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ONE-DISH MEALS



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One-Dish Meals

By Florence Imlay

The term, one-dish meal, is applied to a combination of the substantial foods of the meal into one dish. Such dishes usually contain the protein—meat, eggs or cheese; starch—potatoes, rice or macaroni; and at least a part of the vegetable. Sometimes 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 mealtime. It is also a good way of using left-overs. There are many recipes for one-dish meals. However, 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. Too many starchy foods such as potatoes, rice and macaroni, should not be used in one dish.
- B. White sauce or meat stock make a good base for baked dishes.
- C. Have one strong flavor predominate, such as carrot, turnip or cheese, with several other flavors in smaller quantity or milder form.
- D. The acidity of the tomato adds much to most dishes, either as a part of them or as a sauce.
- E. Color may be obtained from foods used, as carrots, peas, tomatoes, etc., 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, onion juice, finely chopped parsley, bay leaf, etc.

SUGGESTIONS FOR MAKING SUBSTITUTIONS IN RECIPES

- A. Milk or a thin white sauce 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 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 or macaroni as in goldenrod eggs or macaroni with cheese sauce.
- F. Shredded cabbage may be used in place of lettuce.

POINTS OF COOKERY TO KEEP IN MIND

- A. Vegetables retain their color and crispness best when cooked a short time.
- B. Milk and egg dishes should be cooked at a low temperature.
- C. Meat is tenderer and the flavor better, especially in tough cuts, when cooked at a medium temperature.
- D. Such dishes as macaroni loaf, salmon loaf, etc., are moister when steamed than when baked.
- E. Baked dishes made with a white sauce base may be prevented from curdling by placing the baking dish in a pan of hot water while baking.
- F. A covering of browned buttered crumbs gives an attractive appearance to a baked dish.

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, as bread or in desserts.



Types of Baking Dishes

RECIPES

Meat Dishes

Baked Creamed Chicken, Fruit Salad, Biscuits and Honey—

Baked Creamed Chicken

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|---------------------------|--------------|
| 3 c. diced cooked chicken | 2 c. milk |
| 1 c. cooked peas | 4 tb. butter |
| ½ c. diced celery | 4 tb. flour |
| 1 tb. pimienta | ¾ tsp. salt |
| 1 tb. green pepper | |

Make a white sauce of milk, butter and flour, add the other ingredients. Pour into a baking dish. Place baking dish in a pan of hot water and bake in a moderate oven 30 minutes.

Rice Creole, Pineapple and Carrot Salad, whole Wheat Bread—

Rice Creole

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| 2 large onions | 2 large green peppers |
| 1 c. chopped ham | 2 c. tomatoes |
| 3 tb. butter | ½ tsp. salt |
| 2 c. cooked rice | |

Cut the onion and green pepper in small pieces. Mix them with ham and fry in butter. Season and add rice and tomatoes and bake for 30 minutes in moderate oven.

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

Beef Pot Roast With Vegetables

3½ lbs. chuck
6 medium carrots
6 small onions
3 c. boiling water

6 medium potatoes
3 tsp. salt
Flour for dredging
Fat for browning meat

Wipe the meat, dredge with flour, sprinkle with salt and pepper, and brown, adding drippings if necessary. Simmer for two and one-half hours. Have carrots scraped and onions and potatoes peeled. Add to pot roast, cook meat and vegetables one hour together. Cook meat longer if it is not tender.

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

American Chop Suey

2 onions
1 c. celery
½ c. mushrooms
1½ tsp. salt
½ green pepper

½ lb. pork
¼ c. rice
3 c. stock
2 tb. fat

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 cut in thin strips, about 2 inches long. 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. mashed potatoes
3 c. ground meat
½ c. bread crumbs
½ c. milk or beef stock

¼ c. chopped onion
½ c. diced carrot (cooked)
1 egg
1 tsp. salt

Line baking dish with potatoes. Mix meat, onion, carrot, bread crumbs, milk and beaten egg together. Put into baking dish. Cover with the remainder of potatoes. Bake in medium oven until brown.

Scalloped Rice with Codfish, Raw Carrot Salad, Whole Wheat Bread—

Scalloped Rice with Codfish

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

Make a white sauce of milk, butter and flour. Add grated cheese. Boil the rice and cover the bottom of the baking dish with it. Add codfish, cover with cheese sauce. Sprinkle the top with buttered crumbs. Bake in a moderate oven until crumbs are brown.

Beef Stew, Lettuce Salad, Prunes, Whole Wheat Bread—

Beef Stew

1 lb. beef	2½ c. potatoes	2 c. carrots
3 tb. drippings	1½ c. turnips	Flour for dredging
3 c. hot water	2 tb. chopped onion	2 tsp. salt

Wipe beef, dredge with flour, brown with the onion in the drippings. Wash potatoes, carrots and turnips. Pare and cut into strips about 2 inches long and ½ inch thick. (If pieces are cut smaller, they will cook too quickly and be done before the meat.) Add 3 c. water to the meat and simmer forty-five minutes before adding vegetables; longer if meat is tough. Add vegetables and continue to cook 30 minutes.

