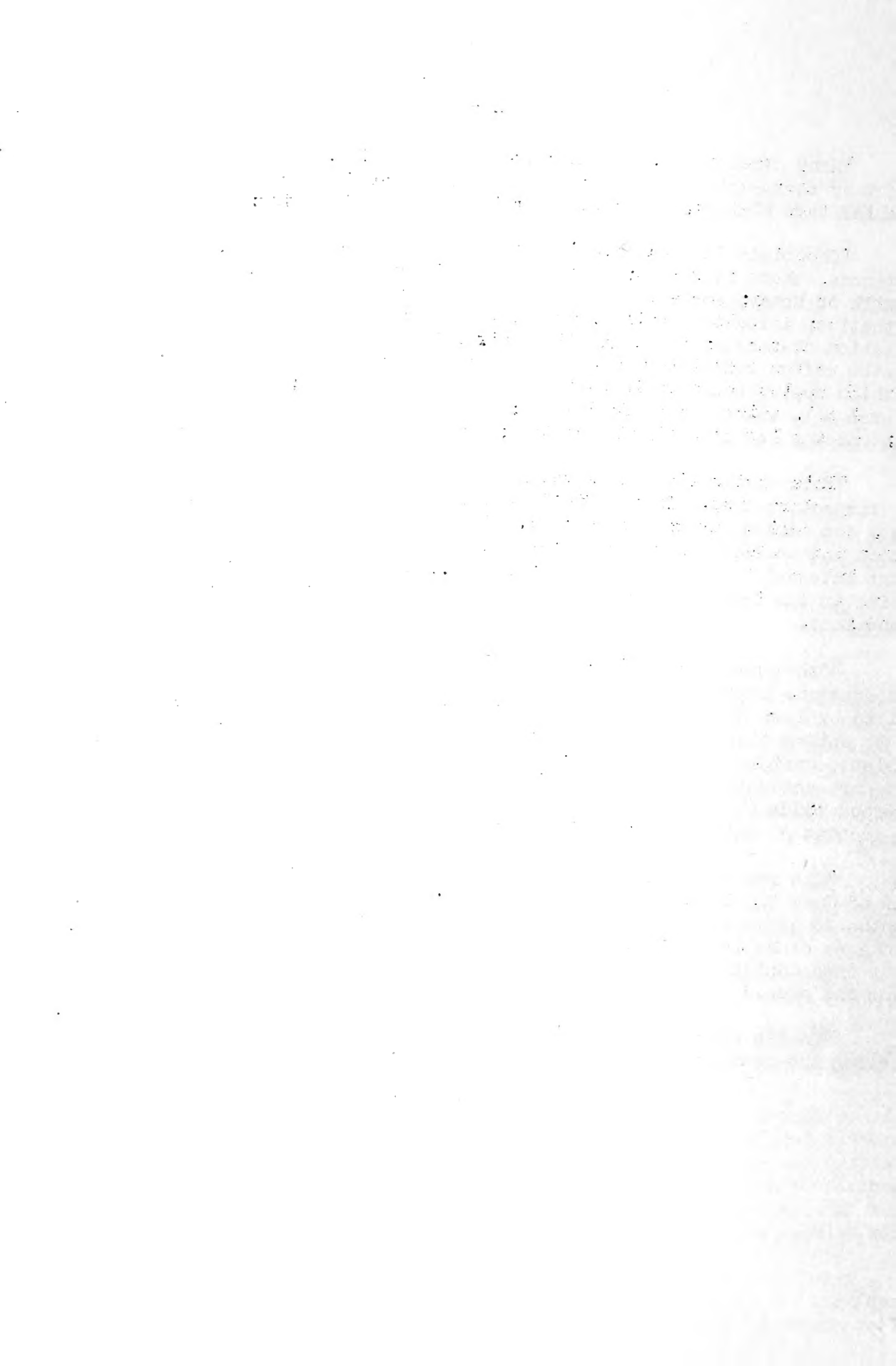


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HOMEMAKERS' CHAT

Tuesday, December 6, 1938.

(FOR BROADCAST USE ONLY)

SUBJECT: "QUESTIONS AND ANSWERS." Information from the Bureau of Home Economics, U.S.D.A.

