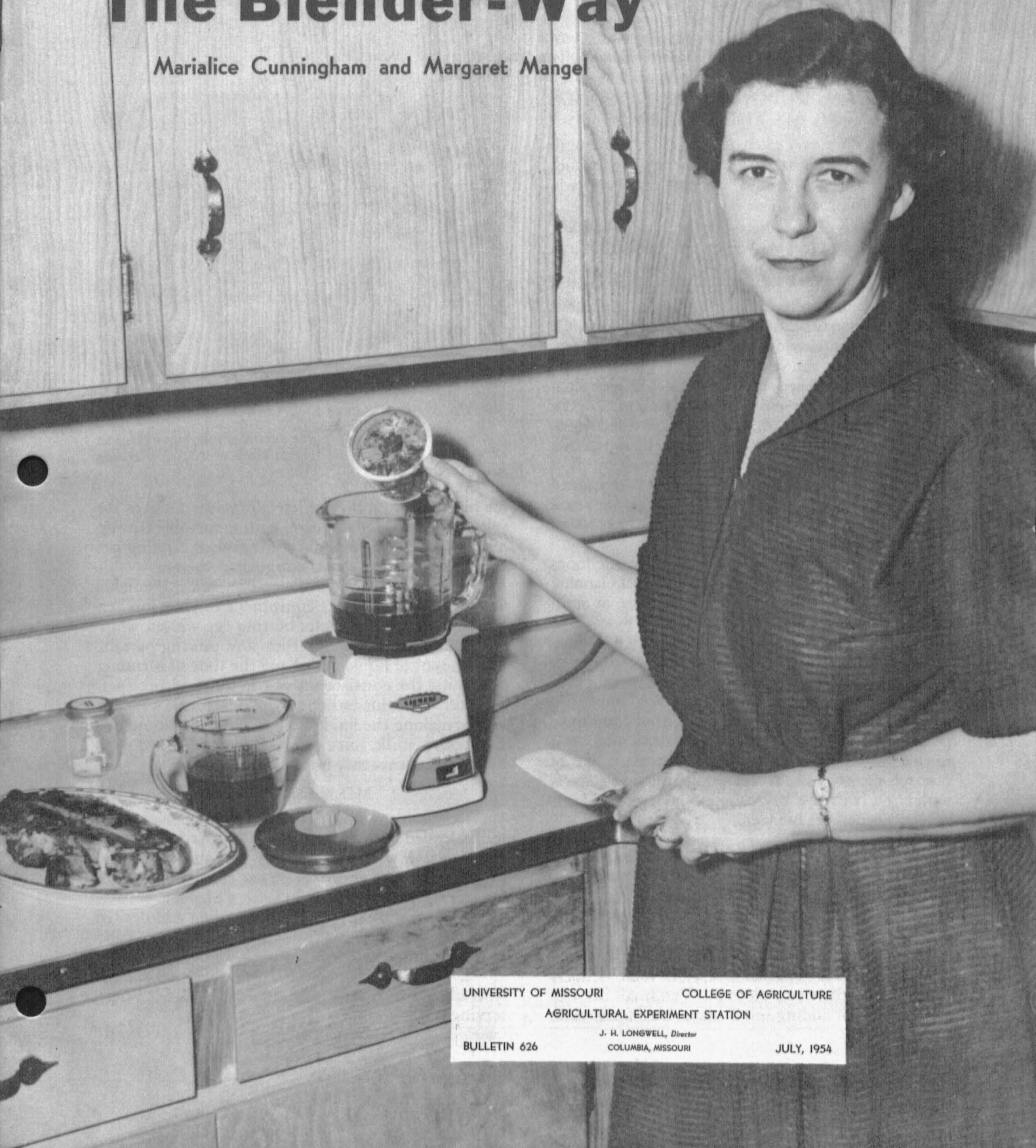


# FOODS

## The Blender-Way

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# FOODS THE BLENDER-WAY

Marialice Cunningham and Margaret Mangel

## BLENDERS USEFUL IN PREPARING FOODS FOR ALL THE FAMILY

If you have ever eaten a soft diet for any length of time, you are aware of the monotony in the foods served. By using a blender, you can have variety in flavor and color, and foods high in nutritive value.

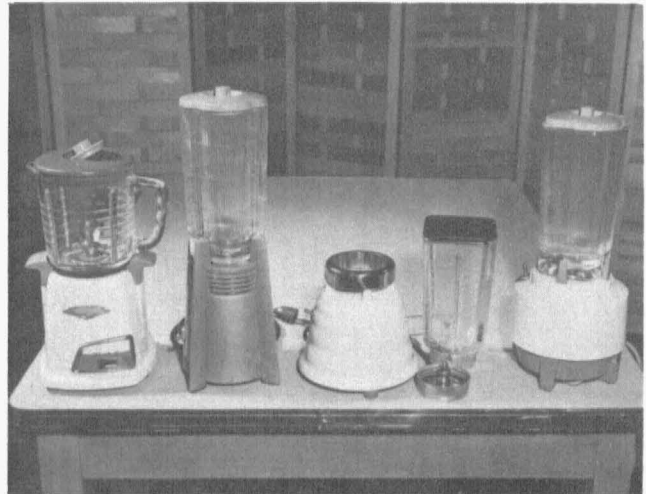
Soft foods can be interesting! Vegetable souffles, meat spreads and loaves, sherbets and milk drinks can supplement the traditional baked potato, strained vegetable and fruit. A blender used in the kitchen can put the "home cooked" flavor back in special diets. Many dollars may be saved in using fresh foods while they are in season, and home canned and frozen products the rest of the year.

