PREPARATION AND USE OF DRIED OR DEHYDRATED VEGETABLE PRODUCTS

By E. L. KIRKPATRICK
By-Products Specialist, State Marketing Committee, Colorado Council of Defense
and
Mrs. E. L. KIRKPATRICK

Grinding dried potatoes into meal—first reduction

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Preparation and Use of Dried or Dehydrated Vegetable Products

By E. L. Kirkpatrick
By-Products Specialist, State Marketing Committee, Colorado Council of Defense
and
Mrs. E. L. Kirkpatrick

Preparation of dried or dehydrated vegetable products for use has been one of the principal problems connected with the vegetable drying industry during the recent drive in food conservation. Little attempt has been made by the average housewife to use foods dried over her kitchen range or in the community dryer. Furthermore, commercial dehydrating firms are now confronted with little or no market for their products.

Ordinarily, evaporated or dehydrated foods are not as easily prepared as is fresh produce. Moreover, they are not emergency foods as we commonly speak of canned foods. The housewife cannot open the container, pour its contents into a pan, heat them thru and serve them. Rather, she must plan one day for her meals of the next. Water removed from the products thru drying must be restored to them thru soaking or thru the process of cooking. Owing to this fact, dried products will not gain the popularity of canned foods until satisfactory methods of preparing them have been determined.
WAYS OF USING PRODUCTS

While practically all dried vegetable products of good quality can be cooked and used as separate vegetables in the diet, many palatable dishes can be prepared for them as soup, stews or other combinations. All recipes included in this bulletin have been tested thoroughly and found satisfactory.

Abbreviations
Abbreviations used in this bulletin are as follows: C.—Cup; Tsp.—Teaspoonful; Tbsp.—Tablespoonful; Lb.—Pound.

Soups
Dried or dehydrated vegetable soup known as "Julienne" is made up of tomatoes, carrots, onions, cabbage, celery or other products. It is necessary that products used in making Julienne have been dried separately, since different temperatures and amounts of time are essential for best results with each. If desired, the mixture may contain mature beans, peas, barley or rice in varying amounts, provided these products are soaked and partially cooked before being added.

The following recipes given are suggestive of some of the different combinations which may be made. All vegetables named in all recipes are dried or dehydrated, unless otherwise stated:

1. 1 C. tomatoes
   \( \frac{1}{4} \) C. carrots
   \( \frac{1}{4} \) C. cabbage
   \( \frac{1}{2} \) C. celery leaves
   \( \frac{1}{4} \) C. onions

2. 1 C. sweet corn
   1 C. green peas
   \( \frac{1}{2} \) C. onions
   \( \frac{1}{4} \) C. cabbage
   \( \frac{1}{2} \) C. celery leaves
   \( \frac{1}{6} \) C. peppers

3. 1 C. tomatoes
   \( \frac{1}{2} \) C. cabbage
   \( \frac{1}{4} \) C. carrots
   \( \frac{1}{4} \) C. onions
   \( \frac{1}{2} \) C. rice or barley
   Parsley or celery leaves for flavor, if desired

4. 1 C. carrots
   1 C. cabbage
   1 C. potatoes
   \( \frac{1}{2} \) C. onions
   1 C. mature beans or peas

As with fresh vegetables, the amounts of the various ingredients may vary according to tastes and with dried products available. Care should be taken that the nutritive value of the soup be kept as high as possible. Mix ingredients, except mature beans, peas or cereals, well together and store the products in pasteboard containers, discarded oatmeal boxes or coconut cans with close-fitting covers. Paper bags will answer as well, if tied securely.
Top.—Measuring dried ingredients for Julienne Soup. Center.—Mixing measured ingredients thoroughly. Lower.—Soaking Julienne mixture 8 to 10 hours previous to cooking.
and stored away from exposure to light. All dried products should be stored in a dry place.

One pound of the Julienne mixtures has the equivalent food value of eight to twelve pounds fresh vegetables. One-half cup will make five to eight plates of soup, enough for the average family. To prepare the soup soak one-half cup of Julienne eight to ten hours, or over night, in 4 cups cold water.

Cook slowly in the water in which soaked for one hour, add 4 cups soup stock, continue cooking until all products are tender and serve hot. If desired, soaking may be reduced or omitted entirely, the mixture being started in cold water, brought slowly to a boil and cooked until tender.

Actual time required for cooking dried vegetables in soups, as well as in other forms, will vary according to age of green produce used for drying, size of the pieces and amount of soaking. Rather than adhere strictly to time given, the housewife should rely on her own judgment.

Fresh vegetables may be used in varying amounts in connection with dried products in any of the soup mixtures. These should be cut in small cubes and placed in the container to cook shortly before the soup stock is added.

**COMBINATION STEWS, CHOWDERS AND PIES**

**Vegetable Stew**

<table>
<thead>
<tr>
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<th>C. potatoes</th>
<th>C. carrots</th>
<th>C. tomatoes</th>
<th>Slices onion</th>
<th>Slices green pepper</th>
<th>Tsp. celery leaves (fined)</th>
<th>Tbsp. flour</th>
<th>I.b. stew beef or mutton</th>
<th>Fat</th>
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Soak dried vegetables 8 to 10 hours in four cups cold water. Cut meat in small cubes, dredge in flour and sear in fat. Remove to the stew pan and sear vegetables in remaining fat. Pour liquid reserved from soaked vegetables over meat, add seared vegetables, and cook slowly for 21/2 to 3 hours. Season with salt and pepper and serve hot.
**Liberty Stew**

\[ \frac{1}{4} \text{ C. cabbage} \]
\[ \frac{1}{4} \text{ C. carrots} \]
\[ \frac{1}{4} \text{ C. onions} \]
\[ \frac{1}{2} \text{Tsp. celery leaves (fined)} \]
\[ \frac{1}{2} \text{Tsp. parsley leaves (fined)} \]
\[ \frac{1}{4} \text{ C. peas} \]
\[ \frac{1}{4} \text{ C. cauliflower} \]
\[ \frac{1}{8} \text{ C. green beans} \]
\[ 2 \text{ C. beef stock or 2 bouillon cubes} \]

Soak beans and cauliflower 8-10 hours, each separately in one cup cold water. Soak other vegetables together in 3 cups cold water. Add stock and cook slowly for one-half hour. Add beans parboiled in water containing a little soda and continue cooking for one hour, adding cauliflower 20 minutes before serving. Thicken with two tablespoons flour, salt and pepper to taste.

