

UNIVERSITY OF KENTUCKY

COLLEGE OF AGRICULTURE

Extension Division

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CIRCULAR NO. 320

ONE-DISH MEALS



Lexington, Ky.

October, 1938

Published in connection with the agricultural extension work carried on by cooperation of the College of Agriculture, University of Kentucky, with the U. S. Department of Agriculture, and distributed in furtherance of the work provided for in the Act of Congress of May 8, 1914.

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Circular No. 320*

ONE-DISH MEALS

By FLORENCE IMLAY and PEARL J. HAAK

The term, one-dish meal, is applied to a combination of the substantial foods of the meal, made into one dish. Such dishes usually contain the protein—meat, eggs or cheese; starch—potatoes, dried beans, noodles, macaroni or rice; and at least a part of the vegetable. Sometimes only the protein and carbohydrate are combined into one dish and a vegetable is served with it. One of the chief values of this type of dish is that it may be prepared in the early part of a busy day and cooked or reheated just before meal-time. It is also a good way of using left-overs. There are many recipes for one-dish meals but the ingenious housewife will use her knowledge of cookery, food values and flavors to prepare new one-dish meals or to utilize the left-overs from one meal in appetizing and attractive combinations to be served within the next twenty-four hours.

HINTS ON COMBINING FOODS

- A. Only one starchy food such as potatoes, rice, noodles or macaroni, should be used in a one-dish meal.
- B. White sauce, meat stock, and tomato juice are good bases for baked dishes
- C. One strong flavor should predominate, such as carrot, turnip or cheese, with other flavors used in smaller quantity.
- D. The acidity of the tomato adds much to many dishes, either used in combination with other foods or as a sauce.
- E. Color may be obtained from foods such as carrots, peas, string beans, tomatoes and radishes or by the addition of a small amount of green pepper or pimiento.
- F. Character may be given to the dish by the addition of crisp bacon, grated cheese, onion juice, or finely chopped herbs such as parsley, thyme, sweet marjoram, basil, chive.

* To supersede Circular No. 231 of the same title.

SUGGESTIONS FOR MAKING SUBSTITUTES IN RECIPES

- A. Milk, a thin white sauce, or vegetable liquid may be used in place of meat stock.
- B. When substituting for a meat, another meat with the same quality of flavor should be used, such as chicken in place of tenderloin or fish.
- C. Diced potatoes may be used in place of rice, noodles or macaroni.
- D. Vegetables of similar texture and quality of flavor should be used in making a substitution, such as peas for string beans.
- E. Toast may be used in place of a bed of rice, noodles or macaroni, for such dishes as rice a la goldenrod and macaroni with cheese sauce.
- F. Shredded cabbage or sliced celery cabbage may be used in place of lettuce.
- G. Celery seed or dried celery leaves may be used instead of celery.
- H. Chive or a combination of herbs such as sweet basil, thyme or marjoram may be used in place of onion juice.
- I. Butter or thick cream may be used to season vegetables in place of bacon fat.

POINTS OF COOKERY TO KEEP IN MIND

- A. Vegetables retain their food value, flavor, color and crispness best when cooked only until tender.
- B. Milk, cheese and egg dishes should be cooked at a low temperature.
- C. Meat is tenderer and has a better flavor when cooked at a low temperature.
- D. Dishes such as macaroni loaf and salmon loaf, retain more moisture when steamed than when baked.
- E. Baked dishes made with eggs, milk and cheese may be prevented from curdling by placing the baking dish in a pan of water while baking.
- F. A covering of browned buttered crumbs gives an attractive appearance to a baked dish.
- G. More of the nutritive value is retained and the flavor improved when the peeling is not removed from such vegetables and fruits as apples, pears, carrots and potatoes.

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- H. Little food value is lost when vegetables are cooked in a small amount of water and the liquid is used.
- I. The food value of cereals is supplemented by cooking them in milk.
- J. Raw cereals should be cooked at least 20 minutes to make them digestible and longer cooking improves their flavor.

