1943

For Use- Peanut Substitutes

Norma Dale  
*Iowa State College*

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The peanut flour in these waffles will impart a new, desirable flavor as it increases the nutritive content.

Previously only known in the form of peanut butter and between-meal snacks, the peanut is now being used to replace rationed or hard-to-get foods which are high in nutritive content. Peanut oil and peanut flour are valuable substitutes especially helpful in low-cost menu planning and in solving ration problems.

Peanut oil is known to be superior for deep fat frying of potato chips according to experiments conducted in the research kitchen of the United States Bureau of Human Nutrition and Home Economics. The high smoking temperature of the oil makes for desirable products, and peanut oil also is stable at room temperature for a considerable period.

In any recipe which calls for melted shortening or olive oil, peanut oil can be successfully substituted with assurance of good results.

Peanut butter contains all the natural fats and therefore could be wholly or partially used in certain quick breads and cookies. The finished product will have an increased protein and vitamin content.

Blended with jams, jellies or honey, peanut butter makes simple, appetizing toppings for cakes and may be used as spreads for griddle cakes and waffles.

Production of peanut flour has been increased for institutional use due to action by the War Production Board. This flour made from "press cake," a by-product of peanut oil, is high in food quality, is easily digested, contains low cost proteins and is a concentrate with excellent keeping qualities.

Peanut flour may be blended with cooked cereals and prepared dried cereals to increase their food value, and with cereal flour when it is used in baked products. Other uses are as an extender and binder in meat loaves, sausages and other meat products and as a base in dry soup concentrates.

When used in combination with all-purpose flour, peanut flour results in a desirable baked product. Peanut flour biscuits and peanut flour pie crusts have proved successful in various research kitchens. After considerable experimenting with peanut flour, a satisfactory production method has been found which reduces losses in nutritive value.

—Norma Dale

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