Special foods are necessary for babies; children and adults who are convalescing from an illness, operation, or accident; and persons who have difficulty in chewing due to loss of teeth or poor teeth. Attractive, palatable, and nutritious foods are needed by all of these people. Young babies kept on diets of canned pureed foods frequently refuse fresh foods for years. Older folk do not want to give up flavor even though they may be on limited diets.

All members of the family may enjoy the foods prepared with the blender. It will make meal planning easier for mother if the baby, grandmother, or an ill person in the household can eat the same food as the rest of the family. With these ideas in mind, the blender and foods essential to good health were used in developing recipes for family eating as well as for special diets. Many recipes that have been published are unsatisfactory from the standpoint of amount or combination of ingredients. Recipes and directions in this bulletin were developed and tested as part of research project 18A, "Preparation of Food Products with High Nutritive Value and Fresh Flavor by Means of the Mechanical Blender."

### THE BLENDER

Some of the blenders found on the market are pictured on this page. Some brands have only one speed, others two, and still others multiple speeds up to seven. If only one speed is available, it is equivalent to high speed. For general use, the blender with two or three speeds is more satisfactory. Several blenders have a convenient two-piece lid. The small lid may be removed for adding small amounts of food while



Blenders will liquify, puree, blend or mix ingredients in a few seconds. Shown are several kinds of electric blenders found on the market.

the blender is running, which eliminates much of the splashing. The blender made with removable cutting blades is easily cleaned, and conventional canning jars may be used in place of the regular container.

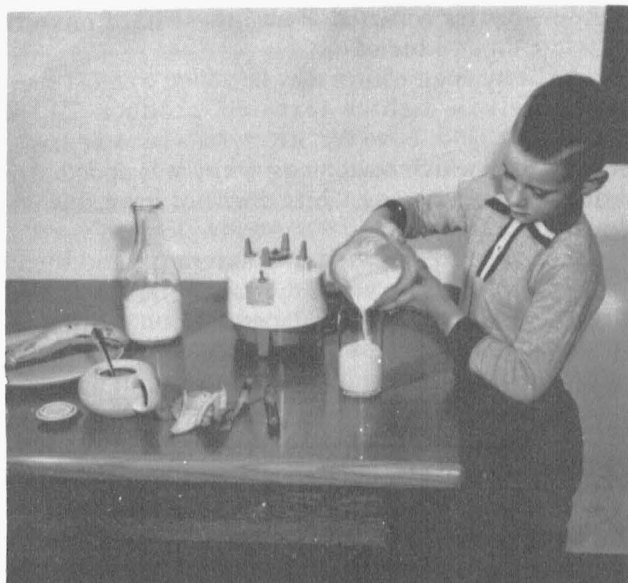
Blenders will liquefy, blend or mix ingredients in a few seconds. Other equipment in your kitchen will be more satisfactory for beating egg whites, whipping cream, mashing potatoes, and mixing batters. The amount of liquid added and the time of blending determine the consistency of the finished product. The recipes in this bulletin were developed with the idea of making the food "hold shape." If a liquid diet is necessary, milk, juice or broth may be added until the desired consistency is reached.

### MILK DRINKS

Delicious and nutritious drinks can be made from milk blended with various fruits or their juices, or in combination with other foods. For a richer drink, ice cream may be added. Here are some suggestions for making tasty milk drinks with a blender.

1. Pour milk into the blender, then add desired ingredients. Pour citrus fruits or juices in slowly and start blending immediately.

2. Use high speed for blending. Serve immediately. If stored for chilling, reblend for 10 seconds before serving.



Delicious and nutritious drinks can be made from milk blended with various fruits or their juices, or in combination with other foods.

3. If more calories or richer drinks are desired, ice cream may be added to any of the recipes. Cut the ice cream into pieces and blend until the mixture is creamy. Serve immediately.

4. Nonfat dry milk solids may be mixed with water which converts it into fluid form. This milk is commonly referred to as "reconstituted." This form of milk may be used in most of the drinks satisfactorily. Directions for reconstituting are given below. Such reconstituted milk makes a very creamy textured drink and one low in calories. Some people note an undesirable flavor in the banana and apricot drinks when lemon juice is not added.

5. Ice cubes may be added and blended with the other ingredients. If reconstituted dry milk is used, the ice cubes may replace part of the water.

6. The capacity of the blender for milk drinks is approximately 2 cups of milk plus the fruit or other ingredients. This amount will make 3 servings.