Scalloped Salmon and Peas, Waldorf Salad, Rolls—

Scalloped Salmon and Peas

2 c. salmon	1 c. bread crumbs	2 tb. butter
1 egg	2 c. peas	¼ tsp. salt
2 c. milk		

Place in a baking dish alternate layers of cracker or bread crumbs, salmon flaked with a fork, and canned peas. Add well-beaten eggs, salt and butter to hot milk and pour mixture over salmon and peas. Bake in a moderate oven 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 tb. parsley
1 c. milk	1 tb. sweet or green pepper
1 c. bread crumbs	3 eggs
1 c. grated cheese	1 tsp. salt
1 tsp. onion juice	

Cook macaroni in boiling water until tender. Drain. Scald milk and add all the other ingredients. Turn mixture into buttered baking dish. Steam one hour or set in a pan of hot water and bake $\frac{1}{2}$ to $\frac{3}{4}$ hour. Serve with tomato sauce.

Tomato Sauce

2 c. strained tomato juice	$\frac{1}{2}$ tb. salt
1 small onion	Bay leaf
4 tb. butter	2 pepper corns
4 tb. 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.

Goldenrod Eggs, Combination Vegetable Salad, Biscuits, Raspberries, Cookies—

Goldenrod Eggs

6 slices toast	4 tb. butter
6 hard-cooked eggs	4 tb. flour
2 c. milk	1 tsp. salt

Make a white sauce of the butter, flour and milk. Dice the whites of hard-cooked eggs and add to sauce. Place toast on a

platter and pour the sauce over it. Sprinkle over the top the egg yolks, which have been put thru a sieve.

Noodles au Gratin, Peas, Muffins, Cabbage-Pineapple Salad—

Noodles Au Gratin

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

Make a white sauce of milk, flour and 2 tb. of butter. 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 until brown. Serve at once.

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

Scalloped Potatoes and Egg

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

Make a white sauce of milk, flour and butter. Add eggs cut in quarters and salt. Mix potatoes and sauce. Put into a baking dish. Cover with buttered crumbs and bake in hot oven until brown.

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

Baked Macaroni and Cheese

3 c. cooked macaroni	3 tb. flour
$1\frac{1}{2}$ c. grated cheese	$\frac{3}{4}$ tsp. salt
2 c. milk	Buttered bread crumbs
3 tb. 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 until brown. Note—Hominy may be substituted for macaroni.

Cheese Cutlets, Buttered Peas, Whole Wheat Muffins, Pear Sauce, Tea Cakes—

Cheese Cutlets

1 c. mashed potatoes	$\frac{1}{8}$ tsp. poultry seasoning
$\frac{1}{3}$ cup grated cheese	1 tsp. salt
$\frac{1}{2}$ c. cooked lima or navy beans ground	paprika
1 tb. minced pimiento	$\frac{1}{8}$ teaspoon curry powder

Combine the ingredients and shape the mixture into cutlets about $\frac{1}{2}$ -inch thick. Brown them in a little hot fat and serve them with horseradish sauce.

Horseradish Sauce

2 tb. butter	$\frac{1}{2}$ tsp. salt
2 tb. flour	1 tb. horseradish
1 c. meat stock	

Melt the butter, remove it from the heat, and add the flour. Stir the mixture until it is smooth, add the meat stock and return the mixture to the fire. Bring it to the boiling point and boil it for 3 or 4 minutes, stirring constantly. Add the seasoning and the horseradish, and serve.

Cheese Balls, Tomato Salad, Muffins and Jam—

Cheese Balls

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

Mix potatoes, cheese, well-beaten eggs and seasoning. Make into balls and fry in deep fat.

Eggs a la King

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| 6 hard-cooked eggs | 1 c. peas |
| 2 c. milk | 1 c. carrots |
| 1 c. vegetable liquid | ½ c. celery |
| 4 tb. butter | 1 thick slice onion |
| 4 tb. flour | ¾ tsp. salt |

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

Soups—

Duchess Soup, Combination Vegetable Salad, Wafers or Toast—

Duchess Soup

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

Cook vegetables. Melt butter, add dry ingredients, blend and add liquids. Cook until thickened. All vegetables. Add 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

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| 3 c. tomatoes | ½ c. thin cream |
| 2 tsp. onion | 2 egg yolks |
| 1 c. corn | ½ bay leaf |
| 4 c. milk | 3 cloves |
| 4 tb. flour | 1½ tsp. salt |
| 4 tb. butter | |

Cook vegetables, bay leaf and cloves together. Strain. Make a white sauce of milk, flour, butter and salt. Combine mixtures while hot. Add cream and 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. diced carrots	½ c. chopped spinach
1 c. diced turnips	1 c. chopped cabbage
½ c. chopped celery	2 c. tomatoes
1 medium sized onion	1½ tsp. salt

Wash meat, put into cold water and cook slowly until nearly tender. Add all the vegetables except spinach, cabbage and tomatoes and simmer for one hour. Add other vegetables 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 tsp. 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 tb. 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 Sandwiches, Fruit Gelatin and Cookies—

Macaroni Salad

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| 3 c. cooked chopped macaroni | 2 c. cooked string beans (cut
in small pieces) |
| 1 c. diced celery | 2 tb. chopped olive |
| 2 tb. chopped onion | Mayonnaise dressing |

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

Cabbage and Salmon Salad, Bread and Butter Sandwiches, Baked Apple—

Cabbage and Salmon Salad

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| 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

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| 2 c. cottage cheese | ½ c. nuts |
| ¾ c. diced celery | Mayonnaise |
| ¾ 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

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|------------------------------------|---|
| 1 cup cooked peas | 1 cup cooked string beans,
cut in pieces |
| 1 cup cooked carrots, cut in cubes | French dressing |
| 1 small cauliflower, cooked | |
| 1 cup 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.