**Casserole of Rice and Hamburger**

\[ \frac{1}{4} \text{ C. onions} \]
\[ \frac{1}{2} \text{ C. tomatoes} \]
\[ 4 \text{ Slices peppers} \]
\[ \frac{1}{4} \text{ C. rice} \]
\[ \frac{1}{2} \text{Tsp. salt} \]
\[ \text{Fat} \]
\[ \frac{1}{2} \text{ Lb. hamburger} \]

Soak tomatoes and peppers 8-10 hours in 2 cups cold water. Soak onions in 1 cup water in separate vessel. Fry onions, drained, and meat in melted fat until slightly browned. Place in baking dish, add tomatoes and pepper, then rice previously cooked, and salt. Cover and bake slowly for 1\(\frac{1}{2}\) to 2 hours.

**Vegetable Chowder**

\[ \frac{1}{8} \text{ C. mature dry beans} \]
\[ \frac{1}{4} \text{ C. corn} \]
\[ \frac{1}{4} \text{ C. potatoes} \]
\[ \frac{1}{4} \text{ C. carrots} \]
\[ 1 \text{Tbsp. onion} \]
\[ 1\frac{1}{2} \text{ C. milk} \]
\[ 1 \text{Tsp. salt} \]
\[ 2 \text{ Slices bacon} \]

Soak beans in one pan, and remaining vegetables together in 2 cups water in another over night. Bring beans to a boil and drain. Cut bacon in small pieces and fry in a stew pan, then add the soaked dried vegetables, drained, and sear in the bacon fat. Combine all vegetables, add milk, bacon, salt and pepper and cook together for 1\(\frac{1}{2}\) hours.
Tamale Pie

\[
\begin{align*}
\frac{1}{2} & \text{ C. corn meal} \\
1 & \text{ C. boiling water} \\
\frac{3}{4} & \text{ C. hot milk} \\
\frac{1}{2} & \text{Tsp. salt} \\
\text{Pepper} & \\
1 & \text{Tbsp. fat} \\
4-6 & \text{ Slices onion} \\
\frac{1}{2} & \text{ Lb. chopped meat} \\
\frac{1}{2} & \text{ C. tomatoes} \\
6 & \text{ Slices green peppers}
\end{align*}
\]

Soak tomatoes and green peppers together, and onions separately over night. Cook tomatoes and pepper in water in which they were soaked until tender. Add corn meal to the boiling water and milk. Season with salt and pepper and cook in double boiler one-half hour.

Melt fat, add onion and meat and cook until brown. Put part of corn meal in baking dish, add meat and vegetables, chopped, and a layer of corn meal on top. Bake 1½ to 2 hours.

Beef and Vegetable Hash

\[
\begin{align*}
\frac{1}{2} & \text{ C. carrots} \\
\frac{1}{4} & \text{ C. cabbage} \\
2 & \text{ C. potatoes (cooked)} \\
1 & \text{ C. meat} \\
1 & \text{Tbsp. fat} \\
\text{Salt} & \\
\text{Pepper}
\end{align*}
\]

Soak dried carrots and cabbage over night in 2½ cups water. Cook and drain. Add potatoes and chopped meat and mix thoroly. Season and moisten with meat or vegetable stock. Melt fat in frying pan and when hot, add meat and vegetables. Allow to brown and serve. Left-over, cooked vegetables may be used to advantage in this recipe.

SEPARATE VEGETABLE DISHES

It should be noted that certain dried vegetable products adapted themselves much more readily to preparation and cooking than do others. For example, dried sweet corn given only a minimum soaking and prepared as fresh corn cut from the cob is almost as palatable. Dried tomatoes soaked back to their original form are well suited for cream soups and stews. The majority of the vegetables, however, are improved thru special methods of preparation and cooking which add attractiveness and palatability to the finished product.

Three general ways of cooking dried vegetables have been found satisfactory; namely, by soaking, with soda and with steam
Use of Dehydrated Vegetable Products

pressure. The first of these consists of soaking the dried product in water (approximately 1 part product to 4 parts water, by measure) four to twelve hours previous to cooking. Soaked vegetables require only slightly more cooking than fresh ones and should not be cooked too long, lest they become tough. In the soda method, the soaking of dried product is usually omitted, four to five parts boiling water being poured over one part product to which a small amount of soda has been added. The steam pressure method requires the use of a pressure cooker in which the product, without soaking, is started to cook in approximately two or three times its bulk of cold water. Owing to the high temperature, due to pressure inside the container, time required for cooking is somewhat less than that required ordinarily. Cost of a pressure outfit of family size ranges between twelve and eighteen dollars.

Recipes given under each vegetable have been selected and tested from the standpoint of attractiveness, palatability and nutritive value of the product. Other recipes are available, or, if desired, most dried vegetables, thoroughly cooked, may be served creamed, buttered or browned in fats or butter substitutes.