### To Use Dry Milk

To reconstitute nonfat dry milk solids into fluid milk, first pour 2 cups warm water into the blender

MILK DRINKS FOR QUICK PICK-UPS

Kind	Milk	Fruit	Sugar	Flavoring	Salt	Tips To Follow for Making
Apricot	2 c	1/4 c dried or 1/2 c canned apricots	2 t		1/8 t	Add apricots, sugar and salt to the milk. Use high speed, blend 10-20 sec. for canned apricots. Blend 30 sec. to 1 min. for dried apricots. A "creamier" drink is made from dried apricots. To plump the dried apricots, pour boiling water over them and let stand 5-10 minutes. 3 servings.
Apricot-Prune	2 c	1/2 c dried apricot and prune pulp (cooked)	1 T	2 T lemon juice and 1 t rind	1/8 t	Place ingredients in blender in the order named. Blend 1 min. at high speed. Makes a thick milk shake. 3 servings.
Banana	2 c	2 ripe bananas	2 T or 2 T molasses			Blend all ingredients 1 min. at high speed. If bananas aren't fully ripe, increase blending time. 3 servings.
Cherry Punch a la Mode	2 c	1 c canned cherries		1/8 t almond extract		Blend all ingredients 2 min. at high Speed. Add 1 cup vanilla ice cream cut in pieces, and blend until creamy, approximately 10 sec. 3 servings.
Pineapple	1 c	1/2 c crushed pineapple	1 t	1 T lemon juice		Blend all ingredients 20 sec. to 1 min. depending upon the coarseness of the pineapple. Fresh pineapple (cooked) makes a better flavored drink, but requires straining to remove the strings. Uncooked pineapple curdles the milk. 1 large serving.
Chocolate Malt	2 c	1/4 choc. malt powder				Sprinkle powder on top of milk. Blend 30 sec. to 1 min. Chocolate syrup (1 T) may be added if a stronger chocolate flavor is desired. Reconstituted milk is very good for this drink. 2 servings.
Egg Nog	1 c	1 egg	1-3 t	Nutmeg or 1/4 t vanilla	1/16 t	Blend all ingredients together 10 sec. 1 large serving.

Key to abbreviations: c - cup; t - teaspoon; T - tablespoon

container, place the lid on, and start the motor. Then remove the lid and pour 2 cups nonfat dry milk solids into the swirl of water. Use low speed if available on the blender. Blend 3-5 minutes. Five minutes is preferred if the milk is to be used for drinking. Pour into larger container and add 1 ½ quarts cold water to make equivalent to fluid milk.

If a higher concentration of milk solids is desired, reduce the amount of water in the final addition accordingly. Milk twice normal strength may be used satisfactorily in puddings and custard. (Recipe for custard using additional milk is found on page 5).

The amounts given here are considered capacity for one mixing, so if more than two quarts of milk are to be reconstituted you will need to repeat the recipe.

### FRUIT FLAVORED SHERBETS

Frozen desserts are very popular in the United States. Among the best liked are the refreshing fruit flavored sherbets. Here are some suggestions for making these tasty foods.

1. Pour milk into blender first and add desired ingredients. In using citrus fruits, pour in juice slowly and start blender immediately to prevent curdling.

2. Nonfat milk solids reconstituted may be used in any of the sherbet recipes.

3. Gelatin in the recipes may be varied according to the season and firmness desired in the sherbet.

4. Moisten gelatin in cold water and dissolve by placing over hot water. Add as last ingredient after

blending has been started. Pour into swirl of mixture to assure a good blend.

5. Beaten egg whites may be added to most sherbets to give a lighter textured product. If the sherbets are held, however, ice crystals become larger in sherbet to which beaten egg white was added. Addition of unbeaten egg white does not have this undesirable effect.

6. After freezing to a mush, remove and blend half of the mixture at a time until the sherbet is creamy (about 30 seconds, depending on room temperature). Refreeze immediately in a covered refrigerator tray or container suitable for storing in a freezer unit.

7. Fresh lemon or orange juice may be interchanged with concentrated frozen juice in the recipes.

8. Ice cream from commercial mixes may be made satisfactorily in the blender by following the recipe on the package and the suggestions above.

9. The capacity of most blenders is 2 ½-3 cups of milk mixtures. If larger quantities are desired, it is advisable to make up separate recipes. The sherbet recipes calling for 1 cup of milk, may be doubled for one mixer run.

### FRUIT AND VEGETABLE DISHES FOR ALL THE FAMILY

#### Suggestions for Preparing

1. A dish of pureed food is difficult to eat and unattractive if the food has a tendency to "run" or be "soupy." Use the smallest amount of liquid that will

SHERBETS FOR REFRESHING DESSERTS -- LOW IN CALORIES

Kind	Fruit	Milk	Sugar	Egg	Flavoring	Corn Syrup	Gelatin	Suggestions for Mixing
Apple	4 c raw apples peeled cored, cut in pieces	1 1/2 c	1 c		2 T lemon juice	1/3 c	1 envelop in 1/2 cup water (dissolve by placing over hot water)	Place 2 c of apples, 1 T lemon juice in blender, mix 15 sec. then add remainder of ingredients. Blend for 1 min. at high speed. Freeze. Stores well. 3-4 servings
Apricot or Pineapple	1/2 c cooked dried apricots or 1/2 c crushed pineapple	1 c butter milk	1/2 c	1 white	2 t lemon juice 1/4 t salt		1/2 envelop or 1 1/2 t in 1/4 c water (dissolve by placing over hot water)	Blend for 1 min. on high speed. Follow general directions for sherbets. Beaten egg white added when the mixture is reblended gives a creamy texture but does not store as well as when omitted. Freeze.
Three-in-One	1/2 ripe banana 2 T orange juice 2 T lemon juice	1 c	1/4 c				1/2 envelop or 1 1/2 t in 1/4 c water (dissolve by placing over hot water)	Blend banana cut in slices with juices 15 sec. to prevent darkening. Add remainder of ingredients and blend 30 sec. to 1 min. Freeze. 3-4 servings.
Lemon	1/4 c lemon juice	1 c	1/4 c	1 whole				Add lemon juice and other ingredients to milk. Blend 30 sec. on high speed. Freeze to mush, and blend until creamy, approximately 30 sec. Freeze. 3-4 servings.
Orange	1/2 c orange juice	2 c	1/2 c				1-2 t in 1/4 c water (dissolve by placing over hot water)	Add orange juice and sugar to milk, start blender, and add gelatin into swirl of mixture. Blend 30 sec. on high speed. Freeze to mush, and blend until creamy, approx. 30 sec. Freeze. 4-6 servings.
Peach Cream	1 c canned peaches	1 c top	1/2 c	2 sep.	1 T lemon juice 1/2 t almond extract	1/4 c		Blend peaches, milk, egg yolks, lemon juice, syrup, flavoring for 1 min. Add unbeaten egg whites at time of reblending. 4-6 servings.