TYPES OF FOOD TO SUPPLEMENT ONE-PIECE DISHES

- A. Salad prepared from crisp raw vegetables.
- B. Salad prepared from raw fruits.
- C. Salads prepared from colorful fruits.
- D. Desserts prepared with a custard base, when milk is not used in the main dish.
- E. Fruit desserts.
- F. Whole cereals, in the main dish as bread or in desserts.



Types of baking dishes.

MENUS AND RECIPES*

Meat Dishes

Baked Creamed Chicken, Fruit Salad, Biscuits and Honey—

BAKED CREAMED CHICKEN

- | | |
|---------------------------|-------------|
| 3 c. diced cooked chicken | 2 c. milk |
| 1 c. cooked peas | 4 T. butter |
| ½ c. diced celery | 4 T. flour |
| 1 T. pimiento | ¾ t. salt |
| 1 T. Green pepper | |

Make a white sauce of milk, butter and flour, and add the other

* c. = cup, T. = tablespoon, t. = teaspoon.

ingredients. Pour into a baking dish. Place baking dish in a pan of water and bake in a moderate oven (350 to 375 degrees F.) 30 minutes.

Rice Creole, Pineapple and Carrot Salad, Whole-wheat Bread—

RICE CREOLE

2 large onions	2 large green peppers
1 c. chopped ham	2 c. tomatoes
3 T. butter	½ t. salt
2 c. cooked rice	

Cut the onion and green pepper in small pieces. Mix with ham and saute in butter. Add seasoning, rice and tomatoes and bake for 30 minutes in moderate oven (350-375 degrees F.).

Beef Pot Roast with Vegetables, Corn Bread, Peaches and Cake—

BEEF POT ROAST WITH VEGETABLES

3½ lbs. chuck	6 medium potatoes
6 medium carrots	3 t. salt
6 small onions	Flour for dredging
3 c. boiling water	Fat for browning meat

Wipe the meat, dredge with flour, sprinkle with salt and pepper, and brown, adding drippings if necessary. Cook at a low temperature two and one-half hours. Add carrots, onions and potatoes to pot roast and cook one hour together. Cook meat longer if it is not tender.

American Chop Suey, Slaw, Rolls, Baked Apple, Cookies—

AMERICAN CHOP SUEY

2 onions	½ lb. pork
1 c. chopped celery	¼ c. rice
½ c. mushrooms	3 c. stock
1½ t. salt	2 T. fat
½ green pepper	

Cut the pork into small pieces and slice the onions very thin. Brown these together in pan, adding a little fat if necessary. Add the shredded peppers, sliced mushrooms and celery to the meat and

cook for five minutes. Add rice, salt and stock. Simmer from thirty to forty minutes.

Shepherd's Pie, Beet Salad, Whole-Wheat Muffins, Fruit Gelatin—

SHEPHERD'S PIE

4 c. cold mashed potatoes	¾ c. diced carrot (cooked)
3 c. ground meat	¾ c. string beans
½ c. bread crumbs	1 egg
½ c. milk or beef stock	1 t. salt
¼ c. chopped onion	

Line baking dish with potatoes. Mix meat, onion, carrot, string beans, bread crumbs, milk and beaten egg together and pour into the baking dish. Cover with the remainder of potatoes. Bake in moderate oven (350-375 degrees F.) until brown and thoroly heated thru.

Beef Stew, Lettuce Salad, Prunes, Whole-wheat Bread—

BEEF STEW

1 lb. beef	2 T. chopped onion
3 T. drippings	2 c. diced carrots
3 c. hot water	Flour for dredging
2½ c. potatoes cut in large pieces	2 t. salt

Wipe beef, cut in about 2-inch cubes, dredge with flour and brown in the drippings. Add water to the meat and simmer 45 minutes before adding vegetables; longer if meat is tough. Add vegetables and continue to cook until they are tender, about 30 minutes.