Beets

Beets dried without having been thoroughly cooked are not a satisfactory product, since slices usually oxidize or blacken badly and become quite tough from exposure to the air. Beets cooked in boiling water until tender, dipped in cold water, peeled and dried in one-fourth or three-eighths-inch cubes make a fairly satisfactory product.

Buttered Beets.—Soak the dried product in three to four times its own bulk in cold water for 4 hours. Cook until surplus water is evaporated, add butter and seasoning, heat thru and serve.

Harvard Beets.—To beets prepared and cooked as in previous recipe add a sauce made in the proportions of 2 tbsp. sugar, ½ tbsp. flour, ½ cup weak vinegar and 1 tbsp. butter. Allow to simmer for 15 minutes before serving.

Beet Pickles.—Soak the dried product in a weak vinegar solution 4 to 6 hours. (Strength of solution same as that required for pickles, about ½ cup water, 1½ cups vinegar, 2 tbsp. sugar). Add spices desired, heat to boiling point and allow to cool before serving.

Beans

Result of drying and cooking tests showed that beans blanched for 3 minutes in boiling water containing 2 tsp. soda per gallon gave a superior product over those not blanched, or blanched with-
Top.—Placing dried ingredients in steam pressure cooker. Center.—Adding necessary amount of water to ingredients in pressure cooker. Lower.—Closing cooker securely previous to raising pressure.
USE OF DEHYDRATED VEGETABLE PRODUCTS

out soda. Flavor was more desirable and color was of a slightly
darker green.

1. Soak dried product 8-12 hours in cold water, cook \( \frac{1}{2} \) hour
in same water and drain. Add boiling water, salt and 2-inch cube
of bacon or salt pork and continue cooking until tender, 1-2 hours
depending on age of beans previous to being dried. If desired,
leave out bacon or salt pork and serve with white sauce, when
tender.

2. To one cup dried beans, add \( \frac{1}{4} \) tsp. soda and 4 cups boiling
water. Cook for one-half hour and drain. Replace liquid with 3
cups boiling water, add a 2-inch cube of salt pork or bacon and
continue cooking until beans are tender.

3. To one cup dried beans in pressure cooker, add 4 cups
cold water and \( \frac{1}{8} \) tsp. soda. Close cooker, raise pressure up to 5
pounds and maintain same 15 minutes. Release pressure slowly,
drain, replace liquor with 3 cups hot water, add salt and piece of
bacon or salt pork. Raise and hold pressure between 5 and 10
pounds for 45 minutes. Release pressure slowly.

**Cabbage**

Results of experiments showed that 2½ to 3 minutes blanching
in hot water held the original color and flavor of cabbage to best
advantage. Lots unblanched or blanched for less than 2 minutes
cooked up dull or faded in color and weak or unappetizing in
flavor.

**Cabbage with White Sauce.**—Soak dried product 4 to 6 hours
in cold water, (1 part cabbage to 4 parts water by measure), salt,
cook in same water until tender, 15 to 25 minutes, and drain. Add
white sauce, heat thru and serve.

**Victory Cabbage**

\[ \frac{1}{2} \] C. cabbage

\[ \frac{1}{4} \] C. onions

1 Tbsp. butter substitute

2 Tbsp. vinegar

1 Tsp. sugar

\[ \frac{1}{2} \] Tsp. salt

Paprika

Soak cabbage and onions 4 hours in 2 and 1 cups cold water
respectively. Cook cabbage until tender. Sear onions in melted
fat and add to cabbage, along with liquid in which onions were
soaked, and salt. Simmer for half hour, add vinegar, sugar and
paprika, and serve.
Cabbage with Tomato Sauce

1 C. cabbage
1 C. tomato
2 Tbsp. fat
2 Tbsp. flour
\( \frac{1}{2} \) C. milk
\( \frac{1}{2} \) Tsp. salt

Soak cabbage and tomatoes over night in 3 and 2 cups water, respectively. Cook cabbage 25 minutes, or until tender. Cook tomatoes until tender and put thru sieve. Melt fat, add flour, milk, gradually, tomato pulp and salt. Put cabbage in a baking dish, pour tomato sauce over, cover with crumbs and bake.

Carrots

Carrots blanched three minutes in boiling water, or under 3-5 pounds steam pressure, previous to being dried, were superior in both color and flavor to those dried with no blanching. Of the three ways tested of cooking carrots, steam pressure proved most satisfactory. Those soaked in cold water (4 parts water to 1 part product) for six hours and cooked in the water in which soaked for 35 minutes were slightly tougher and stronger in flavor than those cooked without soaking for 20 minutes under 5-10 pounds steam pressure. Those boiled with soda for 20 minutes were least palatable of the three lots tried.

Creamed or Buttered Carrots.—Soak 1 c. carrots in cold water 6 to 10 hours, over night if desired, cook 35 minutes in same water, salted, and drain. Add butter or white sauce, heat thru and serve.

If pressure cooker is available, add 4 cups water to 1 c. carrots in cooker, raise and hold pressure between 5 and 10 pounds for 20 minutes. Drain.

Creamed Carrots and Peas.—To 1 cup carrots soaked and cooked as above, add 1 cup peas soaked 6 to 10 hours and cooked, 45 minutes, in water in which soaked. Add white sauce and heat thoroly before serving. Soaking may be omitted if \( \frac{1}{4} \) tsp. soda is added for each cup of peas used.

Carrot Loaf

1 C. cooked dried carrots
1 C. cracker crumbs
\( \frac{1}{2} \) C. nut meats
4 Slices onion
1 C. strained tomato juice
1 Egg
1 Tbsp. butter
Salt and pepper to taste

Combine ingredients in order given, mold into a loaf and steam 1 hour. Brown in oven and serve hot.
Cauliflower

Creamed Cauliflower.—Soak dried product over night in 4 times its bulk of cold water. Cook in same water, salted to taste, until tender (20 to 25 minutes). Drain, add white sauce, heat thoroly and serve.