Key to abbreviations: c-cup; t-teaspoon; T-tablespoon

## DESSERTS YOU WILL WANT TO SERVE

Kind	Liquid	Egg	Sugar	Salt	Other Ingredients	Suggestions for making
Apricot Dessert (uncooked)	1 c milk		1 t	few grains	1/2 c cooked or soaked* dried apricots	Combine ingredients and blend at high speed for 30 sec. Pour into molds. Chill. Makes a smooth dessert suitable for the entire family. 3-4 servings.
Prune Whip	1/4 c prune juice	2 whites beat till stand in peaks	1/2 c		1 t lemon juice 2 c cooked pitted prunes	Blend all ingredients except egg whites at high speed for 2-3 min. or until prunes are pureed. Fold into beaten whites. Pour into greased casserole dish. Place in pan of hot water. Bake in moderate oven (350°F.) till set, 30-50 min. 4-6 servings.
Vanilla Pudding	2 c milk**	1	1/4 c	1/2 t	1 t vanilla 2 T cornstarch	Blend all ingredients except eggs for 30 sec. Use low speed if available on blender. Add egg. Blend 5-10 sec. Cook in double boiler 5 min. or until pudding thickens. Remove from flame, cool quickly to prevent curdling. Add vanilla. Stir. 4-6 servings.
Baked Custard	2 c milk or 2 c warm water and 1/2 c nonfat dry milk solids (for a custard extra rich in milk, use 1 c nonfat dry milk solids)	2	1/4 c	1/16 t	1 t vanilla	If nonfat dry milk solids are used, pour water into blender, start motor and pour the dry milk into the swirl of water. Blend 30 sec. Use low speed if available. Add remainder of ingredients, blend 10 sec. If fluid milk is used, blend all ingredients together 10 sec. Pour into custard cups or baking dish. Set in pan of hot water. Bake in moderate (350°F.) oven for normal strength milk and 300°F. oven for extra rich. When set (30-45 min.) remove from oven and cool quickly. 4-6 servings.

Key to abbreviations: c-cup; t-teaspoon; T-tablespoon

\*Follow suggestions under "Fruit and Vegetable Dishes for All the Family," item 10.

\*\*Reconstituted nonfat dry milk solids may be used instead of fluid milk. A pudding extra rich in milk may be made by following the suggestions for "baked custard."

make pureeing possible. It is better to stop the blender, scrape down and add more liquid than add too much at the beginning.

2. The soft fleshed cooked fruits blend or puree easily if lifted out of their own juice.

3. In pureeing vegetables the amount of liquid needed often varies with the maturity and tenderness of the vegetable. When vegetables are pureed raw the cooking time is shortened and they have a "fresher" flavor than when vegetables are cooked first then pureed.

4. Frozen foods should be allowed to defrost slightly before blending.

5. If chopped food consistency is desired, stop the blender at the desired cut.

6. In preparing purees for liquid diets, add additional cooking or canning liquid to vegetables or fruit until the desired consistency is reached.

7. After starting the blender, remove the lid and scrape across the mass of food if necessary to keep it

over the blades. *Always use a rubber scraper.* Just stopping and starting the blender frequently is enough to allow soft foods to blend. With foods that take a long time to blend such as prunes, it is necessary to stop and scrape the sides of the container several times.

8. Combinations of fruits or vegetables may be made at the time of pureeing or mixed together later.

9. Quantities of the pureed products can be made and frozen for later use.

10. In cooking dried fruit, add water to cover and simmer until tender. No sugar is necessary. The use of blended uncooked dried fruit is not recommended unless the package says that the fruit has been sterilized. Boiling water may be poured over the fruit and allowed to stand for 5-10 minutes to take the place of cooking if the fruit is not held long after blending.

11. As much as 3 cups of soft textured canned food can be pureed at a time with little stirring. One cup of the heavier foods, as sweet potatoes, is the most that can be blended at one time.