Baked Liver with Vegetables, Lettuce, Corn Sticks, Rice, Apple Sauce Pudding—

BAKED LIVER WITH VEGETABLES

1½ lbs. of liver	2 c. tomatoes
1 t. salt	6 small potatoes
3 slices bacon	6 small onions
1 small can mushrooms	

Put liver into a baking dish, arrange potatoes and onions around the liver, add the salt, cover with chopped mushrooms, bacon and tomatoes. Bake at 300 degrees F. for 1 hour. Serve on a platter with the onions and potatoes placed around the mound of liver.

Scalloped Rice with Codfish, Raw Carrot Salad, Whole-wheat Bread—**SCALLOPED RICE WITH CODFISH**

1½ c. cooked rice	2 T. butter
¼ c. shredded codfish which has been parboiled 10 minutes	2 T. flour
1 c. milk	½ c. grated cheese Buttered crumbs

Make a white sauce of milk, butter and flour, and add grated cheese. Cover the bottom of the baking dish with rice. Add codfish, cover with the cheese sauce. Sprinkle the top with buttered crumbs. Bake in moderate oven (350-375 degrees F.) until the crumbs are brown. Tuna fish or salmon may be substituted for codfish.

Tomato Juice, Deep Sea Delight, Bran Muffins, Preserves—**DEEP SEA DELIGHT**

3 c. noodles	1 c. grated cheese
1 small can mushrooms	½ t. salt
1 medium can tuna fish	⅓ t. pepper
2 c. cooked asparagus	1 c. medium white sauce
1 small green pepper cut fine	

Boil noodles for 3 minutes in 4 cups of water. Let stand 5 minutes. Mix all the ingredients except enough cheese to sprinkle over the top. Pour into casserole and bake at a low temperature (300 degrees F.) 30 to 40 minutes.

Scalloped Salmon and Peas, Waldorf Salad, Rolls—**SCALLOPED SALMON AND PEAS**

2 c. flaked salmon	2 c. peas
1 egg	2 T. butter
2 c. milk	¾ t. salt
1 c. bread crumbs	

Put one half of the salmon in a buttered baking dish, sprinkle with bread crumbs and add one half of the peas. Repeat. Add well-beaten eggs, salt and butter to hot milk and pour mixture over salmon and peas. Bake in a moderate oven (350-375 degrees F.) until brown and firmly set.

*Cheese and Egg Dishes***Macaroni Loaf, Celery, Whole-wheat Bread, Baked Apple with Custard Sauce—****MACARONI LOAF**

$\frac{3}{4}$ c. macaroni	1 T. parsley
1 c. milk	1 T. sweet or green pepper
1 c. bread crumbs	3 eggs, well beaten
1 c. grated cheese	1 t. salt
1 t. onion juice	

Cook macaroni in boiling salted water until tender. Drain. Scald milk and add all the other ingredients. Turn mixture into buttered baking dish. Set in a pan of water and bake $\frac{1}{2}$ to $\frac{3}{4}$ hour in a moderate oven (350 to 375 degrees F.). Serve with tomato sauce.

TOMATO SAUCE

2 c. strained tomato juice	$1\frac{1}{2}$ t. salt
1 small onion	Bay leaf
4 T. butter	2 pepper corns
4 T. flour	6 whole cloves

Cook with the onion and spices enough tomatoes to make two cups of juice, and strain. Melt butter, add flour and brown. Add tomato juice and bring to boiling point.

Rice A la Goldenrod, Combination Vegetable Salad, Biscuits, Raspberries, Cookies—**RICE A LA GOLDENROD**

3 c. cooked rice	4 T. butter
6 hard-cooked eggs	4 T. flour
2 c. milk	1 t. salt

Make a white sauce of the butter, flour and milk. Dice the whites of hard-cooked eggs and add to sauce. Arrange the hot rice on a platter, make a well in the center, pour the white sauce into it. Sprinkle over the top the egg yolks, which have been put thru a sieve. Garnish with parsley.

