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Other Ways to Cook Potatoes



"WE'LL USE POTATOES"

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Other Ways to Cook Potatoes

HOME ECONOMICS DEPARTMENT

The Wisconsin potato today is plentiful, cheap, and one of the best substitutes for the food staples which must be saved for the Allies, the army, and the navy.

Having produced a potato crop last year of more than 34,000,000 bushels, Wisconsin is in position to conserve other foodstuffs now more badly needed by the nation.

The Food Administration declares that as a war measure it is necessary now for everybody to eat potatoes, and also to purchase them in fairly regular quantities week by week so that for the next five or six months the distribution will be more nearly equal. This will relieve railroad congestion and enable the growers and distributors to handle potatoes at the most reasonable prices and to furnish encouragement for the production of a larger crop in 1918.

Served three times a day, the potato will liberate wheat flour which, because it can be shipped easily, is the best food to send to our men at the Front. At the present prices of potatoes and bread, potatoes will reduce the cost of the daily food because, when they are used liberally, less bread, green-leaved vegetables, and fruit need to be purchased to provide heat and the necessary mineral matter and vitamins in the diet.

FOOD VALUE

The main food value of the potato is in its starch and mineral matter. In both of these it gives a better balance with the protein of meat, fish and egg products. With milk it is almost a balanced ration. It improves the food value of the grains both from the muscle-building side and the mineral matter side.

In substituting the potato for white bread, we have a better type of muscle-building material, mineral salts which are necessary in regulating the condition of the blood, and starch which is of equal value to the starch in wheat flour. In com-

paring the value of the potato with wheat bread, one 3-ounce potato (320 potatoes to the bushel) is equal to two slices of white bread, or ten medium sized potatoes will equal one pound-loaf of bread, or one bushel of potatoes will equal in all ways 32 one-pound loaves of wheat flour bread.

PREPARATION OF THE POTATO

In careless preparation and cooking of the potato as high as 30 per cent of its food value may be wasted. This loss is greatest in the muscle-building material (protein) and in the mineral matter. For example:

1. Peeling and slicing the potato, allowing it to stand a long time in water before cooking, will waste the protein and mineral matter.

2. Placing the peeled potato, without previous soaking, in cold water and bringing the water quickly to the boiling point will waste the protein and the mineral matter.

3. Placing the peeled potato at once in salted boiling water and boiling the water rapidly will waste less of the protein and mineral matter.

4. Baking or steaming the potato with the skins on wastes none of the protein or the mineral matter.

In this day when we need more than ever to prevent waste, the rule should be to boil or steam the potato and remove the skin after it is cooked. Then the potato may be cut into the form appropriate to any one of the fifty or more ways in which it can be served.

If peeled and cooked in boiling water, the water in which it is cooked should be used with the potato, or saved to be used in making soup or in making bread because the juice of the potato contains 85 per cent of the protein and 85 per cent of the mineral matter. The most wasteful method of preparation and cooking may mean a loss of over half the protein and over a third of the mineral matter.

BAKED POTATOES

1. Bake potatoes of medium size and smooth skin. Thirty to forty minutes should make them mealy.

2. Boil large potatoes for 5 minutes and then bake for 40 minutes in a hot oven.

3. Rub skin of potato with sweet fat and then bake slowly in moderate oven 50 to 60 minutes. This will keep skin tender and edible.

4. Baked potatoes must be broken open as soon as tender. Too much cooking will, because of the confined steam, make the starch sticky and the potato soggy.

5. When potatoes are baked and the family is not ready for them, the potatoes may be cut in halves and the mealy centers removed, beaten smooth with cream or fat and returned to the shells and kept warm in the oven.

BOILED POTATOES

1. Place washed but unpeeled potatoes in boiling salted water (1 teaspoon salt to 1 quart water). Boil potatoes from 20 to 30 minutes or until easily pierced with a fork. Drain the water. Heat the potatoes in a dry vessel until all water from surface of potato is evaporated. Remove the skins and prepare according to any rule calling for cooked potatoes.