**FRUIT PUREES FOR INFANT AND SPECIAL DIETS**

Fruit	Amount	Sugar	Other Ingredients	Suggestions for easy blending
Applesauce	1 c peeled, cored, sliced eating apple	1 T	1/4 c pineapple juice few grains salt	Blend all ingredients at high speed for 20 sec. Push apple pieces into liquid with rubber scraper when necessary. Serve chilled.
Apricot (dried)	1/2 c cooked dried apricots	2 t	2 T orange juice (optional)	Blend all ingredients at high speed for 1 min.
Apricot-Apple	1/2 c cooked dried apricots 1/2 c peeled, cored, sliced eating apple	1 T	2 T fruit juice	Blend all ingredients together at high speed for 1 min.
Canned fruit (peaches, pears, apples, or apricots)	1 to 2 c slightly drained fruit			Blend 10 to 30 seconds or until desired puree is reached. Especially desirable for early infant feeding.
Prune	1 c cooked pitted prunes 1/2 c prune juice		1 T lemon juice (optional)	Blend fruit and juices at high speed 3 1/2 min. Soaked, uncooked prunes are not satisfactory. Stop the blender and scrape down the sides when necessary.
Pineapple	1 c crushed pineapple			Blend 30 sec. at high speed. Fresh pineapple, both cooked and uncooked gives a stringy product which requires straining.

The recipes may be doubled for one blender run. The fruit purees may be frozen and held for later use very satisfactorily.

**VEGETABLE PUREES FOR INFANT AND SPECIAL DIETS**

Vegetable	Amount	Water	Salt	Suggestions for blending
Green Beans	1 c fresh cooked or canned green beans	1 T (use cooking liquor if available)	1/4 t	Blend all ingredients together for 2 min. or until beans reach desired cut. Some canned varieties are pureed in 10 sec. while other take much longer. Scrape down sides of container when necessary.
	1 c raw* green beans cut in pieces	1/4 to 1/3 c	1/4 t	Blend all ingredients together 1 to 2 min. Cook covered in heavy pan until tender, approximately 10 min. Additional water may be needed to prevent scorching. Maturity of beans affects blending and cooking times. Has a nice fresh flavor and interesting texture.
Peas	1 c fresh cooked or canned peas	1 T (use cooking liquor if available)	1/4 t	Blend all ingredients 1 min. at high speed. If peas are "starchy," more liquid may be needed. Scrape down sides of container.
	1 c raw shelled* peas	1/4 c	1/4 t	Blend all ingredients 30 sec. to 1 min. Cook covered in heavy utensil. Add more liquid if necessary. Cooks in half the time necessary to cook the whole peas. The flavor of the puree made from peas cooked before blending is preferable.
Spinach	1 c cooked spinach 1 piece boiled bacon or 1 T fat (optional)	2T	1/4 t	Blend all ingredients 1 to 2 min. at high speed. Does not have as good flavor as puree made from raw spinach and has a "slicker" texture.
	1 box frozen spinach (about 2 c) cut in inch cubes. Allow to defrost slightly	1/4 c	1/2 t	Blend all ingredients 1 min. or until no strings are noticeable. Cook uncovered in heavy pan until tender approximately 3 min.
	Blender container 3/4 full fresh spinach, packed loose	1/2 c	1/8 t	Blend all ingredients 1 min. Push spinach downward with rubber spatula, or put water in blender and add spinach little at a time until all is of desired consistency. Cook uncovered in heavy utensil until tender, approx. 3 min.

Note: 1 cup of vegetable will make 2-3 servings. Additional seasonings may be added according to the individual diet. Serve warm or hot.

\*If vegetables are frozen, allow to defrost slightly at room temperature. Then treat as raw. The cooking time is shortened.

## VEGETABLE DISHES THE FAMILY WILL ENJOY

Kind	Vegetable	Other Ingredients	Salt	Suggestions for Making
Carrot Pudding	1 c cooked carrots	1 1/4 c milk 1 T flour 1 egg 1 T sugar 1 T butter or margarine (soft)	1/2 t	Blend all ingredients 10 sec. Bake in greased casserole set in pan of hot water in moderate (350°F.) oven. Stir occasionally until mixture thickens. Bake till set, approximately 45 min. Pudding can also be cooked in double boiler with small amount of stirring. 4 servings.
Carrot-Apple Whip	2 med. size carrots (scraped, sliced) 2 med. size apples (peeled, cored, sliced)	1 T butter 1 T sugar (optional)	1/4 t	Blend carrots and apples with water until pureed, approximately 2 min. on high speed. Cook covered until tender (7-10 min.) Add seasonings, serve hot. 3-4 servings.
Sweet Potato Blend	2 c sweet potato (baked, peeled and cut in 1/2 inch cubes)	1/4 c water 1/4 c brown sugar 1 1/2 t butter or margarine (soft)	1/4 t	Place half of the potatoes and remainder of ingredients in blender. Blend at high speed 1 1/2 min. add remainder of potatoes. Add more water if mixture is too thick. Stir across the top with rubber scraper while blender is running. Scrape down sides when necessary. Blend 1 min. or until mixture is creamy. Heat in heavy pan on top of stove or in casserole in the oven. An excellent dish for the entire family. Butter and sugar could be omitted for infant feeding. 4 servings.
Sweet Potato Pineapple Casserole	1 c sweet potato (baked, peeled and cut in 1/2 inch cubes)	1/4 c pineapple juice or 1/2 c crushed pineapple 1 T sugar	1/4 t	Blend all ingredients together for 1 1/2-2 min. at high speed. Follow the suggestions above for blending and serving. 2-3 servings.
Vegetable-Gelatin Salad	3/4 c cabbage cut up 1/4 carrot, cut in slices 1 slice onion 1 T parsley 2/3 c water	2 t sugar 2 T vinegar or 2 t lemon juice 1/2 envelop gelatin in 1/4 c cold water	1/2 t	Blend all ingredients 7 sec. or until vegetables reach desired size. Pour gelatin and water (dissolved over hot water) in the swirl of the mixture. Pour into mold and chill. Stir when mixture begins to jell. 4 servings.
Vegetable Souffle	1 c vegetable (raw, cooked or frozen) Peas, spinach or carrots may be used	1 c milk 2 T butter or margarine 2 T flour 3 egg yolks 3 egg whites, (beat till stand in peaks)	1/2 t	Blend all ingredients except the eggs, 1 min. on high speed. Add egg yolks, blend 10 sec. Pour into heavy pan and cook over low flame until mixture thickens. Pour over beaten whites, fold together. Bake in greased casserole in moderate oven (350°F.) till set or about 1 hour. Serve immediately. 4-6 servings.

