

AGE FOOD PAGE

Rice Versatile As To Manners In Which It Can Be Prepared For Low Cost Meals; Two Kinds Available

When a certain Captain Smith returning from Madagascar in 1694 presented a bag of "paddy" to a merchant in Charleston, South Carolina, he provided the future United States with one of our favorite and cheapest foods. "Paddy" is rough rice, and rice is one of the cereals which, combined with milk, are recommended by the Bureau of Home Economics of the U. S. Department of Agriculture as the basis of the most economical balanced diet that can be devised. It is also one of the important cereal crops of our Southern States; it sells on the market in bulk for 3 to 5 cents a pound; and a pound of rice, after cooking, makes more than 10 servings of a cupful each. A bowl of rice, with gravy, is the mainstay of many a southern meal.

Rice is first of all an energy food, containing, like all other grains, a high percentage of starch. It can play an attractive part in any meal whether as a cooked cereal at breakfast, in soup or with meat gravy and vegetables at dinner, or to make a dinner or supper dessert. Rice is also a good "food extender"—taking the flavor of other foods readily, and therefore good as a stuffing and useful in mixtures with meat, vegetables, or fruits. Rice cooked in milk, or in a mixture of half milk and half water, makes a creamy dish of high food value which may be served with or without fruit as a breakfast cereal, or as a dessert with sugar, flavoring, spices, fruits, or chopped nuts. If cooked until fairly soft, it may be molded and served attractively with preserved or fresh fruits.

Many Varieties. There are many varieties of rice, and any cook would have reason to rejoice if the dealers would sell these varieties unmixed and labeled as to grade. So says Miss Mabel Steinberger, associate specialist in foods in the Bureau of Home Economics. The cooking qualities, especially as to the cooking time, vary with the kind of rice, and a mixture of rice of different kinds will cook unevenly. Rice broken in milling is sold as "broken rice" or "brewers' rice." Though less attractive looking, it has all the food value of whole rice, and it sells for less. Broken rice where available, and all the cheaper grades, can well be used in any dish except boiled rice, where the grains should stand apart.

rice is used, because the outer coat contains vitamin B. Brown rice is sold in packages in many grocery stores, and at some food stores it is sold in bulk. "Rice polishings," i.e., a fine powder which results from polishing the rice grain, can be had at the rice mill, and they are a desirable addition to wheat flour and corn meal because the rice polishings contain the minerals, and vitamin B which were removed from the grain in the milling.

Test for Rice
Boiling, according to Miss Steinberger, though the simplest method of cooking rice, is one of the most trying tests of its cooking quality. In boiled rice the grains should be white or creamy white, tender yet unbroken, and should stand apart.

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The accomplished by boiling the rice in an excess of water (2 quarts of salted water to a cup of rice) until the grains are tender, then draining and pouring water over them to remove any starch that may cling to them. In some sections of the country, minerals in the water may cause rice to become grayish or greenish in color when boiled, but a pinch of cream of tartar in the cooking water will prevent this.

Brown rice should be boiled in the same manner as white rice, except that after boiling gently about 30 minutes, it should be covered and allowed to simmer until the rice is cooked through and the water absorbed.

MENU FOR ONE DAY
Breakfast—Hot cereal Griddle Cakes Syrup Coffee (adults) Milk (children) Orange or Tomato Juice for Baby Toast for Baby
Dinner—Rice Pilau Toasted rolls or Hard rolls, Butter Blackberry Pie Milk for All
Supper—Fried Eggplant—Creamed Potatoes

Jam or Tart Preserves
Whole Wheat Bread and Butter RECIPES
Rice Pilau
2 thin slices of salt pork
2 thin slices of salt pork, finely diced.
¾ cup uncooked rice
3 cups hot water
2 medium sized onions, cut fine
2 cups tomato juice and pulp
4 tablespoons minced parsley.
Salt
Pepper
Paprika
Fry the salt pork until slightly browned. Add the rice which has been washed and drained, and stir until the rice is a golden brown, adding the onions meantime. Add the hot water gradually, cover, and cook. When the rice is tender, add the remaining ingredients, place in a greased baking dish, and bake 30 minutes in a moderate oven (350° to 370° F.)
Rice Patties
Cook: boiled rice until it is fairly soft, drain, but do not rinse. Spread it about an inch thick in a shallow pan, pressing it down well. Cut into rounds with a biscuit cutter.

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