Noodles au Gratin, Peas, Muffins, Cabbage-Pineapple Salad—**NOODLES AU GRATIN**

4 c. cooked noodles	3 T. butter
1 c. ham, cut fine	3 T. flour
$\frac{3}{8}$ c. grated cheese	$\frac{1}{2}$ t. salt
2 c. milk	Bread crumbs

Make a white sauce of milk, flour and 2 T. of butter. Remove

sauce-pan from the stove and gradually add grated cheese. Arrange noodles and ham in alternate layers in baking dish. Pour cheese sauce over the noodles and ham. Melt the remaining tablespoon of butter and quickly stir into it the bread crumbs. Sprinkle crumbs over the top of the dish and bake in a hot oven (400-425 degrees F.) until brown. Serve at once.

Scalloped Potatoes and Egg, String Beans, Rolls and Marmalade—

SCALLOPED POTATOES AND EGG

3 c. cooked diced potatoes	2 T. flour
6 hard-cooked eggs	$\frac{3}{4}$ t. salt
2 c. milk	Buttered bread crumbs
2 T. butter	

Make a white sauce of milk, flour and butter. Add eggs cut in quarters, and potatoes to sauce. Pour into a baking dish, cover with buttered crumbs and bake in hot oven (400-425 degrees F.) until brown.

Baked Macaroni and Cheese, Cabbage-Apple-Marshmallow-Nut Salad, and Whole-wheat Rolls—

BAKED MACARONI AND CHEESE

3 c. cooked macaroni	3 T. flour
$1\frac{1}{2}$ c. grated cheese	$\frac{3}{4}$ t. salt
2 c. milk	Buttered bread crumbs
3 T. butter	

Make a white sauce of milk, flour and butter, add cheese, macaroni and salt. Put into baking dish, cover with buttered bread crumbs. Bake in a hot oven (400-425 degrees F.) until brown. Hominy may be substituted for macaroni.

Cheese Cutlets Served with Horseradish Sauce, Buttered Peas, Whole-wheat Muffins, Plum Sauce, Tea Cakes—

CHEESE CUTLETS

1 c. mashed potatoes	$\frac{1}{8}$ t. poultry seasoning
$\frac{1}{8}$ cup grated cheese	1 t. salt
$\frac{1}{2}$ c. cooked lima or navy beans, ground	Paprika
1 T. minced pimiento	$\frac{1}{8}$ t. curry powder

Combine the ingredients and shape the mixture into cutlets

about $\frac{1}{2}$ -inch thick. Brown them in a hot oven (400-425 degrees F.) in a little hot fat and serve them with horseradish sauce.

HORSERADISH SAUCE

2 T. butter	$\frac{1}{2}$ t. salt
2 T. flour	1 T. horseradish
1 c. meat stock	

Melt the butter, add the flour and stir until well blended. Remove from the stove and add the meat stock slowly to keep the sauce from lumping. Replace over the flame and bring to boiling point, stirring constantly. Continue cooking until the starch is cooked and the sauce has a smooth, creamy consistency. Add seasoning and horseradish.

Cheese Balls, Tomato Salad, Muffins and Jam—

CHEESE BALLS

4 c. mashed potatoes	2 eggs
$\frac{3}{4}$ c. grated cheese	$\frac{3}{4}$ t. salt

Mix potatoes, cheese, well-beaten eggs and seasoning. Make into balls and brown in moderate oven (375 degrees F.) or fry in deep fat.

Eggs A la King on Toast, Raw Spinach Salad, Baked Apples Stuffed with Greens—

EGGS A LA KING

6 hard-cooked eggs	1 c. peas
2 c. milk	1 c. carrots
1 c. vegetable liquid	$\frac{1}{2}$ c. celery
4 T. butter	1 thick slice onion
4 T. flour	$\frac{3}{4}$ t. salt

Cook vegetables in boiling salted water until tender and drain. Make a white sauce of butter, flour, milk and vegetable liquid. Add quartered, hard cooked eggs and vegetables to sauce and serve on toast.

