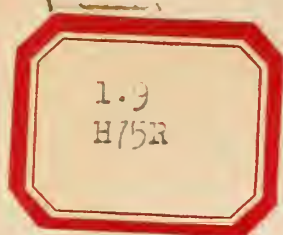


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
WASHINGTON, D. C.



RECIPES USING RICE POLISHINGS

Rice polishings can be used to most batter and dough mixtures in amounts equivalent to one-fourth to one-third of the flour. Other proportions are kept the same except that the liquid must be decreased somewhat since rice polish takes up less moisture than flour. Rice polish may be used sifted or unsifted. Products made with the unsifted polish are preferable in some respects, though more granular and somewhat darker. The sifted polish is better for cakes and can be used in any of the other products.

Biscuit

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| 2/3 cup wheat flour | 1/4 teaspoon salt |
| 1/3 cup rice polishings | 2 teaspoons baking powder |
| 2 tablespoons lard | 3 to 4 tablespoons milk |

Sift the dry ingredients together. Rub the fat in with the tips of the fingers. Mix lightly with the milk to consistency of soft dough. Pat or roll out, cut, and bake in a quick oven.

Yeast Rolls

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| 1 cup unsifted rice polishings | 3/4 cup riced potato |
| 2-1/2 cups wheat flour | 3/4 cup (scant) potato water |
| 1-1/2 teaspoons salt | 1 tablespoon sugar |
| 3-1/2 tablespoons lard | 1 cake yeast |

Dissolve the sugar, salt, and lard in the potato water, after reserving enough to soften the yeast. Combine these liquid mixtures with the riced potatoes, and add the rice polishings and flour which have been mixed together. Add slightly more flour if necessary to make a dough of the right consistency. Grease the surface of the dough, cover tightly, and set in a warm place to rise until double in bulk. Then work it down and knead for about ten minutes. Make into rolls, let rise again, and bake in a hot oven (400°F.).

Waffles

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| 1/2 cup rice polishings | 1/2 teaspoon salt |
| 1 cup flour | 1 egg |
| 2 teaspoons baking powder | 2 tablespoons fat |
| 1/2 cup milk | |

Sift the dry ingredients together. Add the milk slowly so as to avoid lumping, then add the egg yolk, and the melted fat. Fold in the beaten egg white last.

Have the waffle iron moderately hot and well greased. In case an electrically heated waffle iron is used, add an extra teaspoon of fat to the batter.

Plain Pie Crust

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| 1 cup sifted rice polishings | 4 tablespoons lard |
| 1 cup wheat flour | 1/2 teaspoon salt |
| Water to make stiff dough, about 3 tablespoons | |

Combine the rice polishings, flour, salt, and fat by chopping or rubbing with the finger tips. Add the water slowly, and use no more than is absolutely necessary. Roll out the dough very lightly.

This pie crust cooks more quickly and burns more easily than crust made with all wheat flour. In using it with fresh fruit pies, cook the filling slightly before putting it into the crust, and watch the pie carefully as it bakes, to see that the crust does not scorch.

Sponge Cake

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| 4 eggs | 1/4 teaspoon salt |
| 1 cup sugar | 1/2 teaspoon vanilla |
| 3/4 cup flour | 1/2 teaspoon lemon juice |
| 1/4 cup sifted rice polishings | 1 tablespoon cold water |
| 1 teaspoon baking powder | |

Separate the egg yolks from the whites and beat the yolks well. Gradually beat in the sugar, using a Dover egg beater. Add the water and continue the beating until the mixture is very thick and light. Sift the dry ingredients together and then fold them into the egg and sugar mixture. Then fold in the stiffly beaten whites of the eggs, and add the flavoring. Grease a tube pan slightly, pour in the cake batter, and bake from 45 to 50 minutes in a moderate oven, at a temperature of 325°F.

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Corn Pone

1 cup corn meal	2 tablespoons lard
1 cup sifted rice polishings	1 teaspoon salt
2 cups boiling water	1 teaspoon baking powder

Stir the corn meal into the boiling water and bring to the boil. Add the lard and let the mixture cool. Then stir in the rice polishings which have been well mixed with the salt and baking powder. Bake in the usual way.