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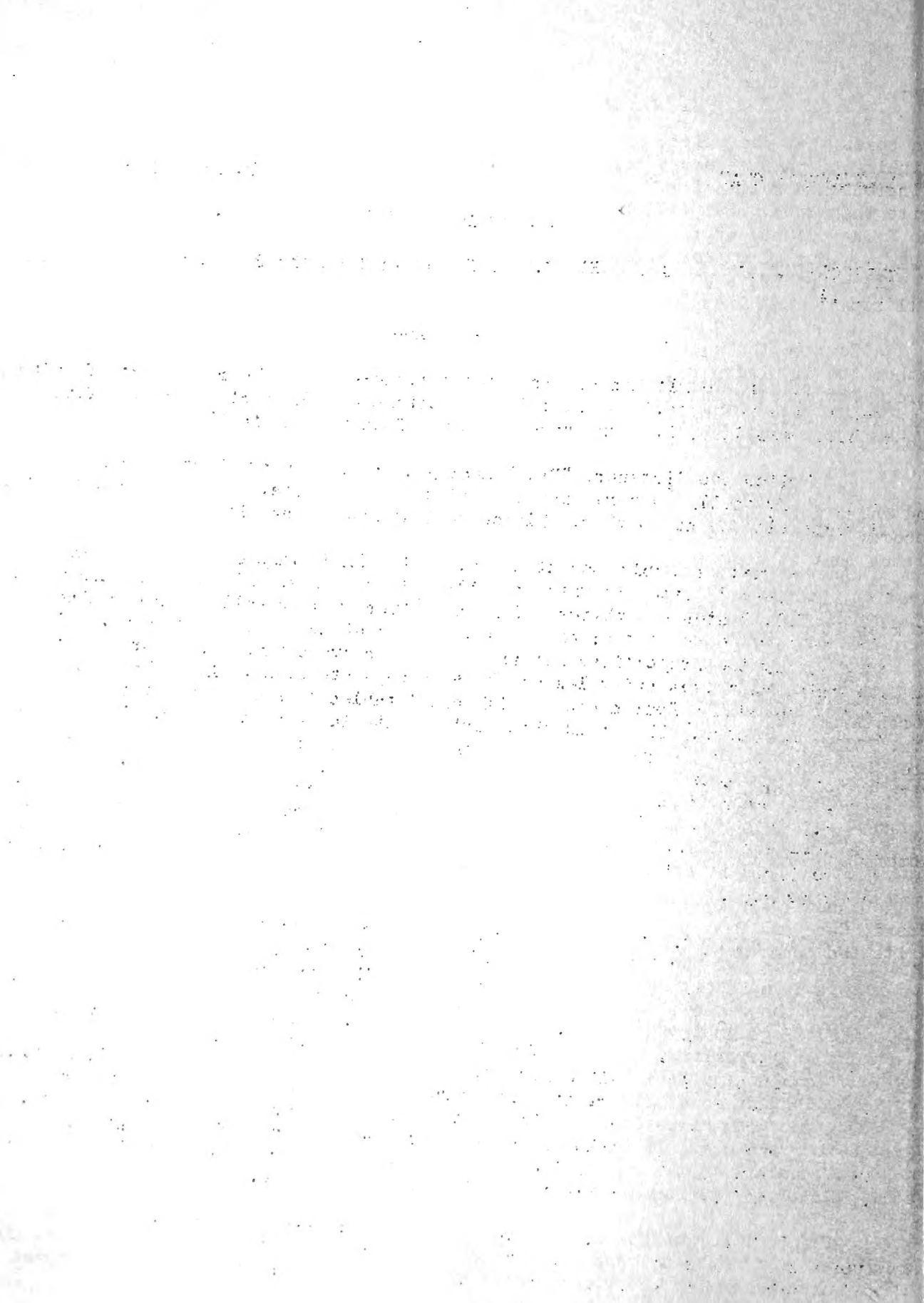
Out of the kitchen and into the mailbag--that's the route most of this week's questions have taken. As usual food questions are the most numerous. Come December, come June, it's the same old tune--food for the family.