*Soybean Dishes***Baked Soybeans, Cranberry Relish, Rye Bread, Fruit Cup—****BAKED SOYBEANS**

2 c. soybeans	1 small onion
½ t. salt	1 T. brown sugar
¼ pound salt pork	2 T. molasses
¾ t. mustard	¾ c. boiling water
1 c. tomatoes	

Pick over the soybeans, wash, cover with one quart of hot, salt water (1 T. salt to 1 qt. of water) and allow to soak overnight. In the morning, boil the beans 2 hours. Cut the onion in thin slices and arrange in the bottom of the bean pot or casserole. Drain the beans and pour one-half of them into the pot or casserole. Scald and score the salt pork and place on the beans. Pour the remainder of the beans into the pot or casserole. Dissolve the salt, sugar and mustard in the hot water and mix with molasses and tomatoes. Pour mixture over the beans and bake in a very moderate oven (300-350 degrees F.) about 8 hours. Add more water if needed. Draw the pork to the top of the beans during the last hour and remove cover to brown the beans.

U. K. Soybean Loaf, Celery and Carrot Curls, Corn Meal-Whole-wheat Muffins, and Fruit Juice—**U. K. SOYBEAN LOAF**

2 c. soft bread crumbs	Salt
1 c. baked soybeans	½ c. milk
1 small onion	1 egg, well beaten
¼ c. nuts	

Run baked beans, onion and nuts, thru food chopper, mix with other ingredients and shape into a loaf. Bake about 45 minutes in a slow oven (250-300 degrees F.) and serve with tomato sauce. Other legumes may be used. This makes 6 servings.

*Soups***Duchess Soup, Combination Vegetable Salad, Wafers or Toast—****DUCHESS SOUP**

3½ c. milk	2 t. salt
2 T. flour	2 T. onion
½ c. grated cheese	3 egg yolks
½ c. chopped carrot	½ c. water from vegetables
2 T. butter	

Cook vegetables. Melt butter, add dry ingredients, blend and add liquids. Cook until thickened. Add vegetables and cheese. Stir until cheese is melted. Pour gradually upon beaten egg yolks, reheat and serve.

Berkshire Soup, Lettuce with French Dressing, Wafers or Toast—**BERKSHIRE SOUP**

3 c. tomatoes	4 T. butter
2 t. onion	2 egg yolks
1 c. corn	½ bay leaf
4 c. milk	3 cloves
4 T. flour	1½ t. salt

Cook vegetables, bay leaf and cloves together. Strain. Make a white sauce of milk, flour, butter and salt. Combine mixtures while hot. Add well-beaten egg yolk and serve.

Vegetable Soup, Fruit Cobbler, Wafers—**VEGETABLE SOUP**

2 lbs. beef	½ c. string beans
2 c. diced potatoes	½ c. peas
2 c. carrots	½ c. chopped kale or other greens
1 c. diced turnips	1 c. chopped cabbage
½ c. chopped celery	2 c. tomatoes
1 medium-sized onion	1½ t. salt

Wash meat, cover with water, simmer until nearly tender. Add all the vegetables except cabbage and tomatoes and simmer for one hour. Add cabbage and tomatoes and cook 10 minutes. Season and serve.

Salads

Chicken Salad, Lettuce Sandwiches, Peach Custard, Sponge Cake—**CHICKEN SALAD**

3 c. cold chicken, cut in cubes	2 hard-cooked eggs
1½ c. celery, cut in pieces	French dressing
1 t. salt	Mayonnaise dressing

Combine chicken, celery and French dressing. Cut up eggs reserving three or four perfect slices for garnishing. Add eggs to the chicken and celery just before serving and mix well with mayonnaise dressing. Mound in salad bowl on bed of crisp lettuce.