STEAMED POTATOES

1. Steam the potatoes without peeling. The steaming process must be continuous and rapid for about 30 minutes. When the potatoes are tender they should be removed from steam and dried in a hot oven. They are then ready for further preparation before serving, or they may be served in their jackets.

FLAVORINGS

Because the potato is mild in flavor it lends itself to varied uses with other foods in preparation of dishes.

1. Salt: Because of its potash salts we demand instinctively the use of common salt in the cooking of the potato. This instinct is founded on a vital need as the two salts balance each other in the normal human body.

2. Pepper: Black, sweet red (paprika), or cayenne may be used in all potato dishes.

3. Onion is always an excellent flavor for potato served as chowder, soup, creamed, or in form of bean or meat loaf.

4. Garlic, raw, may be chopped and used in potato salad, or the sections or cloves of garlic peeled and sliced may be cooked

with the potato dishes in which tomato, onion, or meat form a part. The cooked garlic has a mild flavor quite different from onion flavor.

5. Herbs: Thyme, marjoram, bay leaf, summer savory, may be put into the water in which the potato is boiled thus varying the flavor, but the amount used should be very small. Such variations in flavor should be used rarely. Mint leaves may be used in the water in which new potatoes are cooked.

6. Curry powder: Curry powder which is so commonly used in East Indian cookery may be used in preparation of potato curries in which potato takes the place of rice. Curry should be used only when the cook knows the family is fond of it.

POTATO RECIPES*

BREAKFAST

The preparation of breakfast should consume as little time as possible. Therefore, use potato recipes which will call for potato which has been cooked as hashed brown potato.

Boiled Potato With Gravy

Steam or boil the potato in its jacket until tender (20 to 30 minutes); peel and serve unmashed with butter or with cream sauce or creamed dried fish or creamed dried beef.

Cream sauce:

2 level tablespoons fat	2 cups skim milk
4 level tablespoons flour	1 teaspoon salt
	$\frac{1}{4}$ teaspoon pepper

Melt the fat, add the flour, and stir until a smooth mixture. Add all the milk and place the dish in another dish containing boiling water (double boiler) and cook until the mixture is smooth and thick like cream, stirring constantly. Add the seasoning. (Note: Any sweet clarified fat from beef, chicken, or pork may be used, or any of the butter substitutes may be used in place of butter). One-fourth teaspoon of soup coloring will improve the color and flavor of the sauce.

Variations may be made by adding to the completed sauce 1 cup of finely divided salt fish which has been allowed to soak in water over night and the water drained in the morning, or the same amount of finely divided dried beef may be soaked over night, drained and added to the sauce. In both cases the sauce should be reheated thoroughly before serving.

Any left-over meat may be cut into $\frac{1}{2}$ -inch cubes and added to the white sauce in the proportions of $\frac{3}{4}$ cup of meat to 2 cups of the sauce.

* All measures are level. Do not pack or press into the cup or spoon, but lightly fill the measure.

Potato Hash

Equal parts of finely chopped cooked potato and chopped cold cooked fish or meat may be used as the basis for a breakfast dish.

2 cups chopped potato	$\frac{1}{4}$ teaspoon pepper
2 cups chopped meat	3 tablespoons fat
1 teaspoon salt	$\frac{1}{2}$ cup boiling water

Melt the fat in the frying pan; add the potato and meat mixture, pour over the top the water and cook slowly without stirring until the under surface is a rich brown. Fold as an omelet and serve hot on a platter.

Omelet

1 cup mashed potato	1 teaspoon salt
$\frac{1}{4}$ teaspoon of pepper	3 eggs
3 tablespoons cream or milk	

Wash eggs and separate the white and yolks. Add the yolks to the potato and beat until there are no lumps. Season with onion juice, if desired, and chopped parsley. Beat the whites until stiff and fold into the potato mixture. Put into a well oiled frying pan and bake in oven until brown. Then turn and fold on hot platter. Serve at once.

