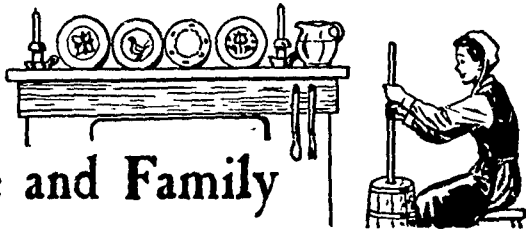


For the Farm Wife and Family



Peanuts are Good in Main Dishes, Soups and Variety of Vegetables

Peanuts belong to the pea-and-bean family, the legumes — they aren't really nuts at all. But like nuts, they're always popular in salads and sandwiches, cookies and dessert — as well as just plain salted. And like peas and beans, peanuts are good in main dishes, in soups, and in combination with other vegetables.

Because of their high food value, peanuts and peanut butter are well worth a place in everyday menus. The idea of using them often in family meals is nutritionally sound for the following reasons:

1. Peanuts are exceptionally high in niacin, are important also for other B vitamins.

2. Among the vegetable foods peanuts rate high in quantity of protein. For efficient use of

peanut protein, some high-quality protein food such as meat eggs, or milk should be eaten at the same meal.

3. The high fat content of peanuts makes them a good source of food energy

COOKING

PEANUTS — In many salads and desserts peanuts may be used whole or in halves. For most other dishes you'll need to chop the peanut. Use a knife or run the peanuts through the coarse plate on the food chopper.

Peanuts take up moisture readily. When you want all of their crispness, as in salads and sauces, don't mix the peanuts with the other ingredient until just before serving.

PEANUT BUTTER — Peanut butter is made in different grinds. The types usually found on the market are regular grind (fine to medium) and coarse or chunky. Some peanut butters are just ground roasted peanuts plus salt, to others stabilizers have been added in order to retard oil separation.

In recipes calling for peanut butter any kind of peanut butter that you like may be used. For a smooth texture, use a fine grind, of course; for an interesting "broken nut" effect, use a coarse grind.

Because peanut butter is so high in fat, it can be used as part of the shortening in breads, cakes, and pastries, and will add to the richness of main dishes

STORING

Keep peanuts in tightly closed containers in the refrigerator so they'll stay crisp and retain their flavor. Peanut butter, too, keeps best in the refrigerator. Because peanut butter stiffens in a cold place, remove it from the refrigerator a short time before using to allow it to soften

Following are some recipes using peanuts. The recipes call for salted peanuts. If you use unsalted peanuts, you will need to increase the salt in the recipes.

Try this for a different flavor in potato cakes—

PEANUT-POTATO CAKES

1½ cups chopped salted peanuts
2¼ cups seasoned mashed potatoes (white or sweet)
2 tablespoons chopped parsley
1 egg, beaten
Pepper or 2 or 3 drops tabasco sauce, if desired

Four
Fat or drippings for frying
Combine peanuts, potatoes, and parsley and stir in half of the egg and the seasoning. Shape into eight flat cakes.

Dip cakes in rest of egg, then in flour. Brown in hot fat. Cakes may be dipped in fine crumbs instead of flour if desired. Four servings

CREAMED CELERY AND PEANUTS

1½ cups celery cut in 1-inch lengths
¾ cup liquid cooking liquid plus milk)
1 tablespoon flour
¼ teaspoon salt
Pepper
1 tablespoon butter or margarine
¼ cup grated cheese, if desired
¼ cup chopped salted peanuts
Cook celery until tender in a small amount of boiling salted

water. Drain.

Measure cooking liquid and add enough milk to make three fourth cup. Mix flour and part of liquid until smooth. Stir into rest of liquid.

Add seasonings and butter or margarine; cook slowly until sauce is thickened, stirring frequently.

Stir the celery and cheese into the sauce. As soon as cheese is melted, remove from heat. Add peanuts. 4 servings.

PEANUT AND EGGPLANT SCALLOP

1 small eggplant
1 tablespoon butter or margarine
1 tablespoon finely chopped onion
½ cup soft crumbs
½ teaspoon salt
¼ cup condensed tomato soup
1 teaspoon horseradish, if desired

1 egg
½ cup finely chopped salted peanuts

¼ cup dry crumbs mixed with 1 tablespoon butter or margarine, melted

¼ cup grated cheese, if desired
Pare eggplant and cut in cubes

Cook in boiling salted water until tender. Drain.

Add all ingredients except buttered crumbs and cheese. Place the mixture in a greased baking dish. Sprinkle with crumbs and bake at 350 degrees about 25 minutes. Sprinkle grated cheese over top and bake 5 minutes longer. 4 servings.

Here we use peanuts and butter in breads —

PEANUT BUTTER BISCUITS

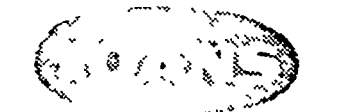
Two cups sifted flour
¼ teaspoon salt
2½ teaspoons baking powder
2 tablespoons shortening
¼ cup peanut butter
About ¼ cup milk
Sift dry ingredients together and work in the shortening and peanut butter. Add the milk slowly, stirring until a soft dough is formed. Knead a few times on a lightly floured board, roll or pat to the desired thickness, and cut into biscuits.

Bake on an ungreased baking sheet at 450 degrees 15 minutes. Makes 16 2-inch biscuits.

PEANUT QUICK BREAD

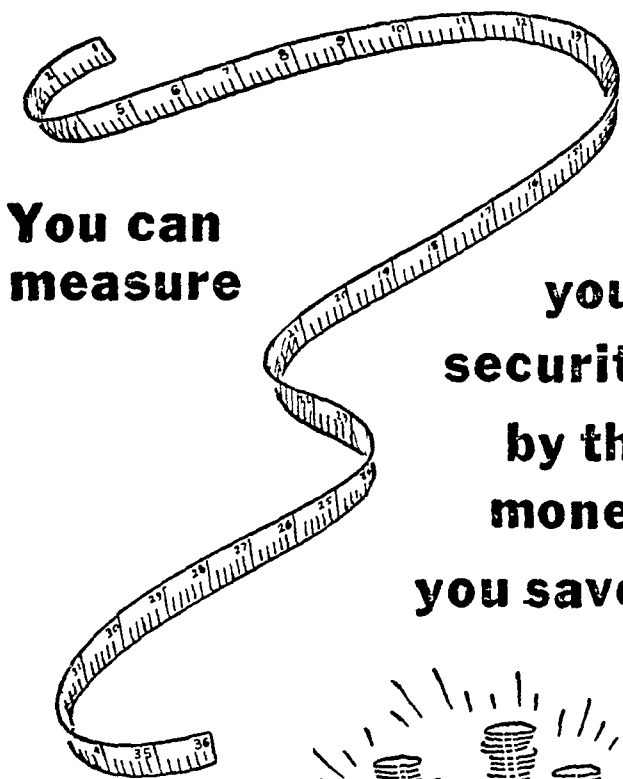
2 cups sifted flour

(Continued on page nine)



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