Cauliflower with Cheese.—To 2 cups cooked cauliflower add 1 cup medium white sauce, to which ¼ cup grated cheese has been added. Cover with buttered crumbs and brown in oven.

Celery

Dried celery has not been found well adapted for use, except as flavoring for soups, stews and other combinations. The product becomes browned and toughened in drying, on account of the difficulty of removing moisture from the fibrous stems. Celery leaves dry readily, however. When thoroly dried and ground to a fine powder, they may be used conveniently for flavoring purposes.

Greens.—Beet, Chard and Spinach

The most satisfactory product from any of these crops is secured thru using the leaves only, that is, by removing and discarding the steams, especially with Swiss chard. Leaves should be washed thoroly to free them from particles of sand, drained and dried without blanching. Leaves of beet and chard, dried on a small scale, are often cut with shears or with a rotary slicer previous to being placed on trays or racks. Time of drying is reduced by one-fourth or one-third in this way.

Buttered or Bacon-Flavored Greens.—Soak the dried product in 1½ to 2 times its bulk of cold water, 6 to 10 hours. Bring to a boil, salt and continue cooking until product is tender and until water is practically evaporated. Flavor, add butter or bacon fat, salt, pepper and vinegar.

Kohlrabi

Kohlrabi makes a desirable dried product, if taken when young and tender, that is, before enlarged stems become fibrous and woody. The product is washed, peeled, cut in ½-in cubes and blanched 2 to 4 minutes in boiling water previous to drying. The product, if of good quality, can be used as cabbage or cauliflower in recipes given elsewhere.

Onions

The best product is secured without blanching previous to drying. In this way, all of the soluble salts are retained. Onions are washed, cleaned, sliced crosswise and taken immediately to the drying trays.

Creamed Onions.—Soak the dried product in 2 times its bulk of cold water 6 to 10 hours, salt and cook in same water until tender (30 to 40 minutes). Drain, add white sauce, heat thoroughly and serve.
Fried Onions.—Drain onions soaked as above, place in frying pan with fat, salt and pepper. Fry slowly until tender, about 30 minutes. Brown as desired.

Onion and Potato Chowder

\[
\begin{align*}
&\frac{1}{2} \text{ C. onions} \\
&\frac{3}{4} \text{ C. potatoes (cubed)} \\
&1\frac{1}{2} \text{ C. milk} \\
&2 \text{Tbsp. fat} \\
&2 \text{Tbsp. flour} \\
&\frac{1}{2} \text{Tsp. salt} \\
&\text{Pepper}
\end{align*}
\]

Soak potatoes and onions separately, each in 3 times their bulk of cold water. Drain onions, saving liquor, and fry in fat until brown. Add liquor, bring to a boil, add potatoes (drained) and continue cooking until both ingredients are tender. Add milk, except small part for moistening flour, seasoning and moistened flour. Simmer 5 to 10 minutes and serve with catsup. (Sliced fresh potatoes may be used in preference to the dried product, if desired).

Peas

From 1 to 3 minutes blanching in boiling water after peas were shelled gave the best dried product. Those blanched longer were somewhat inferior in flavor and slightly faded in color when cooked. Peas blanched in the shells in order to facilitate shelling, though of good color, were rather strong in flavor.

Creamed or Buttered Peas.—Soak dried product in three times its bulk of cold water 6 to 10 hours, or over night. Add \( \frac{1}{2} \) tsp. salt and 2 tsp. sugar to each 1 cup peas and cook slowly in same water until tender (45 to 60 minutes). Add butter or mix with white sauce and serve hot.

If desired, soaking may be omitted thru using soda in cooking. Start with cold water in proportions given above. Add \( \frac{1}{6} \) to \( \frac{1}{4} \) tsp. soda, bring to a boil and continue cooking until tender. Drain, rinse, season with salt and pepper or mix with white sauce, heat thru and serve.

Pea Loaf

\[
\begin{align*}
&2 \text{ C. cooked peas (mashed)} \\
&1 \text{C. cracker crumbs} \\
&\frac{1}{2} \text{C. nut meats} \\
&\frac{1}{2} \text{Tsp. salt} \\
&\text{Pepper} \\
&2 \text{Tsp. onion (chopped fine)} \\
&1 \text{Egg} \\
&2 \text{Tbsp. butter} \\
&\frac{1}{2} \text{C. milk}
\end{align*}
\]
Mix together mashed peas, cracker crumbs, nut meats, salt, pepper and onion. Add milk to beaten egg, pour over above ingredients and add melted butter. Mix thoroughly, place in a buttered baking dish and bake 30 minutes.

**Green Pea Chowder**

\[
\begin{align*}
\frac{3}{4} & \text{ C. green peas} \\
\frac{1}{4} & \text{ C. potatoes} \\
\frac{1}{4} & \text{ C. carrots} \\
\frac{1}{2} & \text{ C. onions} \\
2 & \text{Tbsp. corn flour} \\
2 & \text{Tbsp. fat} \\
\frac{1}{8} & \text{Tsp. pepper} \\
1\frac{1}{2} & \text{Tsp. salt} \\
1 & \text{ C. stock}
\end{align*}
\]

Soak peas and potatoes, in 3 cups water 6 to 10 hours, or overnight. Soak carrots and onions in 1 cup water same length of time in separate vessel. Melt fat in frying pan, and in it sear the carrots and onions, drained. Add to peas and potatoes, season, add stock and cook slowly for two hours.