## MEATS FOR THE MAIN DISH

## Helps in Preparing

1. Use a lean cut of beef. Chuck roast is an economical nutritious cut. Cuts from the chuck and rump are classed as "less tender" cuts and should be cooked with moist heat and low temperature by a method commonly referred to as "pot roasting." The meat may be cooked on top of the stove in a heavy covered utensil with only a small amount of liquid added, or cooked in the oven in a baking dish covered tightly with a lid or foil. Cook in a moderate (350°F.) oven, allowing 20-25 minutes to the pound for a 3-pound roast.

2. Roasting uncovered in a moderate (350°F.) oven makes better flavored pork, than cooking in a covered utensil with a small amount of water added. Chicken may be either roasted or cooked in water.

3. Pressure saucepans are very popular for cook-

ing meat. The use of pressure shortens the cooking time and tenderizes the meat. Directions furnished with the cooker should be followed.

4. Remove as much fat and connective tissue as possible when cubing the meat for blending.

5. Cool the cooking liquid, skim off the fat before using the liquor for blending. If additional liquid is needed—dissolve 1 bouillon cube in 1 cup of warm water. (Especially necessary if preparing meat for a liquid diet).

6. A minimum amount of liquid is used when blending meat for spreads or in combination with other foods. That's why you'll need to use the rubber scraper to stir the mass while blending and keep the sides scraped down on the blender container.

7. All meats are best if cooked first before blending.

## MEAT SPREADS AND PUREES FOR YOUNG AND OLD

Kind	Meat	Other Ingredients	Broth*	Salt	Suggestions for Making
Beef or Pork Puree	1 c cooked beef or pork cut in cubes		1 c	1/4 t	Blend all ingredients on high speed for 1 min or until desired puree is reached. May be used for infant feeding. Chilled it makes an excellent plain meat spread. Add additional broth for use in liquid diets.
Liver-Beef Puree	1 c cooked liver*, cubed 1/2 c cooked beef, cubed ( Calf liver gives the mildest flavor, and beef next)	1/2 c celery,** cut in pieces	3/4 c	1/2 t	Blend all ingredients together 2 min. Stir across the top constantly. Celery may be added after the meat is partially blended to cut down on splashing. Keep refrigerated. May be used for infants or as a spread.
Pork or Beef Sandwich Spread	1 c cooked pork or beef cubes	2 T mayonnaise 1/2 t dry mustard**	1/2- 3/4 c	1/4 t	Blend all ingredients together 1-2 min. depending on the fineness desired and the amount of liquid added. Refrigerate.
Pork or Beef Pickle Spread	1 1/2 c cooked pork or beef cubed	2 med. sweet pickles** or 2 T sweet relish** or 1/4 t dry mustard	1 c		Blend meat, seasonings, broth together 2-3 min. Stir across the top and scrape down sides. Sweet pickle flavor is often preferred to that of relish.
Ham Spread	1 c cooked ham, cut in cubes	2 med. sweet pickles** 3/4 c water			Blend ham, pickles and water together at high speed for 3 min. Stir across top constantly, stop and scrape down sides.

\*Use cooking liquor or make broth using 1 bouillon cube to 1 cup warm water.

\*\*Spice, pickles and foods high in roughage should be omitted if not allowed in the diet. Remove strings from celery or omit according to diet.

## SANDWICH FILLINGS ADD VARIETY TO THE DIET

Kind	Ingredients	Suggestions for making
Dried Beef- Cheese	3 oz. cream cheese 1/2 c dried beef, pulled into pieces 2 T mayonnaise 1 T parsley 3 T milk 1/4 c celery (optional)	Have ingredients at room temperature. Blend all together 1 min. Stir with rubber scraper during blending. A strong flavored spread to add variety to unrestricted diets.
Peanut Butter-Fig-Raisin	2 T lemon juice 2 T water 1/4 c figs, cut up 1/4 c raisins 2 T corn syrup 1/2 t salt 1/2 c peanut butter	Blend all ingredients together 3-5 minutes or until raisins are desired fineness. Mass requires constant stirring across the top with rubber scraper and blender motor should be stopped several times to scrape down sides. If figs are not available, all raisins may be used.
Cheese-Nut	8 oz. piece sharp or cheddar cheese 2 T mayonnaise 1/3 c nut meats 1/3-1/2 c milk Pimientos may be used in place of nuts. Add at last of blending to leave in pieces.	Have cheese at room temperature. Blend together 1-2 min. Amount of liquid to be added depends on texture of cheese and temperature. Brick cheese does not make an acceptable spread, it is slick tasting and lacks flavor.
Salmon, Tuna or Other Fish		Any of the steamed, baked or canned fish may be blended with a small amount of mayonnaise or lemon juice. Pickle, celery or relish may be added if allowed in the diet. Blended fish, however, has a grainy texture with an undesirable after taste. Boneless cooked fish is suitable for use without blending, and may be flaked with a fork if desired.