LUNCHEON OR SUPPER

With the increased demand upon our meats and the need for using them wisely, meat should be served at most not more than once a day. Even then, meat may be served more to enrich the flavor of other foods than as a separate dish. Therefore, in the luncheon dishes, none which contains meats is included.

The potato may be the principal ingredient in soups, chowders or purees, the main vegetable served with hot breads and cheese dishes, or a part of a meat substitute dish, such as croquettes or a loaf. It may appear in the salad, in the hot breads or in the dessert.

SOUPS**Cream of Potato Soup**

1 quart milk	1 tablespoon chopped onion or onion sprouts
$1\frac{1}{2}$ cups cold mashed potato or	1 tablespoon chopped parsley (may be omitted)
3 medium potatoes boiled in their skins, peeled and mashed	$1\frac{1}{2}$ teaspoon salt
2 tablespoons fat	$\frac{1}{2}$ teaspoon white pepper, or
$1\frac{1}{2}$ tablespoons flour	$\frac{1}{4}$ teaspoon red pepper
	$\frac{1}{4}$ bay leaf (may be omitted)

Heat the milk in a double boiler with onion and the bay leaf. These should be removed before the milk is used. Melt the fat, add the flour, mix until smooth; add the milk, return to the double boiler and

cook, with stirring, until the mixture is smooth. Add the salt, pepper and the mashed potato, beating until smooth. Heat thoroughly, and sprinkle in the chopped parsley just before serving.

Fish Chowder

½ pound salt fish	2 ounces salt pork
3 cups potato cut in small pieces	1 small onion chopped
4 cups skim milk	½ teaspoon pepper
	2 tablespoons flour

The fish may be codfish, smoked halibut, or any other dried fish.

The fish should be freed from bone and cut into small pieces. If very salt, it should soak in water over night. The salt pork should be cut into small pieces and cooked with the chopped onion until the onion is a golden brown. Add the potato and cook for 10 minutes. Add the milk and fish and cook slowly in a double boiler or over a water bath until the potatoes are tender. Add the flour mixed to a smooth paste with an equal amount of cold water. Add the pepper and additional salt if necessary. Cook until the mixture is creamy.

Corn and Potato Chowder

In the above recipe substitute 1 pint of canned corn for the fish.

Potato and Tomato Chowder

In the fish chowder recipe in place of 1 cup milk, use 1 cup of canned tomato pulp added after the flour has been thoroughly cooked in the chowder. Serve as soon as possible, else the tomato may curdle the milk.

VEGETABLES

Scalloped Potatoes

Cut the potatoes in slices ½ inch thick. Place the potatoes in layers in greased dish. Pour thin white sauce over them. Bake in a slow oven one hour, and when half done sprinkle with oiled crumbs.

Potato and Curry

4 cups potato, cut in dice	4 tablespoons oil (corn)
½ cup onion chopped fine	1 teaspoon curry powder.
1 cup boiling water (in which potato has been cooked)	2 teaspoons salt
	½ cup grated cheese

Peel and cut the raw potatoes into ½ inch dice, boil until they are tender in just enough water to cover. Cook the chopped onion in the oil until the onion is golden brown. Add the potato and a half cup of boiling water to the onion. The water should just cover the potato. Additional boiling water should be added as needed. When the potato is tender (15 minutes) add the curry powder which has been mixed with an equal quantity of cold water. Mix gently and pour the potato mixture into the serving dish, sprinkle with the grated cheese and serve at once.

Armenian Potatoes

¼ cup oil	1 teaspoon paprika or white pepper
1 quart of raw diced potato	
¼ cup tomato pulp	1 garlic, separated into cloves and each clove peeled and sliced
½ cup water	
1½ teaspoon salt	
1 bunch parsley or 1 tablespoon dried parsley	

Mix in the order given and bake in a covered dish in a slow oven 40 minutes.