**Peppers (Green)**

While dried, green peppers are used principally as a flavoring for soups and stews, they may be used satisfactorily in various ways with other vegetables. The best dried product is secured thru slicing the washed, unblanched green peppers crosswise \( \frac{1}{8} \) to \( \frac{1}{4} \) inch thick and placing the slices directly on drying trays.

**Pepper Corn**

\[
\begin{align*}
\frac{1}{4} & \text{ C. corn} \\
\frac{1}{4} & \text{ C. peppers (chopped or broken)} \\
3 & \text{Tbsp. butter} \\
1 & \text{Tsp. salt} \\
\frac{1}{8} & \text{Tsp. pepper}
\end{align*}
\]

Soak corn and peppers in 3 cups of water, 6 to 10 hours. Cook until tender. Melt butter, add the corn and peppers, salt and pepper and cook slowly until slightly browned.

**Pepper and Tomato Sauce**

\[
\begin{align*}
2 & \text{ C. tomato} \\
\frac{1}{4} & \text{ C. onion} \\
\frac{1}{4} & \text{ C. peppers} \\
3 & \text{Tbsp. butter} \\
3 & \text{Tbsp. flour} \\
\frac{1}{4} & \text{Tsp. salt}
\end{align*}
\]

Soak tomatoes in 4 cups water 2 to 4 hours, cook and put thru sieve. Soak onions and peppers together in 2 cups water, 8 to 10 hours.
Melt butter, add flour, tomato pulp, gradually, onions, and peppers, chopped finely, and seasoning. Cook slowly for 30 minutes. Use as a sauce with hamburger or fish cakes.

**Peppers With Cottage Cheese**

<table>
<thead>
<tr>
<th>1/4 lb. cottage cheese</th>
<th>1/4 Tsp. onion salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 C. green peppers</td>
<td>1/4 Tsp. pepper</td>
</tr>
<tr>
<td>1/4 C. thin cream</td>
<td>1/4 C. tomato pulp</td>
</tr>
<tr>
<td>2 Eggs</td>
<td>1/4 C. cracker crumbs</td>
</tr>
<tr>
<td>1/2 Tsp. salt</td>
<td>1 Tbsp. butter substitute</td>
</tr>
</tbody>
</table>

Break peppers in small pieces and soak in 1 cup water 6 to 10 hours. Cook until tender. Mix together the cheese, green peppers, cooked cream, eggs, salt, onion salt, pepper and tomato pulp. Place in buttered baking dish, cover with buttered crumbs and brown in oven.

**Potatoes**

The most satisfactory dried potatoes are secured through blanching the raw sliced produce enough to prevent blackening of the slices from exposure to the air, usually 2 to 8 minutes under 2 to 3 pounds of steam pressure. Slices so treated are white and flaky, rather than hard and horn-like in appearance.

**Domestic Fried or Mashed Potatoes**—Soak dried, sliced potatoes in 3 times their bulk of cold water 6 to 10 hours. Cook in same water until tender (20 to 30 minutes) and drain, season and fry in fat until slightly browned, or put thru ricer, season with salt, butter and milk and serve as mashed potatoes.

Soaking of the dried product may be omitted, if pressure cooker is available. Add 2 cups water for each cup potatoes, salt and raise and hold pressure between 5 and 10 pounds for 20 to 30 minutes.

**Fried Potatoes**.—Drain product soaked as in previous recipe, season and fry slowly in fat until tender and slightly browned (30 to 40 minutes).

**Scalloped Potatoes**

<table>
<thead>
<tr>
<th>1 C dried potatoes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 C. milk</td>
</tr>
<tr>
<td>2 Tbsp. flour</td>
</tr>
<tr>
<td>2 Tbsp. butter</td>
</tr>
<tr>
<td>1 Tsp. salt</td>
</tr>
<tr>
<td>Pepper</td>
</tr>
</tbody>
</table>

Soak dried, sliced potatoes 6 to 10 hours, drain and place in buttered baking dish, sprinkling flour between layers. Add milk, salt, pepper and butter. Bake in moderate oven 1 hour.
Potato Nests with Creamed Peas

2 C. mashed potato
1/4 C. milk
1 Egg, beaten
3 Tbsp. melted butter
Salt
Pepper

Mash potatoes, add melted butter, beaten egg, seasoning and milk, gradually. Beat mixture until very light, adding more milk, if necessary, to make of a consistency to pass thru pastry bag. Shape into nests, brown in a hot oven and fill centers with creamed peas before serving.

Pumpkin

Pumpkin, peeled and with seeds and pulp removed, is cut in slices 1/4 to 3/8 inch thick for drying. Ordinarily, blanching for 3 to 5 minutes in boiling water or under 5 pounds steam pressure is practiced.

Dried pumpkin, soaked, cooked and mashed thoroughly makes a satisfactory pulp for pie filling. However, pumpkin meal ground from the dried product is much more convenient. Recipes for its use are given under vegetable meals.

Rhubarb

Rhubarb for drying should be taken early in the season before stems become tough and fibrous. Stalks washed thoroughly and cut crosswise in 1/4 to 3/8 inch slices, are dried without blanching.

Stewed Rhubarb.—Soak dried product in 2 times its bulk of cold water 6 to 8 hours. Bring to a boil and cook until tender, (20 to 25 minutes). Sweeten to taste and serve cold.

Soaking may be omitted thru the use of a pressure cooker. Place product in cooker, add water as for soaking and raise and hold pressure above 5 pounds for 30 minutes.

Rhubarb Conserve

31/2 C. rhubarb
5 C. sugar
1 C. raisins
1/2 C. nut meats
1 Orange (grated rind and juice)

Soak rhubarb in 7 cups water 6 to 8 hours and cook in water in which soaked until tender. Add sugar, raisins and orange put thru food chopper and cook slowly for 30 minutes. Add nuts, chopped, just before removing from fire. Pat in glasses and cover with paraffine.
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(Note: Three and one-half cups dried rhubarb equals approximately five cups soaked and cooked).

