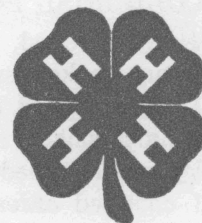


Let's Cook and Eat



Sweet and Irish Potatoes

POTATOES may be prepared in many ways. They make a difference in how you look and feel because they contain vitamin C, which helps to prevent tooth decay, weak blood vessels, pains and swelling in joints and limbs and slow healing of wounds. Sweet potatoes are high in vitamin A which helps to prevent night blindness, colds, skin infections and improper growth. When you eat potatoes you won't need much bread because they are a starchy food. Plan to serve potatoes today!

Potato Tips

- Select potatoes that are firm, smooth, well shaped and free from cuts, blemishes and green color on some part of the surface.
- Choose potatoes according to the way they will be used. Mature potatoes are best for baking, mashing or frying. New potatoes are best for creaming, salads or boiling with fresh vegetables.
- Cook potatoes in their jackets to get the most food value from them.
- Begin cooking potatoes in boiling, salted water in a covered pan.
- Pare potatoes just before you cook them. Don't let them stand in water.
- Pare potatoes as thinly as possible.
- Quick-cooked and steaming hot is the best way to serve all potatoes.

Potato Recipes

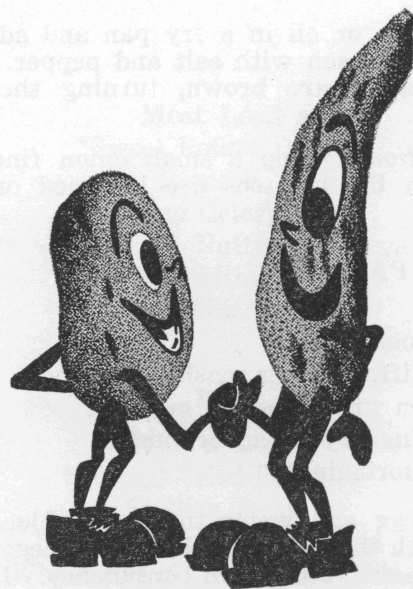
SCALLOPED IRISH POTATOES*

6 medium-sized potatoes
 2 tablespoons flour
 1½ teaspoons salt
 1 cup grated cheese
 Pepper
 4 tablespoons butter or margarine
 1½ cups hot milk

Wash, pare and slice the potatoes. Put a layer of potatoes in a greased baking dish. Sprinkle with flour, salt and pepper. Add small pieces of butter or margarine. Repeat until all of the potatoes are in the dish. Pour in the hot milk. Bake at 325° F. until the potatoes are soft, usually about an hour. For a change add 1 cup grated cheese about 10 minutes before taking the potatoes from the oven. Serves 6.

BAKED SWEET OR IRISH POTATOES*

Wash and dry potatoes of about the same size. Rub the peeling of the potato with fat to make it soft. Bake at 400° F. 50 to 60 minutes or until soft. Cut a 1½-inch cross on top of each potato and press from the bottom until the inside is forced up. Add butter or margarine to sweet potatoes, and butter, salt, pepper or paprika to Irish potatoes. Serve while very hot. Allow 1 potato per person.



*See "This Tastes Good in Texas."

COLD IRISH POTATO SALAD*

- 4 cups cooked, diced Irish potatoes
- 1 cup cooked salad dressing or mayonnaise
- 1 cup chopped celery
- 2 hard-cooked eggs, chopped
- ½ cup chopped pickle
- 1 chopped onion
- ¼ cup chopped green pepper or pimiento

Toss together lightly to keep the salad from becoming mushy. Arrange lettuce leaves or parsley around the dish or on each salad plate. Serves 6.

MASHED POTATOES

- 4 medium-sized potatoes, diced
- ⅓ to ½ cup hot milk
- Salt, pepper
- 3 tablespoons butter or margarine

Pare potatoes and boil in a small amount of water. Mash quickly until potatoes are free from lumps. Add hot milk, a little at a time and beat until potatoes are white and fluffy. The amount of milk needed will depend on the variety and dryness of the potatoes. Season with salt and pepper and beat in the butter or margarine. Serves 4.

COTTAGE-FRIED POTATOES*

- 2 or 3 tablespoons cooking fat or oil
- 2 cups sliced cooked potatoes
- Salt
- Pepper

Heat fat or oil in a fry pan and add the potatoes. Season with salt and pepper. Fry until potatoes are brown, turning them as they cook. Serves 4.

Variation: Chop a small onion fine and add when the potatoes are browned on one side.

POTATO PATTIES*

- 1 egg
- 1 tablespoon water
- 2 cups stiff, leftover mashed potatoes
- 1 teaspoon grated onion, optional
- ½ cup fine dry bread crumbs
- ¼ cup shortening

Beat egg and water together. Blend potatoes with the onion and half of the egg mixture to a smooth uniform consistency. Divide into 4 portions. Shape into flat patties of uniform thickness. Dip both sides of patties into remaining egg mixture, then in the crumbs. Heat shortening until almost sizzling

hot; lay in the patties. Cook moderately fast until a beautiful brown on underside; turn carefully with pancake turner or spatula and brown other side. Serve very hot. Serves 4.

Note: Flour may be used instead of the crumbs, in which case omit eggs and water.