POTATO DISHES USED AS MEAT SUBSTITUTES**Potato O'Brien**

2 cups diced cooked potato	¼ teaspoon pepper
1 tablespoon flour	1 green pepper cooked and chopped
1 tablespoon fat	½ cup grated American cheese
½ cup skimmed milk	
1 teaspoon salt	
½ cup bread crumbs	

Make the sauce, using the fat, flour, milk and seasoning. Mix the potato and the green pepper with the white sauce and cheese. Put in a baking dish and cover with the bread crumbs and brown in a hot oven. Note: Canned red pepper can be used in place of green pepper.

Pittsburg Potatoes

1 quart potato cut in cubes	1 onion
½ pound milk cheese	2 cups white sauce
½ can pimientos	½ teaspoon salt

Cook potato cubes and onion finely chopped in boiling salted water 5 minutes. Add pimientos cut in small pieces and cook 7 minutes; then drain. Turn into oiled baking dish and pour over white sauce mixed with cheese and salt. Bake in moderate oven until potatoes are soft.

Cheese and Potato (English)

3 cups raw potato sliced thin	2 cloves garlic chopped fine
3 ounces fat	2 teaspoons salt
4 ounces grated cheese	½ teaspoon pepper

Arrange in baking dish using alternate layers of potato, cheese, fat, and seasoning. Cover tightly and bake in moderate oven until the potatoes are tender (1 hour). Decorate with chopped parsley and serve in the baking dish. (Note: The use of garlic gives the cheese a flavor resembling parmesan.)

Julienne Potato With Savory Sauce

3 cups potato cut in strings	2 tablespoons flour
2 teaspoons mixed herbs	1 pint milk
2 ounces fat	2 teaspoons salt
2 small onions, chopped	½ teaspoon pepper

Cut the raw peeled potatoes into strings the size of macaroni. Cook them in boiling salted water 20 minutes. Brown the chopped onion

and the herbs in the fat. Add the flour, stirring thoroughly, add the milk, salt and pepper, and cook in a double boiler 20 minutes. Strain and pour over the cooked potato. Sprinkle with grated cheese and serve.

Potato and Lima Bean Loaf

1 $\frac{1}{3}$ cups cooked Lima bean (sieved)	$\frac{1}{3}$ teaspoon sage
2 tablespoons fat	2 cups riced potato
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ cup milk
1 teaspoon salt	$\frac{1}{2}$ teaspoon fat
	$\frac{1}{2}$ teaspoon fat for brushing

Mix first five ingredients and place in bottom of an oiled dish. Whip together the hot potato and the remaining ingredients. Place this mixture on top. Bake in quick oven. Serve with tomato sauce.

Potato Puffs

2 cups mashed potato	$\frac{1}{2}$ cup milk
2 eggs	1 teaspoon salt
1 cup grated cheese	

Add the milk to the potato and beat until thoroughly blended. Add the beaten egg and salt, gradually adding the grated cheese. Bake in buttered tins or ramekins in a slow oven.

Potato and Bean Cutlets

1 cup riced potato	1 can pimientos
1 cup riced lima beans	$\frac{1}{2}$ cup bread crumbs

Mix thoroughly and salt to taste. Form into shapes to look like cutlets. Dip into beaten egg and sprinkle with bread crumbs and bake in a moderate oven until slightly brown; turn carefully and brown on the other side. Serve with a tomato or cheese sauce.

Cheese Sauce

2 tablespoons fat	1 $\frac{1}{2}$ cups milk
2 tablespoons flour	1 cup grated cheese

Brown the flour in the melted fat, add the milk and cook for 5 minutes and add the cheese. Remove from the fire and stir until the cheese is melted.