**Summer Squash**

For drying, summer squash, peeled, and with seeds scooped out, should be cut in \( \frac{1}{2} \)-inch slices or cubes. Blanching for 3 to 5 minutes in boiling water usually adds to the flavor of the product. Dried squash is most conveniently prepared when ground into a meal or flour, as described later. In this way, soaking, as well as mashing of the cooked product, may be avoided.

**Sweet Corn**

Dried sweet corn is well adapted to practically all the uses of fresh corn cut from the cob. Moreover, its flavor is usually equal or superior to canned corn.

**Creamed or Buttered Corn.**—Soak the dried product in 2 or 3 times its bulk of cold water 4 to 6 hours. Cook in same water until tender. Add butter, salt and pepper and cook slowly 10 to 15 minutes; or make medium white sauce, pour over cooked corn and serve.

**Scalloped Corn**

\[
\begin{align*}
2 & \text{ C. cooked corn} \\
\frac{1}{2} & \text{ C. milk or thin cream} \\
& \text{Salt and pepper} \\
\frac{1}{2} & \text{ C. cracker crumbs} \\
2 & \text{Tbsp. butter}
\end{align*}
\]

Add cracker crumbs to corn, moisten with milk or cream, season, add butter and place in buttered baking dish. Bake slowly for 1 hour.

**Sweet Potatoes**

Dried sweet potatoes are well adapted to practically all the uses of the fresh tubers. For drying, the potatoes are washed, steamed 30 to 45 seconds to facilitate peeling, sliced and processed sufficiently in boiling water or under steam pressure to prevent discoloring of the product. Dried slices are yellowish and slightly gum-like in appearance.

**Browned or Mashed Sweet Potatoes.**—Soak the dried product in 2 to 3 times its bulk of cold water 4 to 6 hours. Cook in same water, salted, until tender, and until water is evaporated (25 to 30 minutes). Mash, add milk, butter and sugar, or remove to frying pan, add butter and sugar as desired, and fry until slightly browned.

Soaking may be avoided thru the use of a pressure cooker. Add 2 cups water for each cup dried product, salt, and raise and hold pressure between 5 and 10 pounds for 40 to 45 minutes. Drain and use as in above recipe.
**Tomatoes (Green)**

Green tomatoes, for drying, should be thoroughly washed and have cores and blemishes removed by means of a sharp, pointed knife. Without blanching, the fruits should be sliced one-fourth to five-sixteenths inch thick and placed at once on trays for drying. Uniformly green fruits give best results.

**Green Tomatoes Sauted.**—Soak dried product in 3 times its bulk of cold water 6 to 10 hours, add a pinch of soda and cook in same water 15 minutes. Drain, dredge in flour, salt to taste and fry in fat.

**Casserole of Green Tomato and Carrots**

\[
\begin{align*}
\frac{1}{2} & \quad \text{lb. meat cut in small pieces} \\
\frac{1}{4} & \quad \text{C. dried onion} \\
\frac{1}{2} & \quad \text{C. dried carrots, diced} \\
1 & \quad \text{C. green tomatoes} \\
4 & \quad \text{Slices green peppers} \\
1 & \quad \text{Tbsp. fat} \\
\frac{1}{2} & \quad \text{Tsp. salt} \\
& \quad \text{Pepper} \\
\frac{1}{2} & \quad \text{C. rice, uncooked}
\end{align*}
\]

Soak tomatoes 6 to 10 hours and par-boil with a pinch of soda 15 minutes before using. Sear meat and place in casserole. Brown onion and carrots, soaked 6 to 10 hours, and pour part of these over the meat. Add tomatoes and peppers, salt and pepper, remaining onions and carrots, and, lastly, the rice. Pour over enough of the liquid in which the vegetables were soaked to thoroughly moisten for stewing. Cook 2 hours.

**Green Tomato Mincemeat**

\[
\begin{align*}
4 & \quad \text{C. dried green tomatoes} \\
3 & \quad \text{C. dried apples} \\
1\frac{1}{2} & \quad \text{C. molasses} \\
2 & \quad \text{C. sugar (corn sugar)} \\
1 & \quad \text{Lb. raisins} \\
1 & \quad \text{C. chopped suet} \\
1 & \quad \text{C. vinegar} \\
2 & \quad \text{Tbsp. salt} \\
2 & \quad \text{Tsp. cinnamon} \\
1 & \quad \text{Tsp. cloves} \\
1 & \quad \text{Tsp. nutmeg}
\end{align*}
\]

Soak green tomatoes over night in sufficient water to cover. Soak apples in separate vessel in sufficient water to cover. Par-boil tomatoes 15 minutes in water in which soaked to which \(\frac{1}{4}\) tsp. soda has been added. Cook together with apples, molasses, sugar, raisins, chopped suet, seasoning and spices, until thick.
Tomatoes (Ripe)

On account of their high acid content, tomatoes are usually dried on cloth-covered trays, or on wire which is treated to a light coating of paraffin oil. Fruits, scalded in boiling water until skins slip readily, are peeled and sliced crosswise 3/8 inch thick. In case dried product is to be used as pulp, scalding and peeling is often omitted.

Stewed Tomatoes.—Soak dried product in 2 times its bulk of cold water 8 to 10 hours, bring to a boil and cook 30 minutes in same water. Flavor with salt and butter before serving.

Macaroni and Pepper Loaf

1/2 C. peppers
1 C. macaroni
1 C. cracker crumbs
2 Tbsp. butter
1 C. milk
1/2 C. cheese
1 Tsp. salt

Soak peppers in 1 cup water 4 to 6 hours. Cook until tender in same water to which 1/2 tsp. soda has been added.