QUICK POTATO SOUP*

- 2 cups thinly sliced raw potatoes
- ¼ cup finely chopped onion
- 1¼ cups boiling water
- 1½ cups milk
- 1 tablespoon butter or margarine
- ¼ teaspoon Worcestershire sauce
- 1 teaspoon salt
- Pepper

Add potatoes and onion to the boiling water. Cover, and cook 15 to 20 minutes, or until potatoes are tender. Mash the potatoes slightly with a fork to thicken the soup a little, if desired. Add milk, butter or margarine and seasonings. Heat.

For a touch of color, garnish each serving with chopped parsley, grated cheese, croutons, diced crisp bacon, or finely cut watercress or chives. Serves 4, 1 cup each.

CANDIED SWEET POTATOES

- 6 medium-sized sweet potatoes, cooked
- 1½ cups brown sugar
- 3 tablespoons water
- 3 tablespoons butter or margarine
- ½ cup chopped pecans

Pare potatoes, halve and arrange in pan. Mix sugar and water; bring to a boil. Add butter or margarine. Pour syrup over potatoes. Bake at 350° F. 15 minutes, basting occasionally. The potatoes may be heated over low heat on top of the range; baste often. Remove and sprinkle with pecans. Serves 6.

GRATED SWEET POTATO PUDDING*

- 2 cups grated, raw sweet potatoes
- 2 eggs, well beaten
- ½ cup sugar
- ½ teaspoon each of the following:
salt, allspice, cloves
- 2 cups sweet milk
- ⅓ cup butter or margarine

Pare raw potatoes and grate finely. Combine eggs, sugar, salt and spices. Heat milk and stir in grated sweet potatoes and butter or margarine. Cook long enough to heat po-

tatoes thoroughly. Pour in buttered baking dish and bake at 300° F. about 1½ hours.

Serve warm with cream or plum preserves. Serves 6.

SWEET POTATOES WITH MARSHMALLOWS

3½ cups mashed sweet potatoes
½ cup milk
3 tablespoons butter or margarine
1 teaspoon salt
¾ cup sugar
¼ teaspoon cinnamon
½ cup chopped pecans, if desired
6 to 8 marshmallows

Mix all of the ingredients except the marshmallows. Pour into greased baking dish. Place marshmallows on top, lightly pushing

them down into the mixture. Bake at 350° F. 30 minutes. Serves 6.

SWEET POTATO PUFFS*

3 medium-sized sweet potatoes
¼ teaspoon salt
2 tablespoons butter or margarine
4 marshmallows
4 pineapple slices

Boil potatoes until tender, about 20 minutes. Pare and mash potatoes. Add salt and butter or margarine. Beat hard and then cool until mixture can be handled. Divide into 4 portions. Mold each portion around a marshmallow to form balls, but have the layer of potatoes a little thinner on top. Lay pineapple slices, leaving a space between each, in a slightly buttered baking pan. Top each pineapple slice with a potato ball. Bake at 350° F. about 20 minutes or until the marshmallow melts and begins to flow out at the top.

THIS TASTE GOOD IN TEXAS

I

Baked Spareribs
*Scalloped Irish Potatoes
Rutabagas
Grated Carrot and Apple Salad
Hot Muffins Butter or Margarine
Mincemeat Pie
Milk

II

Pork Sausage
*Baked Sweet Potatoes
Turnips and Greens
Lettuce Salad
Cornbread Butter or Margarine
Cookies
Cocoa

III

Fried Chicken Gravy
*Irish Potato Salad
String Beans
Fresh Onions and Radishes
Cornbread Butter or Margarine
Plum Cobbler
Milk

IV

Meat Loaf
*Sweet Potato Puffs
Broccoli
Apple and Celery Salad
Corn Muffins Butter or Margarine
Pudding
Milk

V

Barbecued Frankfurters
*Potato Patties
Black-eyed Peas
Carrot and Pineapple Salad
Hot Frankfurter Buns Butter or Margarine
Fruit Whip
Milk

VI

Salmon Loaf
*Cottage-fried Potatoes
English Peas
Lettuce and Tomato Salad
Whole Wheat Bread Butter or Margarine
Baked Apples
Milk

*Recipes in this leaflet.

VII

*Potato Soup
Cheese Toast
Celery and Carrot Strips
Gingerbread
Milk

VIII

Liver with Onions
Corn
Tomato Salad
Biscuits Butter or Margarine
*Grated Sweet Potato Pudding
Milk

DO THIS AT HOME

If you are carrying a demonstration in foods and nutrition, do these things at home before the next club meeting:

1. Prepare a baked sweet or Irish potato.
2. Prepare a dish using mashed sweet or Irish potatoes.
3. Prepare a dish using sliced, grated or diced sweet or Irish potatoes.
4. If your parents buy potatoes at the store, help your mother select potatoes once.
5. Plan and prepare or help your mother plan and prepare a complete meal using potatoes in the menu. Set the table when this meal is served.

Prepared by

Extension Foods and Nutrition Specialists

The A&M College of Texas

THE AGRICULTURAL AND MECHANICAL COLLEGE OF TEXAS

TEXAS AGRICULTURAL EXTENSION SERVICE

J. E. Hutchison, Director, College Station, Texas