Stuffed Potatoes

Select medium-sized, smooth-skinned oval potatoes. Bake in a hot oven until tender, being careful not to overbrown the skin. Cut the potatoes in two lengthwise, remove the potato pulp being careful to leave shells unbroken. Mash the hot potato, add either milk or cream as for mashed potato. Season as follows: To each cup of potato add $\frac{1}{2}$ saltspoon salt and $\frac{1}{8}$ saltspoon of pepper. Fill the shells with this mixture, rounding the surface so that it is the shape of the original potato. Bake for 10 minutes in a hot oven.

Variations: Fold into the two cups of seasoned potato pulp the beaten white of an egg; pile lightly in the potato shells and bake. Grated cheese $\frac{1}{2}$ cupful to 2 cups of potato pulp may be used.

Surprise potatoes: Bake the potatoes as in the preceding recipe. Cut one end, hollow out the center of the potato; place in each potato one egg which has previously been poached; cover with mashed potato, stand potato in the oven for 5 minutes and serve.

American Kedgerree

1 pint diced potato (cooked)	1 teaspoon lemon juice or vinegar
1 pint kidney beans (cooked)	2 teaspoons salt
2 hard boiled eggs	$\frac{1}{2}$ teaspoon pepper
1 medium sized onion	2 ounces fat or oil
2 teaspoons curry powder	

Chop the onion fine, brown in fat, add curry powder and lemon juice; cook 5 minutes; add the potato, beans, chopped white of the eggs. Heat in stew pan or baking dish. Serve with top covered with the yolk of egg passed through sieve.

Vegetable Curry (East Indian)

2 ounces diced carrot	2 ounces of oil or butter substitute
2 ounces diced turnip	$\frac{1}{2}$ pint water
2 ounces diced potato	$\frac{1}{2}$ pint milk
2 ounces cooked peas	1 level tablespoon turmeric
2 ounces cooked beans (navy, kidney or haricot)	1 level tablespoon curry powder
2 hard boiled eggs, (sliced)	1 tablespoon flour (corn or rice)
4 peeled bananas (sliced)	
1 peeled apple (diced)	

Brown the diced vegetables in the fat; add the fruit, the curry powder, turmeric and flour; mix thoroughly, add the water; then simmer for $\frac{1}{2}$ hour. Add the milk and hard boiled eggs. Heat and serve with a border of boiled rice.

SALADS

Potato Salad

6 hot boiled potatoes
1 tablespoon finely chopped onion
2 tablespoons finely chopped parsley

Cut the potatoes into half inch cubes, mix hot with the onion and the parsley and add any salad dressing, French, boiled or cheese. Mix thoroughly and chill. Using the potato hot allows the dressing to penetrate much more thoroughly so that the flavor is uniform throughout.

Variations: To the above any one of the following may be added: 1 cup chopped celery, 1 cup diced cucumbers, 2 hard boiled eggs, the whites diced and the yolks rubbed through a sieve.

Macedoine Salad

1 cup diced potato (cooked)	$\frac{1}{2}$ cup shredded cooked string beans
$\frac{1}{2}$ cup diced carrot (cooked)	
$\frac{1}{2}$ cup cooked peas	$\frac{1}{2}$ cup cooked diced beet

Mix with $\frac{1}{2}$ cup of French dressing or boiled dressing. Garnish with parsley or shredded cabbage.

Southern French Dressing

$\frac{3}{4}$ cup oil	1 teaspoon sugar
$\frac{1}{4}$ cup vinegar	1 teaspoon mustard
Juice of $\frac{1}{2}$ lemon	$\frac{1}{2}$ teaspoon paprika or white pepper
1 teaspoon salt	
1 clove garlic (sliced)	

Pour into bottle and shake thoroughly before using. This will keep in a cool place for an indefinite time and is always ready.

Cheese Salad Dressing

1 cup milk	$\frac{1}{4}$ teaspoon paprika or white pepper
1 tablespoon flour	
1 tablespoon fat	$\frac{3}{4}$ teaspoon salt
$\frac{1}{4}$ cup vinegar (mild)	1 tablespoon onion juice (optional)
$\frac{1}{2}$ cup grated cheese	

Add flour to warm fat. Add milk and cook as for white sauce; add vinegar and warm. Then add seasoning and cheese.