MEAT AND OTHER DISHES THE FAMILY WILL ENJOY

Kind	Meat	Other Ingredients	Broth*	Salt	Suggestions for making
Beef Souffle	1 c cooked beef cut in cubes	1 c milk 2 T flour 3 egg yolks 3 egg whites (beaten till they stand in peaks)		1/2 t	Place all ingredients except eggs in blender and mix for 2 min. Add egg yolks, blend 10 sec. Pour into heavy pan and cook over low flame until mixture thickens. Pour over beaten whites, fold together. Bake in greased casserole in moderate (350°F.) oven till set. Approximately 1 hour. Serve immediately. 4-6 servings.
Meat-Potato Loaf	1 c cooked beef or pork, cut in cubes	2 T dried potato 1/2 stalk celery** or slice of onion	1 c	1/2 t	Blend all ingredients except dried potato for 1 min. Scrape down sides and add potato, blend 1 min. Bake in greased casserole for 45 min. in a moderate (350°F.) oven. May be served hot or sliced and served cold. 4 servings.
Meat-Vegetable Casserole	1 c cooked beef or pork, cut in cubes	1/2 c raw carrots, sliced 1 T parsley (optional) 1/2 c green beans or celery**	3/4 c	1/2 t	Blend all ingredients for 1 min. Stir and scrape down when necessary. Bake in greased casserole, 45 min. in moderate (350°F.) oven. Muffin tins or individual custard cups make attractive individual servings. Corn meal sprinkled over the top adds contrast and is especially good if pork is used. 4 servings.
Jellied Meat Loaf	1 c cooked beef, ham or chicken, cubed	1/2 envelop gelatin in 1/4 c water 1/2 c celery** cut in pieces 1 T Worcestershire sauce** if beef is used, or 1 T lemon juice for other meats 1 T parsley 1/2 c green beans, cooked	1/2 c	1/4 t	Blend all ingredients except gelatin for 1 1/2 min. Dissolve gelatin by placing over hot water and pour into swirl of mixture toward the end of blending. Pour into mold and re-refrigerate. Other vegetables may be substituted according to the diet and availability. If cooked peas are used, they add little flavor. 4 servings.
Tamale Pie	1/2 lb. ground meat (green pepper may be used in place of garlic and chili powder reduced if less seasoning is desired)	3/4 c canned tomatoes 3/4 c corn (cream style) 1/3 c margarine or butter 12 olives 1/3 medium size onion small clove garlic 1 t chili powder pepper 1/2 c corn meal 1 egg yolk 1 egg white, beaten till it stands in peaks	1/3 c milk	1/2 t	Blend all the ingredients except the corn meal and egg together 30-40 sec. Mix from the bottom with rubber scraper. Pour into heavy pan and bring to boil. Stir in corn meal. Boil 10 min. Stir to prevent sticking. Add slightly beaten egg yolk, pour over beaten white. Bake in greased casserole in moderate (350°F) oven 45 min. to 1 hour. 4-6 servings.
Liver Loaf	1/2 lb. liver (drop in boiling water and simmer 5 min.) cut into 1/2 in. cubes	1/4 medium size onion 1/2 green pepper 1/2 T margarine or butter 1 egg 2 c cooked noodles (Bouillon cube added to cooking water adds flavor and food value)	1/2 c top milk or light cream	1/2 t	Blend liver, onion, pepper, margarine, milk and salt for 15-20 sec. or until liver is desired fineness. Use high speed. Add egg, blend 5 sec. Noodles may be added and cut up in the blender or left whole. Bake in greased casserole dish 45 min. in moderate oven (350°F.). 4 servings.
Beef Puff	1 c cooked beef cut in cubes	1 slice onion 1 t baking powder 2 T flour 1 egg	3/4 c	1/4 t	Blend all ingredients except egg together at high speed for 1 min. Stir with rubber scraper constantly. Add egg, blend 10 sec. on low speed if available. Pour into greased muffin tins or casserole. Bake in moderate oven (350°F.) 30-45 min. Serve hot. Add sauce if desired. 3-4 servings.
All-in-one Health Loaf	1/2 c cooked cubed beef	1/2 onion 1/2 c nut meats 1/2 green pepper 2 t butter or margarine 1/2 c carrots, sliced 1/4 c cooked green beans 2 eggs	1/2 c milk	1/2 t	Blend together all ingredients except eggs for 1 to 2 min. on high speed. Stop the blender scrape down the sides and stir the mass during blending. Add eggs, blend 10 sec. Bake in greased casserole in slow-moderate (325°F.) oven for 1 hour. 4-6 servings. A hot mushroom or meat sauce may be served over the top for a family dish.