Cook macaroni in boiling salted water till tender, add chopped, cooked peppers and part of cracker crumbs, 1 tbsp. melted butter, milk, grated cheese and salt. Mix together and place in a buttered baking dish. Cover with remaining crumbs mixed with remaining tbsp. butter. Serve with tomato sauce.

Tomato Sauce

1 C. tomatoes
1 Tsp. onion salt
2 Tbsp. fat
2 Tbsp. flour
1 Tsp. salt
1 Tsp. pepper
Paprika

Soak tomatoes in 2 cups cold water 4 to 10 hours. Cook tomatoes in same water and put thru sieve to secure pulp. Melt fat, add onion, salt and blend in flour; add 1 cup tomato pulp, pepper and paprika. Cook 7 to 10 minutes.

Cream of Tomato Soup

2 C. dried tomatoes
1/4 Tsp. soda
1/2 Tsp. onion salt
2 Tsp. sugar
2 Tbsp. butter
2 Tbsp. flour
3 C. milk
1 Tsp. salt
$\frac{1}{8}$ Tsp. pepper

Soak tomatoes in 4 cups water, 4 to 6 hours. Cook until tender and put thru sieve. Heat tomato pulp, add soda, onion, salt and sugar. Make white sauce of butter, flour and milk, season with salt and pepper and combine mixtures. A tbsp. of whipped cream may be added to each plate before serving.

**VEGETABLE MEALS AND FLOURS**

Many of the dried vegetable products ground thru a hand grist-mill into meal or flour make excellent cream soups and gruels with no soaking or other preparation previous to cooking. In this way, time required for cooking is reduced by approximately one-fourth. A hand-mill suitable for grinding these products may be had for $3.00 to $6.00. Dried potatoes ground thru a power feed-mill or a short circuit roller-mill make a satisfactory substitute for wheat and other cereal flours in limited amounts.

To grind well, all products must be dried until they are brittle, that is, their moisture content must range at or below 15 percent.

**Celery Salt**

Celery salt, made by grinding thoroughly dried celery leaves, as stated elsewhere, is a convenient seasoning product. It may be placed in a large salt-shaker or small paper carton and used as desired.

**Onion Meal or Salt**

Onion meal or salt made by grinding thoroughly dried onions thru a hand grist-mill may well replace onion juice or slices of fresh onion for seasoning purposes. It may be had when fresh onions are not available.

**Cream of Onion Soup**

1 Tbsp. onion salt or meal
2 C. water
$\frac{1}{2}$ Tsp. salt
Pepper
1 Tbsp. butter
1 Tbsp. flour
1$\frac{1}{2}$ C. milk

Bring water to a boil, add meal and salt and cook 15 to 25 minutes. Combine with white sauce made from butter, flour and milk. Serve hot.

**Pea Meal**

Pea meal made from grinding the dried product thru a hand-mill makes an excellent cream soup. Soaking of the meal is un-
necessary and the making of the soup is less troublesome than with fresh or split peas. Moreover, the soup is as palatable as that made from either.

**Cream of Pea Soup**

3 C. water  
\( \frac{1}{2} \) C. pea meal  
\( \frac{3}{4} \) Tsp. salt  
\( \frac{1}{2} \) Tsp. onion salt  
2 Tbsp. butter  
2 Tbsp. flour  
3 C. milk  

Heat water in double boiler. Stir meal in gradually, adding onion salt, salt and pepper. Continue cooking over hot water for 30 minutes. Add white sauce made from butter, flour and milk, and serve hot.

**Potato Flour or Meal**

Potato flour made by grinding dried slices, previously described, thru a roller mill or by grinding thoroughly cooked, riced dried potatoes thru a hand grist-mill is a satisfactory substitute for many cereals in amounts ranging as high as 50 percent. Results of limited trials showed meal from the riced product to have a sweeter, milder flavor than flour ground from blanched, dried slices. Moreover, the meal was found to blend almost as well in all combinations.

The cooking method of preparation for drying potatoes for meal is by far the most convenient for home and community use. Tubers are washed thoroughly, cooked until tender, peeled if desired, riced and placed on trays or racks for drying. The dried product secured, when coarsely ground, makes a satisfactory thickening for soups and stews. Finely ground, it may be used as other grades of potato flour.

**Emergency Potato Soup**

5 C. boiling water  
\( \frac{1}{2} \) C. potato meal  
1 Tsp salt  
Pepper  
2 Slices bread  
3 Slices bacon  

Add potato meal gradually to boiling water and cook 20 minutes. Season with salt and pepper. Cut bread, equivalent in amount to about two slices, thinly into a bowl, pour over it the cooked potato meal, add bacon cut into 1-inch pieces and fried until brown. Serve.
**Potato Scrapple**

\[\begin{align*}
\frac{3}{4} & \quad \text{C. potato meal} \\
1 & \quad \text{C. emmer or cream of wheat} \\
4 & \quad \text{C. water} \\
1 & \quad \text{Tsp. salt} \\
1 & \quad \text{C. chopped meat}
\end{align*}\]

Bring water to a boil, stir in emmer and potato meal, gradually. Salt, add chopped meat, pour into a greased dish. Set away to cool. When firm, cut in slices and sauté. Serve with maple syrup.