DINNER

With the Food Administration asking us to use less wheat bread, we can very easily substitute potato, which is so rich in starch, for our usual supply of breads at a dinner, at the same time increasing the food value of the dinner and being patriotic.

Mashed Potato

Select medium sized potatoes, scrub thoroughly and cook in boiling water or steam until tender. Peel, add 1 tablespoon of hot milk or cream or fat and 1 saltspoon of salt and $\frac{1}{4}$ saltspoon of pepper to each cup of potato. Beat the mixture with a fork until light and white. Pile in a hot serving dish.

Variations: Mash the potato with the seasoning and put it through a potato ricer, letting it fall into a baking dish, so that it piles lightly. Brown the surface in a very hot oven or under the broiling flame.

Baked Potato

See preceding rules.

Note: The baked potato must never be allowed to wait without being broken open as soon as it is cooked. Even then it quickly loses its mealiness on standing. Therefore, the potato should be put into the oven at a time when it will be done at the moment when it should be served. In case of delay, following any of the rules for stuffed potato will prevent the potato from becoming soggy before serving.

Potato and Celery Hash

6 medium sized boiled potatoes	1 teaspoon salt
1 cup cut celery	3 tablespoons fat

Mix the cold potatoes with finely cut celery. Add the salt and the melted fat, stir together, place in a hot oven, and bake until well

browned on top. Stir the potatoes and let brown again. Repeat this two or three times until the potatoes have browned throughout and the celery is well cooked.

Raw diced potatoes may be cooked with the celery in boiling salted water for 20 minutes. When tender reduce water by rapid boiling; add the fat, pour into baking pan and cook 10 minutes in the oven.

Potato Balls

3 cups mashed potato	$\frac{1}{4}$ teaspoon white pepper
1 teaspoon salt	1 egg beaten slightly

Beat the potato, salt, pepper and three-quarters of the egg together. Measure in tablespoons, dip each in flour and roll either in the form of balls or in cylinders; place in an oiled baking dish, brush the surface of each ball with the remainder of the egg mixed with an equal amount of milk. Brown in a hot oven twenty minutes.

Potato Souffle

4 cups hot mashed potato	1 teaspoon salt
1 tablespoon melted fat	$\frac{1}{4}$ teaspoon pepper
2 tablespoons milk	Yolks of 2 eggs
Whites of two eggs beaten stiff	

Mix all but the whites of the eggs in the order given; beat thoroughly, fold in the stiffly beaten whites, pile in a baking dish and cook until the mixture puffs and is brown on the top.

Franconia Potatoes

Select small (2-or 3-ounce) potatoes. Peel; place around the roast in the baking dish 30 to 45 minutes before the meat will be cooked. The potatoes should be a golden brown in color and tender when served.

Potato Peanut Loaf

1 pint mashed potato	$\frac{1}{2}$ teaspoon pepper
1 cup ground peanuts or	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup peanut butter	2 tablespoons fat
2 teaspoons salt	2 eggs

Beat the entire mixture together and place in greased baking dish; set in a second pan containing hot water and bake in the oven until firm. Serve with tomato sauce.

Potato Fish Loaf

The same as above except in place of ground peanuts use chopped cooked fish.

Shepherd's Pie

2 cups cooked flaked fish	1 tablespoon flour
1 cup soup broth (beef)	$\frac{1}{2}$ teaspoon salt
1 tablespoon fat	$\frac{1}{4}$ teaspoon pepper
2 cups mashed potato	

Put diced or flaked fish in baking dish. Add sauce made of the fat, flour, seasoning and broth. Cover top with mashed potato, brush with fat or cream and brown in a hot oven.