Potato Salad, Cold Ham, Sliced Tomatoes, Rolls—**POTATO SALAD**

3 c. cooked diced potatoes	¾ c. sliced cucumber
3 hard-cooked eggs	1 T. chopped parsley
¼ c. diced onion	Boiled salad dressing
¾ c. diced celery	

Mix all ingredients together and let stand for one hour before serving.

Macaroni Salad, Boston Brown Bread Cheese Sandwiches, Fruit Gelatin and Cookies—**MACARONI SALAD**

3 c. cooked, chopped macaroni	2 c. cooked string beans, cut in small pieces
1 c. diced celery	Mayonnaise dressing
2 T. chopped onion	
2 T. chopped olive	

Mix all ingredients together and let stand one hour before serving.

Cabbage and Salmon Salad, Bread-and-butter Sandwiches, Baked Apricots—**CABBAGE AND SALMON SALAD**

3 c. shredded cabbage	½ c. peanuts
1½ c. flaked salmon	Mayonnaise
½ c. diced celery	

Mix all ingredients together. Chill and serve.

Cottage Cheese Salad, Whole-wheat Bread Sandwiches, Apple Roll—**COTTAGE CHEESE SALAD**

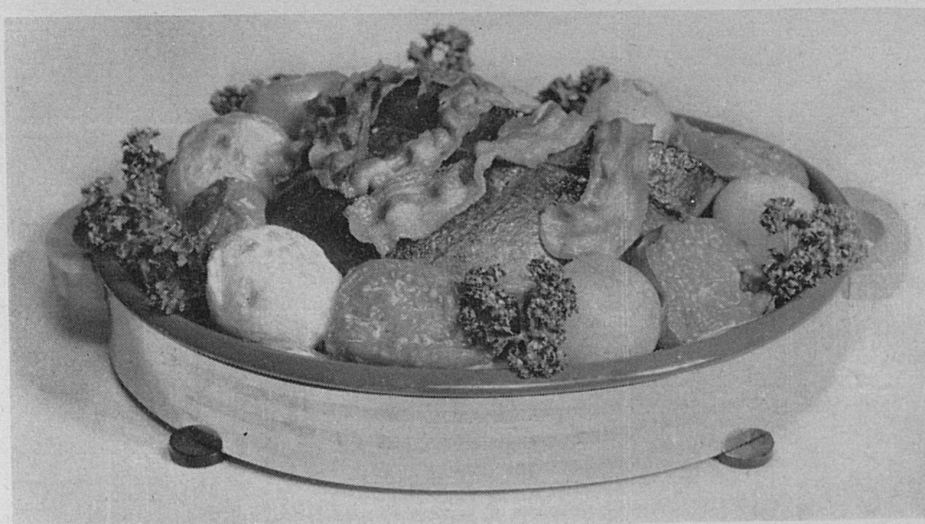
2 c. cottage cheese	$\frac{1}{3}$ c. nuts
$\frac{3}{4}$ c. diced celery	Mayonnaise
$\frac{3}{4}$ c. sliced cucumbers	

Mix cottage cheese, celery, cucumbers and nuts. Add enough mayonnaise to moisten. Serve on a bed of shredded lettuce.

Vegetable Salad, Corn-meal Muffins, Fruit Tart—**VEGETABLE SALAD**

1 c. cooked peas	1 c. cooked string beans, cut in pieces
1 c. cooked carrots, cut in cubes	French dressing
1 small cauliflower, cooked	
1 c. celery, cut in small pieces	

Marinate peas, carrots, celery and string beans in French dressing. Chill thoroly. Separate cauliflower into small flowerets and marinate separately in French dressing. Arrange cups of heart leaves of lettuce on a platter and pile vegetables lightly in them. Put a border of cauliflower around the edge of platter and garnish with strips of red and green pepper.



A one-dish meal. Baked liver, potatoes, onions and tomatoes.



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