Rice polishings may be used in any other type of corn bread. It is usually necessary to decrease the amount of liquid. For instance, buttermilk may be used as the liquid with $7/8$ teaspoon soda to each pint of buttermilk, in place of water and baking powder.

Spoon Bread

$1/2$ cup corn meal	2 or 3 eggs
$1/2$ cup rice polishings	2 tablespoons melted butter
2 cups cold water	2 teaspoons salt
1 cup milk	

Mix the meal, rice polishings, water, and salt. Boil for 5 minutes, stirring constantly. Add the well-beaten eggs, the milk, the melted butter, and mix well. Pour into a well-buttered hot pan or glass baking dish. Bake for 45 to 50 minutes at a temperature of 400° to 450° F. Serve with a spoon from the pan or dish in which the bread is baked. Spoon bread is soft like a custard or souffle and has a rich, delicious flavor.

Brown Bread

1 cup corn meal	$1-1/2$ teaspoons soda
1 cup rice polishings	$3/4$ cup molasses
1 cup graham or whole wheat flour	2 cups sour milk
1 teaspoon salt	

Mix and sift the dry ingredients. Add the molasses and milk, and beat the mixture thoroughly. Fill greased tin cans about three-fourths full. Cover and steam for $3-1/2$ hours. Remove the covers and bake the bread in a moderate oven for $1/2$ hour to dry it off. This makes a fine textured brown bread which slices well.

If desired $1-3/4$ cups sweet milk and $3/4$ teaspoon of baking powder may be used instead of the sour milk and soda.

Drop Cookies

1/2 cup sugar	3/4 cup flour
1/4 cup butter	1 egg white
2 tablespoons milk	1 teaspoon baking powder
1/4 cup rice polishings	1/2 teaspoon ground nutmeg

Cream the butter and add the sugar gradually. Then add the milk and the dry ingredients which have been mixed together. Lastly fold in the well-beaten egg white. Drop by teaspoonfuls on to a greased sheet and bake for about 12 minutes. The oven should be hot at first; then the temperature should be lowered.

Orange Drop Cookies

1/2 cup rice polishings	2 tablespoons orange juice
1/2 cup flour	1 egg
1/2 cup sugar	2 teaspoons baking powder
2 tablespoons butter	1 tablespoon grated orange rind
1/4 teaspoon salt	

Cream together the butter and the grated orange rind, add the sugar, the beaten egg, and the orange juice. Then add the dry ingredients which have been mixed together. Drop by spoonfuls on to a greased baking sheet. Bake in a hot oven (375° to 400°F.) at first, then lower the temperature to about 350°F.

Honey Cookies

3/4 cup honey	1/2 teaspoon soda
1/4 cup butter	1 cup raisins
1 egg	1 cup wheat flour
1/2 teaspoon cloves	1 cup rice polishings
1/2 teaspoon cinnamon	1/4 teaspoon salt

Heat the honey and mix with the butter. Cool and add the egg. Then stir in the dry ingredients and the raisins which have been mixed together. Drop by teaspoonfuls on to a greased sheet. The oven should be hot at first so that the cookies will stay in shape. As the consistency of honey varies, it is sometimes necessary to add more flour.



Brownies

1/2 cup butter	1/2 cup flour
2 ounces or squares unsweetened chocolate	1/2 cup rice polishings
2 eggs	1 teaspoon baking powder
1 cup finely chopped nuts	1/2 teaspoon salt
	1/2 teaspoon vanilla

Melt the butter and chocolate together. Beat the eggs lightly, add the sugar, and stir until it dissolves, and add the chopped nuts which have been mixed with the flour. Stir in the melted butter and chocolate after they have cooled. Pour into a warmed pan which has been greased and lined with greased paper. Spread the mixture evenly and bake in a moderate oven (250° to 300°F.) about 1 hour. Turn from the pan and remove the paper from the cake while it is hot. If this is not done, the paper will stick. Cut the cake into strips a little more than 1 inch wide and about 3 inches long. Brownies will keep fresh for some time in a tin box.

