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Rice Polish Makes a Valuable Addition to the Diet.

Rice polish is the name given to that part of the rice kernel which is removed in milling brown or natural rice to make it white. Rice polish has high food value, since it contains protein, fat and minerals, including iron, and is also a source of vitamin B. It is therefore suggested as a valuable and cheap reinforcement to the diet, especially in regions where it is available fresh from the mills during the milling season, usually from late August to early May. This includes the very months in winter and early spring when the diet is most likely to need the food substances which rice polish contains. At present the polish is available only during a limited season because it has a tendency to become rancid.

RECIPES USING RICE POLISH

In the preparation of quick breads, rice polish can be added to either flour or corn meal in the proportion of one cup of rice polish to two or three cups of flour or corn meal. The product is flaky, but somewhat darker than a product made entirely from flour or meal. In yeast breads the same proportions of rice polish may be used with success, and in cookies, where more egg is used, even larger proportions may be incorporated. Rice polish may be used sifted or unsifted. The sifted polish makes a finer product. Although its thickening power is considerably less than that of flour, rice polish may be used for thickening gravies, sauces and puddings.

Where fresh milk is not obtainable, water may be substituted if necessary for the milk in the following recipes. Using evaporated milk or milk powder diluted to the strength of fresh milk is of course preferable from the nutritive standpoint to using water alone. One fourth of a cup of milk powder diluted with one cup of water makes a satisfactory substitute for slightly more than one cup of fresh milk. For convenience, the powder may be mixed directly with the other dry ingredients and the water added later.

Biscuit

2/3 cup wheat flour	1/4 teaspoon salt
1/3 cup rice polish	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

1 cup unsifted rice polish	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 ricepolish 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.).

Corn Pone

1 cup corn meal	2 tablespoons lard
1 cup sifted rice polish	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 polish which has been well mixed with the salt and baking powder. Bake in the usual way.

Rice polish 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.

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Spoon Bread

1/2 cup corn meal	2 or 3 eggs*
1/2 cup rice polish	2 tablespoons melted butter,
2 cups cold water	baconfat or lard
1 cup milk	1-1/2 teaspoons salt

Mix the meal, rice polish, 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.

*Variations: For the sake of economy this recipe may be made with 1 egg instead of two or three, in which case the total liquid should be reduced to about $1\frac{1}{2}$ cups. Where eggs are not available, reduce the liquid to from 1 to $1\frac{1}{4}$ cups, depending on the consistency desired.

Brown Bread

1 cup corn meal	1-1/2 teaspoons soda
1 cup rice polish	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.

Waffles

1/2 cup rice polish	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.

Orange Drop Cookies

1/2 cup rice polish	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 (370° 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 polish
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 polish
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.