**Potato Croquettes**

\[\begin{align*}
\frac{1}{2} & \quad \text{C. potato meal or flour} \\
1 & \quad \text{C. water} \\
1 & \quad \text{Tsp. salt} \\
\frac{1}{4} & \quad \text{Tsp. pepper} \\
\frac{1}{2} & \quad \text{Tsp. celery salt} \\
2 & \quad \text{Tbsp. butter} \\
\frac{1}{2} & \quad \text{Tsp. onion salt} \\
1 & \quad \text{Tsp. chopped parsley} \\
1 & \quad \text{Egg}
\end{align*}\]

Mix above ingredients in the order given. Cook over fire until the mixture heats thru and egg sets. Cool, shape, roll in cornmeal and fry in deep fat or bake in oven until browned. One cup of chopped left-over meat may be added.

**Pumpkin Meal or Flour**

Dried pumpkin, as stated elsewhere, is most convenient for use when ground into meal or flour. Since slices must be thoroughly dried to grind well, they may be made into flour shortly after being removed from drying trays, before they have absorbed moisture from the atmosphere. The ground product should be stored in small pasteboard containers with close-fitting covers, until needed.

**Pumpkin Pie**

\[\begin{align*}
\frac{1}{2} & \quad \text{C. pumpkin meal} \\
\frac{2}{3} & \quad \text{C. brown sugar} \\
2 & \quad \text{Eggs, beaten} \\
1 & \quad \text{C. milk} \\
\frac{1}{2} & \quad \text{C. thin cream} \\
\frac{1}{2} & \quad \text{Tsp. salt} \\
1 & \quad \text{Tsp. cinnamon} \\
\frac{1}{2} & \quad \text{Tsp. nutmeg}
\end{align*}\]

Combine ingredients in the order given. Line plate with pastry, turn in mixture, bake until firm and crust is browned.

**Spinach Meal**

Finely ground, dried spinach may be used in place of liquor from the cooked vegetable for cream of spinach soup. In this way,
all parts of the vegetable, including the mineral salts, are used, and the meal may be had when fresh spinach is not available.

**Cream of Spinach Soup**

- $\frac{1}{4}$ C. ground spinach
- 2 C. water
- $\frac{1}{2}$ Tsp. onion salt
- 1 Tsp. salt
- 1 Tbsp. butter
- 1 Tbsp. flour
- 2 C. milk

Bring water to a boil, add spinach, salt and onion salt and cook for 30 minutes. Combine with white sauce made from butter, flour and milk. Heat thru and serve.

**Squash Meal**

As stated previously, summer squash is used to best advantage in the form of meal or flour. The dried product, the same as pumpkin, may well be ground shortly after being removed from trays and stored for use as needed.

**Squash Souffle**

- $\frac{1}{2}$ C. squash meal
- 2 Eggs
- $\frac{1}{2}$ C. cream
- $\frac{1}{2}$ C. milk
- 1 Tsp. salt
- $\frac{1}{4}$ Tsp. pepper

Add cream and milk to beaten egg yolks, pour over squash meal; all salt and pepper. Fold in stiffly beaten egg whites. Place in buttered baking dish and bake 1 hour in slow oven.

**Squash en Casserole**

- $\frac{1}{2}$ C. squash meal
- $\frac{1}{4}$ C. nut meats
- $\frac{1}{2}$ Tsp. onion salt
- $\frac{1}{8}$ Tsp. pepper
- 1 Tsp. salt
- $\frac{1}{2}$ C. tomato pulp
- 1 C. milk
- $\frac{1}{4}$ C. bread crumbs
- 1 Tbsp. fat

Combine first five ingredients, add tomato pulp and milk. Place in buttered baking dish. Melt fat, add to bread crumbs and place over top. Bake slowly for 1 hour.

**Sweet Corn Meal**

Since dried sweet corn absorbs little moisture in storage, it may be ground into meal as needed. The meal or flour makes an
excellent cream soup. It also may be used to advantage in corn cakes.

**Cream of Corn Soup**

2 1/2 C. water  
1 C. corn meal  
1 Tsp. salt  
Onion  
Pepper  
2 Tbsp. butter  
2 Tbsp. flour  
4 C. milk

Bring water to a boil and stir in corn meal, gradually. Add onion, salt and pepper. Cook in double boiler, 30 minutes. Add white sauce made from butter, flour and milk.

**Corn Fritters**

1 C. corn meal  
1 1/4 C. flour  
1/2 Tsp. salt  
1 Tbsp. sugar  
1 Tsp. baking powder  
1/4 C. milk  
1 Egg

Add milk and beaten egg to dry ingredients which have been thoroughly mixed. Drop by spoonfuls and fry in deep fat. Drain on brown paper.

**Sweet Potato Flour**

Sweet potato meal or flour made from sliced, dried tubers may be used as wheat or other cereal meals or flours in proportions ranging not more than half and half. Recipes given previously for scrapple and croquettes of potato have been tried with sweet potato meal and found satisfactory.

**Sweet Potato Pie Filling**

1 1/2 C. sweet potato flour  
1/2 Tsp. salt  
2 Tsp. cinnamon  
1/2 C. sugar  
Nutmeg  
2 Eggs  
1 1/2 C. milk

Combine ingredients in order named, fill into pie tins lined with unbaked crust. Bake in moderate oven.

**Tomato Meal**

Thoroughly dried, ripe tomatoes ground into meal or flour
may be used for making cream of tomato soup. All parts of the fruits are used and the work of making tomato pulp is eliminated.

**Cream of Tomato Soup**

2 Tbsp. tomato meal  
2 C. water  
¼ Tsp. onion salt  
1 Tbsp. butter  
1 Tbsp. flour  
3 C. milk  
1 Tbsp. sugar  
⅛ Tsp. soda

Heat water to boiling, add meal, onion salt and salt and cook for 30 minutes. Combine with white sauce made from butter, flour and milk just before serving.

**BULLETINS ON DRYING OR DEHYDRATION OF FRUITS AND VEGETABLES**


**Acknowledgments**

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