\*Use cooking liquor or make broth using 1 bouillon cube to 1 cup warm water.

\*\*Spices, pickles and foods high in roughage should be omitted if not allowed in the diet. Remove strings from celery or omit according to diet.

## BABY LIKES FOODS PREPARED THE BLENDER-WAY

When the doctor says it is time for baby to have fruits and vegetables added to his diet, the blender can be a time and money saver. Fresh, frozen, or canned vegetables may be blended according to the directions in the sections "Fruit Purees for Infant and Special Diets" (p. 6) and "Vegetable Purees for Infant and Special Diets" (p. 6). If the sauce is to be used for the whole family, the baby's portion may be removed from the container before seasoning is added. Fresh cooked foods need to be included in the baby's diet so he can become accustomed to the flavor and texture, and be ready to accept the regular family dishes when it is no longer necessary to blend his food.

Home prepared vegetables, properly grown, harvested at the right stage, and prepared to retain food value, are attractive and nourishing. For your sake and the vegetables' sake:

1. Cook in a small amount of water.
2. Cook with the skins on, or pare thinly.
3. Cook only till done.

Salt is the only seasoning used in infant feeding.

Publications with many suggestions on the preparation of vegetables, and preparing foods for freezing and canning are listed on the back page. These publications are available from the mailing room, 21 Mumford Hall, Columbia, Mo., or your county extension office.

Today meat is recommended in the baby's diet at a very early age. The inexpensive and less tender cuts of beef, from the chuck or rump, make good flavored and nutritious meat purees. These less tender cuts require moist heat, and may be pot roasted on top of the stove in a heavy covered utensil, cooked in the oven in a tightly covered dish, or cooked in a pressure pan. Lean pork has more flavor when roasted than when cooked in water. Pork should always be cooked to the "well done" stage. Liver purees may be made by adding part beef or bacon. Calf and beef liver have a milder flavor than pork liver. All fat and connective tissue should be removed when the meat is cubed for blending.

Recipes and amounts of broth to be used are found in the section "Meat Spreads and Purees for Young and Old" (p. 8).

Fruit flavored milk drinks and custards are a good means of adding milk to the baby's meals. Some babies refuse the same food served more than once during the week. Try serving a banana milk shake with molasses for sweetening. Make your own custards and puddings using nonfat dry milk solids mixed for extra strength. The amount of milk may be increased as much as two and one-half times, without affecting the quality of the custard or pudding. Recipes are found on page 3.



When it's time for the baby to have fruits, vegetables and meat added to his diet, the blender can be a time and money saver.

A hard cooked egg dropped in the blender with the meat or vegetable puree or blended with milk alone adds flavor and food value to the meal.

### SOFT OR OTHER SPECIAL DIET

The blender can produce easily swallowed foods, which do not need to be chewed, in any consistency from liquid to a thick paste. The calorie and nutritive value can be increased or decreased readily. The color and flavor in these blended foods can be as appealing as in the fresh foods.

When soft diets are recommended, because of loss of teeth or accidental jaw or mouth injury, most foods can be blended and served. The variety possible in flavor and color and the opportunity for increased nutritive value with these foods can improve the patient's appetite, speed recovery and help maintain vitality.

If the volume of food or fluid which a patient can take is limited, blends may be made using less fluid, and concentrated foods such as milk solids may be added. On the other hand, meat, fruit and vegetable blends may be diluted with suitable broth or juice or with milk so that they may be taken through a straw. The calorie value of such liquids may be increased by addition of sugars, cream, or other fat if desired. Blended foods offer variety when frequent small feedings are required.

High intakes of almost any nutrient recommended by the physician are possible in blended foods, by the use of natural foods high in this nutrient. High protein diets will include liberal use of lean meat,



When soft diets are recommended most foods can be blended and served. Vegetable and meat dishes which the entire family will enjoy can be prepared with the aid of a blender.

milk, eggs and cottage and other cheese along with extra milk solids.

High protein milk drinks between meals are particularly useful, even when foods at regular meal times do not need to be blended. These milk drinks also serve to increase the mineral and vitamin content of the diet. The use of lean beef, liver and eggs along with greens will increase the iron value. Vitamin C can best be obtained from tomato and citrus juices. These may be combined with milk solids or eggs when fluids are restricted.

It is important to remember that for many illnesses certain foods must be omitted from the diet for reasons not related to the patient's ability to chew. Sometimes a food is stimulating or irritating to a

damaged tissue or organ. In general, under such conditions only foods allowed on the physician's list should be used even in blended form. This principle is particularly important when "bland" or "low roughage" diets are prescribed.

Remember to use your blender whenever someone in your home has difficulty in chewing food due to loss of teeth, injury or during recovery from illness. Think of your blender, too, whenever your doctor prescribes a soft diet.

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This bulletin is a report on Home Economics research project 18A entitled, "Preparation of Food Products With High Nutritive Value and Fresh Flavor by Means of the Mechanical Blender."

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### PUBLICATIONS YOU MIGHT LIKE

- Ext. Cir. 627—Vegetables for You
- Ext. Cir. 628—Canning Guide for the Home-  
maker
- Ext. Cir. 643—Freezing Meat, Fish and Poultry
- Sta. Bul. 571—Using Nonfat Dry Milk Solids in  
Home Prepared Foods