DESSERTS

Potato and Carrot Pudding

$\frac{1}{4}$ cup fat	2 eggs
1 cup grated raw carrot	3 teaspoons baking powder
1 cup grated raw potato	$\frac{1}{2}$ teaspoon cinnamon
1 cup brown sugar	$\frac{1}{2}$ teaspoon cloves
$1\frac{1}{2}$ cups seeded raisins	$\frac{1}{2}$ teaspoon nutmeg
1 cup nuts	1 teaspoon salt
1 $\frac{1}{2}$ cups flour	

Cream butter, add sugar, beat, add eggs, beat. Add vegetables. Mix and sift baking powder and seasoning with flour, and beat; then add fruit dredged with small part of the flour. Steam 3 hours.

Lemon Potato Pie

1 3-ounce potato	1 cup boiling water
1 cup sugar	Yolks of two eggs
Grated rind of lemon	Whites of two eggs
Juice of one lemon	2 tablespoons powdered sugar

Peel and grate the potato into the water. Cook five minutes stirring constantly. Add the sugar, grated rind, yolk of egg; cook until the mixture thickens, stirring constantly. Add the juice of the lemon and pour the mixture into the baked crust. Beat the whites of the eggs stiff, fold in the powdered sugar, spread over the filling so that the meringue touches the crust, but is rough over the entire surface. Bake in a moderate oven until a delicate brown.

Chocolate Potato Cake

$\frac{3}{4}$ cup mashed potato	$\frac{1}{2}$ cup grated chocolate
$\frac{1}{2}$ cup fat	1 cup flour
1 cup sugar	1 teaspoon baking powder
2 eggs, slightly beaten	$\frac{1}{4}$ teaspoon salt
$\frac{3}{8}$ cup milk	

Cream fat and sugar. Add eggs and potato. Add the flour, mixed with the baking powder and salt, alternately with the milk. Add the chocolate last. Bake in layers or muffin tins.

Chocolate and Nut Potato Cake

$1\frac{1}{2}$ cups sugar	4 eggs beaten lightly
1 cup lard compound	$\frac{1}{2}$ cup chocolate (melted)
1 cup cooked potato	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon cloves
2 cups flour	$\frac{1}{2}$ teaspoon cinnamon
2 teaspoons baking powder	

Cream sugar and fat. Add potato and mix thoroughly; add milk and flour alternately. Add the eggs beaten lightly, chocolate, nuts mixed with spices and lastly sift over surface baking powder and beat thoroughly. Cook in well oiled muffin tins 20 to 30 minutes in moderate oven.

White Potato Custards

2 cups riced baked potato	$\frac{1}{3}$ cup fat
4 eggs beaten slightly	$\frac{1}{4}$ cup thin cream or top milk
1 cup sugar	Juice and rind of one lemon

Mix in the order given; beat hard for 5 minutes; pour into pans lined with pastry crust. Bake in hot oven 20 to 30 minutes or until custard is set. This makes two pies.

Variations: Cooked in the form of patties, this will make eight.

HOT BREADS AND YEAST BREADS**Potato Pancakes—I**

6 raw potatoes grated (large)	1 tablespoon milk
$1\frac{1}{2}$ teaspoon salt	1 egg beaten
	3 tablespoons flour

Mix the above ingredients, beat thoroughly and cook on hot greased griddle.

Potato Pancakes—II.

1 cup riced potatoes	1 egg beaten
$\frac{1}{2}$ teaspoon salt	1 tablespoon flour
	$\frac{1}{4}$ cup milk

Mix the above ingredients in the order given, beat thoroughly and bake on hot greased griddle.

Potato Muffins

4 tablespoons fat	2 cups flour
2 tablespoons sugar	3 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
1 cup mashed potato	1 cup milk

Cream the fat and sugar. Add the egg well beaten, then the potato. Mix thoroughly. Sift flour, baking powder and salt. Add milk and flour alternately. Bake in greased muffin tins 25 to 30 minutes.

