

Home on the Range

Potatoes Spud Tasty Eating

Potatoes are a mainstay of American cooking. Stuffed, cooked, steamed, fried, mashed, topped with vegetables, meat, cheese... the possibility is endless.

Potatoes are always a good buy. They cost just pennies per serving and provide good nutrition for the money.

In fact, potatoes are one of the most economical sources for vitamin C, vitamin B6, magnesium, folic acid, copper, potassium, and iron. and, potatoes are an inexpensive supplementary source of high quality vegetable protein.

So, clip out these recipes, and try them. You'll be glad you did.

CREAM OF POTATO SOUP

3 cups boiling water
6 cups diced potatoes
1 cup chopped celery
½ cup chopped onion
2 chicken bouillon cubes
4 tablespoons flour
4 cups milk
2 teaspoons parsley flakes
1 teaspoon salt
Dash pepper
1 pound Velveeta cheese
Add potatoes, celery, onion, parsley, seasonings, and bouillon to boiling water. Cover and cook until tender. Blend flour with a small amount of milk. Stir into vegetable mixture. Add remaining milk, cook until thickened. Add velveeta cheese, stir until melted. Serve immediately.

Centre Co. Dairy Promotion Committee

RAW POTATO PANCAKE

3 medium raw potatoes
2 eggs, separated
½ teaspoon baking powder
1 teaspoon salt
1¼ teaspoons flour
Grate potatoes, add beaten egg yolks. Stir in flour, baking powder, and salt. Mix well. Fold in stiffly beaten egg whites. Cook by spoonfuls in heavy skillet in hot oil. Serve with applesauce or pancake syrup.

Pa. State Grange Commerative Cookbook

HEARTY POTATO SOUP

6 medium potatoes (peeled and diced)
2 carrots, diced
6 celery stalks, diced
2 quarts water
1 onion, chopped
6 tablespoons all-purpose flour
1 teaspoon salt
½ teaspoon pepper
1½ cups milk
6 tablespoons butter
In a large kettle, cook potatoes, carrots, salt, and celery in water until tender, about 20 minutes. Drain, reserving liquid and setting vegetables aside. In the same kettle, saute onion in butter until soft. Stir in flour and pepper; gradually add milk, stirring constantly until thickened. Gently stir in cooked vegetables. Add the reserved cooking liquid until soup is desired consistency.

Pa. State Grange Commerative Cookbook

CREAMY POTATO AND BROCCOLI CHEESE SOUP

2 large potatoes, peeled, diced
½ pound Velveeta cheese, cubed
2 tablespoons chicken bouillon
1 can cream of celery soup
1 small onion, chopped
2 quarts milk
2 tablespoons butter
2 cups broccoli, finely chopped
Salt and pepper to taste
In a four-quart pan, cook potatoes, onion, and bouillon until soft, in just enough water to cover. Do not drain. Slightly mash approximately ½ of the potatoes. Add the remaining ingredients and heat until cheese is melted, stirring often. Serves 6-8.

Mary Varner Franklin Co. Dairy Princess

POTATO SALAD

8 medium potatoes
4 eggs, reserve 1 for garnish
1 cup Miracle Whip
2 tablespoons vinegar
4 tablespoons sugar
1 teaspoon salt
2 teaspoons yellow mustard
1 cup chopped celery
¼ cup finely chopped onion
Pepper to taste
Pare and dice potatoes. Cook in salted water until tender. Hard cook eggs 12 minutes. Dice eggs and add to potatoes. Add celery and onion. Blend other ingredients with the salad dressing and use as needed to mix the salad. Garnish with egg slices, saved from above, olives or green peppers. Sprinkle with paprika.

Mary Varner Franklin Co. Dairy Princess

GOURMET POTATOES

6 medium potatoes
3 cups shredded sharp cheese
¼ cup butter
1½ cups sour cream
½ cup chopped onion
1 teaspoon salt
½ teaspoon pepper
Cook potatoes in skins. Cool. Peel and shred potatoes, coarsely. In saucepan, over low heat, combine cheese and butter. Stir until cheese is almost melted—remove from heat and blend in sour cream and onions, salt, and pepper. Fold in potatoes and turn into 2-quart casserole. Bake at 375 degrees for 30 minutes.

