

# FOOD FORUM

DOROTHY JOHNSON

## Miscellaneous Dishes From Peanuts

These recipes are from Bulletin No 31, Experiment Station, Tuskegee Institute, Alabama. By George Washington Carver.

### ENGLISH PEANUT BREAD

- 2 cups liquid yeast
- 1 Tbsp. butter
- 2 Tbsp. sugar
- 1 tsp. salt
- 1 cup finely chopped blanched peanuts

Flour as long as you can stir it in with a spoon; beat it long and hard; let stand in a warm place until light; add peanuts, add flour to make a soft dough; beat well, let stand in warm place until it rises again; bake in a moderate oven 1 hour.

### PEANUT STRIPS WITH BANANAS

- 2 cups mashed banana pulp
- 1 cup wheat flakes
- 1 cup flour
- 1 cup peanut meal
- 1 cup sugar
- 1/2 cup creamed butter
- 1 tsp. salt

Blend altogether, roll out one-half of an inch thick, cut in strips and bake in oven.

### MOCK VEAL CUTLETS

Wash 1 cup of lentils, soak overnight; in the morning strain and parboil in fresh boiling water for 30 minutes, drain again, and cook until soft in sufficient water to cover them; rub through a sieve, to the puree add 1/4 cup melted butter, 1 cup fine Graham bread crumbs, 1 cup strained tomatoes to which a speck of soda has been added, 1 cup chopped peanuts, 1 Tbsp. each of grated celery and minced onion; season with 1/4 tsp. mixed herbs, salt and pepper; blend all thoroughly together and form into cutlets; dip in egg and then dip in fine bread crumbs; place in a well-greased baking pan, and brown in quick oven; arrange around mound of well seasoned mashed potatoes, serve with brown sauce.

### PEANUT AND CHEESE ROAST

- 1 cup grated cheese
- 1 cup finely ground peanuts
- 1 cup bread crumbs
- 1 tsp. chopped onion
- 1 Tbsp. butter
- juice of half a lemon
- salt
- pepper

Cook the onion in the butter and a little water until it is tender. Mix the other ingredients, and moisten with water, using the water in which the onion has been cooked. Pour into a shallow baking dish, and brown in the oven.

### PEANUT DIVINITY FUDGE

- 2 1/2 cups sugar
- 1/2 cup syrup
- 1/2 cup water
- 2 eggs
- 1 cup coarsely broken peanuts

Boil the sugar, syrup, and water together until, when dropped in cold water the mixture will form a hard ball between the fingers; beat the eggs stiff; pour half the boiling mixture over eggs, beating constantly; return remaining half of the mixture to the stove, and boil until it forms a hard ball when dropped into cold water, remove from the stove, and pour slowly into first half beating constantly; add peanuts, and flavor with vanilla, pour into buttered pan, cut in squares.

### PEANUT ALMOND FUDGE (very fine)

- 1 cup peanuts deeply browned, crush or grind

# REDDY KILOWATT'S

Helpful Hints For The Homemakers



**Start The New Year Off Right And Save On Your Electric Bill... Here's How...**

Here are a few tips to help you get the most out of your electricity:

**THERMOSTAT SETTING:** Over-heating, or needless heating of unused rooms will greatly increase the

Here are a few tips to help you get the most out of your electricity:

**THERMOSTAT SETTING:** Over-heating, or needless heating of unused rooms will greatly increase the costs of electric heating.

**OPEN DAMPERS:** An open damper in a fireplace that is not in use will permit a large volume of heat to escape up the chimney.

**INSULATION:** Good wall and ceiling insulation will keep heat in the living space. A few years' savings in heating costs often cover the expense of additional insulation.

**APPLIANCES:** Make sure appliances are in proper working order. Defective appliances usually have to work harder and longer, thus using more electricity.

**WIRING:** Make sure your home is properly wired. Inadequate wiring can also make appliances work harder and increase electric bill.

**FAUCETS:** Repair leaky faucets. Sixty drops of hot water a minute can cost you about 48 cents a month.

JUST A FEW TIPS ON HOW TO SAVE ON YOUR ELECTRIC BILL THIS YEAR...

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NEVADA POWER COMPANY

- 1 1/2 cups sugar
- 1 cup milk
- 1 Tbsp. butter
- 1 tsp. almond extract

Brown 1/2 cup sugar in a granite pan; add the milk; when the brown sugar is thoroughly dissolved add one cup granulated sugar and the butter; boil to the soft ball stage; flavor with extract; add peanuts, beat until creamy; pour into buttered tins, and mark off into squares.

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Bucket of Fish & Chips Serves 5	\$4.95
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Bucket of Chicken & Chips Serves 5	\$6.45

All Orders Served With Tartar Sauce. Mol: Vinegar or Cocktail Sauce

## VETERAN INFORMATION

The number of veterans taking police, fireman and other "protective service" training under the G.I. Bill increased by 90 per cent during FY 70. Police and fire departments interested in setting up a program should contact their nearest VA office; interested veterans should apply at local police and fire departments.

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