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N. Beth Bailey  
Iowa State College

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Supper Without the Frying Pan

By N. BETH BAILEY, Associate Professor of Home Economics

Can you get supper without using a frying pan? If you can, do you do it? Too often supper consists of cold sliced roast, hashed brown potatoes, bread, butter, sauce, cake, tea—this, with but slight variation, the year round. In many families, this meal represents the left overs from dinner just “warmed up” with no attempt to disguise their origin.

Whether the light meal is called supper or luncheon, the same type of food are used. To the clever housewife, this meal is the most attractive one to plan, since there are such endless possibilities of combinations of dishes and courses.

There is always an advantage in noon lunches over the evening supper. About eighteen hours have elapsed since dinner lunches over the evening supper. About noon the appetite is at its height; meals served then are far more desired than a greater variety for one meal. Too many different foods will mean too many “repeaters.”

Cream soups are especially a luncheon dish and if one is careful there is an endless variety of cream soups. To one cup of thin white sauce (1 cup milk, ⅛ tsp. flour, ¼ tsp. butter, ⅛ tsp. salt) one may add a cup of most any vegetable purée—as corn, peas, string, lima or navy beans, potato, spinach, celery, carrot, asparagus, or tomato. These flavors may be combined or varied with celery salt, onion, bay leaf, curry, etc. The French people are especially clever in using trimmings of meats and vegetables, the kind depending on the type of salad. For example we have—

- Cream of Asparagus Soup
- Crabmeat
- Pineapple and Cabbage Salad
- Baking Powder Biscuits
- Cream of Tomato Soup—or
- Lettuce Sandwiches
- Strawberry Short Cake
- Whipped Cream

In summer, one is usually fond of salad for the main luncheon dish. This is served with a bread stuff and a dessert, the kind depending on the type of sauce. A meat salad would require a tart fruit sauce, while one wants a starchy dessert. A vegetable salad has endless possibilities and is used too little by most families. One, or two, or more vegetables may be combined well and marinated with French mayonnaise, or bottled dressing. In fact there are really but few sauces that cannot be used very well in a salad. Beets, peas, string beans, cauliflower, asparagus, carrots, raw or cooked, are as good as the proverbial potatoes, tomatoes, cucumbers or celery. The dessert with a vegetable salad must depend on the vegetables used, but usually a fruit plus a carbohydrate combination is good. For example we have—

- Pear, Orange and Almond Salad
- Brown Stewed Pudding
- Lemon Sauce
- Tuna Fish and Celery Salad
- Rolls, Pickles
- Fruit Gelatin
- Chocolate Cookies
- Beets and String Bean Salad
- Bran Muffins
- Lemon Pie
- Beets, Cabbage, and Potatoes
- Jelly
- Soup
- Bread
- Cup Custard
- Canned Fruit
- Cup Cakes
- But if this extra hot dish is added, one should be careful to avoid a heavy starch dessert.

Perhaps one of the most popular luncheons is the one that contains a combination of meat and starch. To substitute a dish with a fruit or vegetable salad or a dessert. In all these combinations we must furnish acid to counteract the flat flavors, and flavor. We must have a balance of soft and solid foods, and must avoid foods prepared in the same way, such as two fried foods or two esculated foods.

These protein-starch dishes are of never ending combinations. Egg and cheese dishes are especially desirable as we usually plan to save the service of meat for dinner. At luncheon eggs may appear in so many ways—

- Scrambled—plain, or with tomato sauce or cheese.
- Poached on toast—with cheese, or with some creamed vegetable as celery, peas, or asparagus.
- Baked in oven—in bacon ring, in baked potato or rice case.
- Omelet—plain, french, creamy, with cheese, jelly, chipped beef, ham, bacon or a vegetable.

Creamed eggs on toast—wafers or crackers.

In season eggs may appear on the menu daily since there is possible such a variety of combinations.

For those who like cheese, there are many good dishes. Cottage cheese may be mixed with a salad, in sandwiches, or in a hot loaf. The flavor of cheese can be varied well with eggs, pears, pineapple, apples, bananas, asparagus, cauliflower, peas, celery and potatoes.

The left over vegetables, meat, or fish may be used in croquettes, served with a white or tomato sauce. Then too, there are the many kinds of esculaled dishes, souffles, creamed foods on toast or in timbale cases, as baked or steamed loafs, as salads or as hot or cold sandwiches. In addition the hot sandwich is especially good made on the plan of a clubhouse sandwich using plain or toasted bread, a slice of hot or cold meat, a little crisp bacon, a pickle or vegetable, hot and cold salad dressing. We may use the meat gravy instead of salad dressing and serve the sandwich with a buttered vegetable. Toasted cheese sandwiches, bacon and egg combinations, hot hash or hamburg creations are also good. In summer, the sandwiches may be hot or cold, using a filling of meat, fish, cheese, eggs, vegetable, or a combination of these. So we have for this type of luncheon these possibilities—

Creamy Omelet with Peas, Pickles, Luncheon Rolls
- Fried Salad
- Cheese Soup with Asparagus
- Cinnamon Rolls, Curried Jellied Trotters
- Raspberry Quick Stewed Pudding
- Sweet Potato and Almond Croquettes
- with Apricot Sauce
- Bread
- Butter
- Mixed Pickles
- Apple, Celery Salad
- Marshmallow Wafers
- Poached Egg and Creamed Celery on Toast
- Brown Bread
- Apple Jelly
- Canned Apricots
- Peanut Cookies
- Hot Pork Sandwich with Gravy
- Peanut Butter
- Cookies
- Half Grapefruit

Luncheon dishes should be quickly prepared because there are always so many other household tasks that need attention. The desserts are usually simple, though some people prefer a rich desert at luncheon and a simple light dessert for dinner. One may serve pies bavarian cream, rich puddings, and ice cream at luncheon if the rest of the meal is light. To illustrate—

Vegetable Soup Pickles
- Fruit
- Sauce
- Peas
- Pickles
- Cabbage
- Beef
- Bread
- Cookies
- Corn
- Fish
- Hot Mince Pie
- Potato
- Cheese

From these suggestions, it is evident that there is no need for monotony in the supper or luncheon menu and left overs are served in a new form and more appealing than in their first appearance. To judge the real cleverness of a cook, drop in after supper and try to judge your own success at menu planning, ask yourself if you would mind having a guest drop in for supper or luncheon.