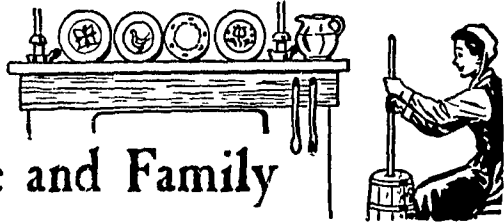


For the Farm Wife and Family



Ready-To-Eat Wheat

By Mrs. Richard C. Spence

A new canned whole grain wheat food developed by the U S Department of Agriculture is being market tested under a name indicating that it is ready to serve

The new canned product is cooked whole grains of wheat with only the rough outer layer of bran removed. It has a delicate whole-wheat flavor and practically the same nutritive value as whole kernels of wheat. This new wheat product needs only a few minutes heating in a little water before serving. It is a quick and easy alternate for rice and potatoes.

The new wheat food is being tried out in seasoned form, pilaf, and unseasoned bulgar. Bulgar, an ancient wheat food, for centuries a mainstay of Middle Eastern diets, is best known as used in pilaf, made by cooking bulgar in meat or chicken broth with various seasonings. Pilaf is often served in restaurants that feature Middle Eastern dishes.

Scientists of the Department's Agricultural Research Service have developed recipes for using this new product in poultry stuffing, soup, meat loaf, salads, casseroles

and baked dessert pudding.

MEAT LOAF made with READY-TO-SERVE WHEAT

- 1 can (10 ounce) seasoned ready-to-serve wheat (pilaf)
- 1 egg
- 1 cup milk
- 1 1/4 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 cup chopped onion
- 2 lbs ground beef

Combine ingredients and

mix. Turn into loaf pan or shape into loaf in shallow baking dish. If desired, spread surface with thin layer of ketchup. Bake in moderate oven, 325 degrees, for about one hour or until nicely browned. Makes 8 to 10 servings.

OLD-FASHIONED WHEAT RAISIN PUDDING

- 1 can (10 ounces) unseasoned ready-to-serve wheat (bulgar)
 - 1 1/2 cups evaporated milk
 - 1 1/2 cups water
 - 1/4 cup sugar
 - 1/4 teaspoon salt
 - 1/4 teaspoon mace
 - 1/2 cup seedless raisins
- Combine ingredients in baking dish. Cover and bake in moderate oven (350 degrees) for 45 minutes; remove cover, stir and continue baking uncovered for about 45 minutes or until nicely browned. Makes 3 to 4 servings.

CASSEROLE OF SPANISH BULGAR

- 3 slices bacon, cut in 1/2 in

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strips
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green pepper
1 clove garlic, finely minced
1 can (10 ounces) unseasoned ready-to-serve wheat (bulgar)
1 No. 2 can tomatoes
1/4 teaspoon salt
1/2 teaspoon pepper
1 teaspoon sugar
1 teaspoon Worcestershire Sauce
1 teaspoon seasoned salt

Fry bacon until crisp. Add onion, celery, pepper and garlic. Brown lightly. Add the ready-to-serve wheat, tomatoes, salt pepper, sugar, Worcestershire Sauce and Sauce. Simmer over low heat until

most or liquid is absorbed, 15 to 20 minutes. Makes 4 to 5 servings.

BOSTON BAKED WHEAT

- 1 can (10 ounces) unseasoned ready-to-serve wheat (bulgar)
 - 1/2 cup condensed cream of tomato soup
 - 2 tablespoons molasses
 - 3/4 cup water or canned consommé
 - 2 tablespoons brown sugar
 - 1/2 teaspoon dry mustard
 - 1/2 teaspoon salt
 - 1 to 2 tablespoons minced onion
 - 1 teaspoon Worcestershire Sauce
 - 1 to 2 ounces of salt pork or bacon
- Combine above ingredients except the bacon and mix, put in a 1 1/2 quart casserole, (Turn to page 4)

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