Writes one listener: "Did I hear you say something about a peanut-butter omelet? My family is very fond of omelets of all sorts. But we've never tried one flavored with peanut butter. Please tell me how to make it?"

Answer: You make peanut butter omelet like plain omelet except that you beat the peanut butter in with the milk and egg yolks, and then add this mixture to the stiffly beaten egg whites. Like all other omelets--all other egg dishes, for that matter, peanut butter omelet should cook at low or moderate heat. I'll give you exactly the proportions for an omelet to serve a family of 5 or 6. Use 4 eggs. Separate the whites and yolks and beat in separate bowls. Add a half teaspoon of salt along with a fourth cup of milk and 4 tablespoons of peanut butter to the beaten egg yolks. Then fold this mixture into the beaten whites. Now melt a tablespoon of butter, or peanut oil, or other fat in your frying pan. Pour in the egg mixture. As soon as the omelet browns slightly on the bottom, put it in a moderate oven. (That's an oven registering 350 degrees Fahrenheit, as every good cook knows.) In the oven for 10 minutes the omelet can cook on top as well as on the bottom--in fact, will cook all the way through. Now remove it, crease it through the center, fold it over, and roll it onto a hot platter. Serve at once. Very easy and very good.

By the way, if you're not an omelet expert--or if you hesitate a little over making omelets for the family thinking they are "fancy cooking" or a bit difficult, you may want a Department of Agriculture leaflet that will soon have you making omelets to the queen's taste as if you'd been doing it all your life. This leaflet is called "Eggs At Any Meal." It is number 39. Write a card addressed to the Department of Agriculture at Washington, D.C. and say: "Please send me leaflet 39 called 'Eggs At Any Meal'". Sign your name and address. Then the mailman will bring you that leaflet some bright morning soon. In it you'll find not only recipes for omelets, but also directions for making whips, custards, souffles, salad dressings, sauces, curried eggs, baked eggs, scrambled--but there. Somebody stop me. If you want to know all that's in the leaflet, you can order a copy and find out for yourself. Did I say copies are free? Of course, they are.

Before I forget it, let me answer the listener who asks another peanut butter question. She wants to know how to make peanut butter drop cookies. She says she often makes batches of cookies to give away for Christmas--puts them up in tight



tin boxes that she paints herself or covers with bright paper. This year, she's thinking of making peanut butter cookies. Well, the recipe is very simple. Just 7 ingredients called for. You can probably remember them without even bothering to write them down. But I'll list them slowly, so you can write them if you want to. The 7 ingredients are: a half cup of peanut butter.....a half cup of sugar.....just 1 egg.....just 1 cup of sifted flour.....2 teaspoons of baking powder.....a pinch of salt--that is, a quarter of a teaspoon of salt.....and, last, a half cup of milk. I'll repeat that list just to be sure you didn't miss anything. (Repeat.)

To make the cookies, mix the peanut butter, sugar and beaten egg. Sift together the dry ingredients and add them alternately with the milk to the first mixture. Now drop by teaspoonsfuls on a greased baking sheet, about an inch apart. Bake in a moderate oven (350 degrees Fahrenheit) about 15 minutes--or until the cookies are lightly browned. That's all there is to making peanut-butter cookies.

As I reported last week, peanuts and peanut butter should both be plentiful and cheap for many months to come because the 1938 peanut crop was the biggest on record. Peanut butter is so nourishing, so inexpensive and so good in so many dishes that it deserves a place on every table.

Here's a question about Christmas fruit cake. A listener wants to know how to keep it properly moist while it awaits the big day.

Answer: Many of the ingredients in the cake/^{help}keep it moist, the various dried or candied fruits, for example, many people use honey in the cake because honey absorbs moisture. The cake should be wrapped in waxed paper and kept in a tight tin box. Old-fashioned housewives often put an apple in the box with the cake to help keep it moist. Of course, as the apple shows signs of decay, it must be replaced with a fresh one.

Last question: "Where can a beginner at baking find a recipe for making homemade bread that goes into detail--step by step?"

Answer: In Department of Agriculture bulletin No. 1775 called "Homemade Bread, Cake and Pastry." This baking bulletin is free as long as the supply lasts. Write the Department of Agriculture, Washington, D.C. for it.

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