Potato Biscuit

1 cup mashed potato	1 teaspoon salt
1 cup flour	2 tablespoons fat
4 teaspoons baking powder	$\frac{1}{2}$ cup water or milk (about)

Sift together flour, baking powder and salt. Work in the fat with fork or knife. Add potato and mix thoroughly. Then add enough liquid to make a soft dough. Roll the dough lightly to about $\frac{1}{2}$ inch in thickness. Cut into biscuits and bake 12 to 15 minutes in hot oven.

Wisconsin Potato Bread (1-pound loaf)

2 cups boiled and riced potato (packed solidly)	1 tablespoon corn oil
2 cups sifted flour (approximate)	2 teaspoons sugar
1½ teaspoons salt	¼ compressed yeast cake or ¼ cake dry yeast
	1 tablespoon warm water

Boil and drain the potatoes. Put them through a vegetable ricer or sieve. Soak or soften the yeast in the water. Mix the yeast with the potato, the salt, the oil and the sugar. Add ½ cup flour; allow the sponge to rise (when dry yeast is used the sponge should rise over night). Work flour into the light sponge until a stiff dough is formed. It may take a little less or a little more than 2 cups. Let the dough rise until it doubles its bulk; knead the second time, form into a loaf and let it rise. When light bake in a moderate oven ¾ of an hour.

THE POTATO IS A SOURCE OF STARCH

With the present demands made upon our wheat, which is used largely because of its starch content, we should study the food value of the potato so as to use it more wisely.

THE COMPOSITION OF THE POTATO

The raw white potato contains more than 2 per cent of muscle building food, more than 18 per cent starch, about 1 per cent mineral matter, and more than 78 per cent water.*

Mineral matter in potatoes is distinctly alkaline in taste, being rich in potassium or potash compounds.† For this reason one 3-ounce potato will balance the excess of the acid ash of a large serving of meat.

The grains have an ash which is acid in quality. Therefore the potato is the natural food to be served with both meats and grain, as blood in the normal state is alkaline and must be kept alkaline through the mineral matter from food.

The calcium, magnesium and phosphorus compounds are nec-

*Potato as purchased	Water	Protein	Fat	Starches and fibres	Mineral matter	Heat units (Calories)
Edible portion	78.3%	2.2%	1%	18.4%	1%	378

†Calcium	Magnesium	Potassium	Sodium	Phosphorus	Chlorine	Iron	Sulphur
.16%	.036%	.53%	.025%	.140%	.03%	.0013%	.03%

essary to build body tissue. Potassium compounds balance both the sodium compounds and the calcium compounds in their effect on the muscles, especially the heart. As the potato is low in the sodium compound (common salt) there is a natural craving for salt in all potato-containing foods. The potato is low in calcium compounds and must be served with milk, which is high in calcium.

Muscle building (protein) compounds in the potato are relatively low in amount when compared with other foods, but those which are present rank very high in muscle-building power, being fourth in the list, the meat proteins being first, milk proteins second. The proteins from bread are half as valuable in rebuilding body tissue as are the proteins of potato. Taken weight by weight, three parts of potato will equal one part of white bread in muscle building power, though only about three-fourths as much in heat-giving power.

Starch in potato is equal in food value to starch from any other source. It may be used as it occurs in the cells of the potato, or in the form of potato starch prepared from the potato-culls. Potato starch may be used as a thickening agent in sauces, in pies, in puddings and in cakes.

The fat of potato is so low that the potato is usually served with butter or butter substitutes or with meats rich in fat, or with nuts rich in fat.

Growth determinants or vitamins, of which two are known and found to be essential for the maintenance of health as well as growth, are both found in the potato. This means that the potato may be used to take the place in part of less easily obtained vegetable foods which are rich in growth determinants, namely, the green leaved vegetables. As these are difficult to secure at reasonable prices during the winter months, the potato should be used much more liberally in restricted winter bills of fare.