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MOTHER'S POTATO FILLING

10 medium potatoes
Cook and mashed potatoes.
Add:
Salt and pepper to taste
1 egg
2 tablespoons sugar
Parsley
Combine the following and brown in skillet:
½ cup butter
1 large onion, diced
4 slices bread, cubed
Combine potato and bread mixtures. Spoon into greased casserole dish. Bake 30 minutes at 400 degrees.

Anonymous



Food fads come and go, but potatoes remain a much-loved staple in the American diet.

SWEDDISH MEAT BALLS

½ pound lean ground beef
½ pound ground veal
½ pound ground pork
3 medium potatoes, boiled and riced
1 large egg, lightly beaten
1 medium onion, finely chopped
¼ teaspoon allspice
¼ teaspoon nutmeg
1½ teaspoon salt
¼ teaspoon pepper
¼ cup milk
½ cup all-purpose flour
2 to 3 tablespoons butter
2 cups light cream*

Combine all ingredients except flour, butter, and heavy cream. Roll into balls (approximately 1-inch). Dredge each in the all-purpose flour. Melt butter in heavy skillet and brown the meat balls on all sides, sprinkle the remaining flour over the balls. Add the cream and simmer for 20 to 25 minutes.

*In place of light cream, substitute 1 can cream of mushroom soup and 1 can of milk.

B. Light Lebanon

POTATO DROPS

2 cups mashed potatoes, without milk
½ teaspoon onion powder, optional
2 eggs
Salt and pepper to taste
Deep fat for frying
Combine all ingredients thoroughly. Drop by heaping soup spoon into hot deep fat. Fry for 2 to 3 minutes until golden brown. Drain on brown paper.
If spoon is dipped into boiling water after each drop, potatoes will drop easier and retain shape of spoon.

HASH BROWN POTATO CASSEROLE

2 pounds frozen hash browns
¼ stick butter, melted
½ medium onion, diced
8 ounces shredded cheese
1 can mushroom soup
½ cup sour cream
2 cups crushed corn flakes
¼ stick butter, melted
Combine potatoes, ¼ stick butter, and onion. Spread in a 9x13-inch pan. Spread cheese evenly over top. Mix soup and sour cream. Spread on top of cheese. Combine corn flakes and ¼ stick butter. Spread over top. Bake one hour at 350 degrees, uncovered.

Jean Sarver Millerstown

COMPANY POTATOES

2 bags frozen hash browns
8 ounces shredded cheddar cheese
2 cans cream of mushroom soup
8 ounces sour cream
1 teaspoon salt
½ teaspoon pepper
Combine in 13x9-inch pan. Bake at 350 degrees for one hour.
Eileen Murphy Pa. Alternate Princess

GRANDMA'S POTATO PATTIES

Leftover mashed potatoes
1 egg
Mix potatoes and egg together well. Shape into patties. Fry in butter until light brown on each side.
Eileen Murphy Pa. Alternate Princess

Featured Recipe

Soup and stews chase away cold weather blues. While it's great to savor the aroma of simmering soups and stews, there is also danger lurking there.

According to Letie Schadler, home economist, soups and stews are at a high risk for spoilage because they are often rich in protein and carbohydrates.

They must be kept hot or cold. Avoid holding the soup in the danger zone (40-140 degrees) for more than two hours total time. Very low heat under a very large deep kettle of thick soup will not maintain this temperature and can ferment and result in a flat unpleasant taste.

For more tips and recipes on soup making, look for the feature story in this section. More tips on food safety and recipes are also available at county Penn State Extension offices.

Here is one of Letie's favorite soups for you to enjoy.

LETIE'S FRESH CORN CHOWDER

1 cup chopped celery
1 large onion, chopped
1 cup chopped carrot
½ cup chopped sweet pepper, red or green or pimento
1 to 2 cups diced red potatoes with skins on
4 cups chicken broth or chicken bouillon and water mixture
2 cups chopped broccoli pieces, optional
3 to 4 cups corn, fresh or frozen
3 cups milk
½ cup flour or ClearJel
8- to 16-ounces grated four cheese combination or orange American type cheese
2 tablespoons chopped parsley
Cook celery, onion, potatoes, pepper, and carrot in chicken stock until tender. Add the broccoli and corn and cook until tender. Mix the flour or ClearJel and milk. Stir into the vegetable mixture to thicken. Bring to a boil, stirring occasionally. Stir in the grated or sliced cheese and let stand for the cheese to melt. Add the parsley and serve. This reheats well.
It may thicken up—if so, add some extra milk to thin if you desire.

(Turn to Page B5)