green vegetables.

*Mayonnaise Salad Dressing*

2 egg yolks or 1 egg

2 t salt

1 t paprika

Beat well, continue beating while adding gradually

$1\frac{1}{2}$  c salad oil—chilled

Thin as needed with juice of

2 lemons or  $\frac{1}{4}$  c vinegar

Note: Add more lemon if not sufficiently sour. Rub the bowl with a slice of onion if a slight onion flavor is desired.

*Uncooked Salad Dressing*

$\frac{2}{3}$  c sour cream—whipped stiff

Beat constantly while adding gradually the following mixture:

$\frac{1}{2}$  c sugar substitute

1 t salt

1 t mustard—if desired

$\frac{1}{4}$  t paprika

2 T peanut oil

7 T strong vinegar or lemon juice

Note: Especially delicious with chopped cabbage.

*Oil Salad Dressing (cooked)*

2 T flour

1 T corn syrup

$1\frac{1}{2}$  t salt

Yolks 2 eggs or 1 egg—beaten

Blend well, add gradually

$\frac{1}{4}$  c vinegar or lemon juice

Cook in double boiler until consistency of thick cream.

Chill, add, constantly beating

$\frac{1}{4}$  c cottonseed or peanut oil.

Thin with cream as desired.

*Salted Nuts*

1 c unroasted peanuts or almonds—blanch, thoroughly dry.

Saute in 1 T oil.

Stir constantly until a golden brown.

Remove from the pan, drain on brown paper.

Sprinkle with salt.

Note: To blanch: Pour boiling water on shelled nuts, let stand until water has cooled. Remove brown covering. It will slip off easily.

*Steamed Carrot Pudding*

- 2 c flour—graham or whole wheat
- 1 t cloves
- 2 t cinnamon
- $\frac{1}{2}$  t alspice
- $\frac{1}{4}$  t salt
- 1 t soda

Mix thoroughly, add

- 1 c nuts—chopped
- 2 c raisins—chopped
- 1 c grated raw carrot
- 1 c grated raw potato
- $\frac{1}{2}$  c vegetable oil
- 1 c corn syrup

Mix well, steam in moulds  $2\frac{1}{2}$  hrs.

Serve hot with sauce or cream

Recipe fills  $2\frac{1}{2}$  pound baking powder can and

Serves 15 to 18 people.

Note: This pudding will keep for several weeks if wrapped in paraffin paper and stored in air-tight receptacle.

*Stuffed Peppers I*

- 1 egg—well beaten
- $1\frac{1}{2}$  c milk
- 2 T vegetable oil
- $\frac{1}{2}$  c bread crumbs
- $\frac{1}{2}$  c salmon—flaked
- $\frac{1}{2}$  t salt
- f. g. pepper
- 1 slice onion—minced, or 1 t onion salt if desirable

Fill prepared peppers with mixture

Bake in moderate oven until thoroughly heated through.

Serve with white sauce.

Note: To prepare peppers: Remove stem end, take out seeds. Cook in boiling salted water 5 min. Turn upside down to drain. Fill with prepared mixture.

*Stuffed Peppers II*

6 green peppers

Remove stem end of pepper, take out seeds, par-boil 5 min. Drain. Fill with following mixture

1 onion—chopped or 1 t onion salt

2 T fat

4 T cooked vegetable—(leftover)

$\frac{1}{3}$  c gravy or sauce

3 T bread crumbs

4 T leftover meat—chopped.

Season to suit taste. Bake until thoroughly heated through.

*Tomato Jelly Salad*

$1\frac{1}{2}$  c tomato juice

$1\frac{1}{2}$  t salt

$\frac{1}{4}$  t onion salt

$\frac{1}{4}$  t cinnamon

$\frac{1}{8}$  t cloves

$\frac{1}{2}$  t celery salt

Bring to boiling point, pour over

2 T gelatine softened in

$\frac{1}{4}$  c water

Turn into moulds, chill.

Serve on lettuce, watercress, or peppergrass.

Garnish with mayonnaise.

*Trio Vegetable Salad*

Equal portions of cooked  
Turnips—sliced or diced  
Beets or Carrots—sliced or diced  
Peas—whole

Arrange in layers in mould.

Prepare gelatine mixture, as soon as it begins to solidify pour it over the prepared vegetable.

Follow the directions on the package for the proportion of water and gelatine.

Mould as desired.

Serve on lettuce, peppergrass or watercress.

Note: The gelatine may be omitted and the vegetables marinated with French dressing, then served with any desired dressing and garnishing. Other combinations of vegetables may be used.

*White Sauce I (for vegetables)*

2 T oil—peanut or cottonseed

2 T flour

½ t salt

f. g. pepper or paprika

Blend, stir constantly while adding

1 c milk

Cook until consistency of thick cream.

Serve hot with the following vegetables: carrots, peas, cauliflower, potatoes, beans, cabbage, spinach, celery, onions, turnips.

*White Sauce II (for soups)*

To White Sauce I add an extra cup of liquid—milk, or part soup stock.





