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Lard Makes Better Pastries... Chemist's Experiments Show

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Lard Makes Better Pastries . . .

Chemist's Experiments Show

By Elmer Eichelberg

Lard is the desirable shortening in such food products as bread, rolls, pie crust, cookies, and crackers because of its flavor and improvement of texture and crumb. The flavor is far superior to that made with bland or tasteless shortenings. Lard is a suitable medium for frying doughnuts because of its flavoring qualities. The temperature is an important factor; with increased temperature less fat is absorbed and a crispier, drier product is obtained. Also, there is a greater tendency for the fat to "smoke." A satisfactory temperature for frying doughnuts in lard has been found to be 350°-355° F.

Lard is a very digestible, wholesome food of high nutritional value. Many advertisements of hydrogenated shortenings claim greater digestibility and expect to remove the cause of sluggish digestion and related ills. However, this does not stand up against scientific facts nor reason. The digestibility of a fat is associated with its melting point; that is, a fat must melt at the body temperature (98°F.) preliminary to absorption in the digestive processes. It is evident by experience that hydrogenated shortenings have a higher melting point than lard, which melts about 94°-105°F. Lard is 97% digestible.

Lard has one quality which does not contribute to its popularity; that is the "smoke." One can smell it as it is put into the oven and as it is removed. One cannot see it, but it can be seen in the smoke in the smoke, smoke, smoke from the refrigerator, where it is usually kept. This smoke is chiefly a result of the fat's melting point; that is, a fat must melt at the body temperature to be digested. Lard melts at 93°F. and is then short of fiber or texture and weak in structure so that it is easy to gutulate. Other shortenings which have found use are shortening, which is more economical than lard, and vegetable which have found use as shortening. But, lard is superior because of its increased shortening value, wide plastic range, flavor, greater digestibility, and variety of available commercial lards.

Lard is superior to other fats in its shortening value. If the shortening value of lard is taken as 100 the shortening value of hydrogenated vegetable fats and competitive shortenings is 80 or less. These values are obtained by measuring the breaking strengths of baked standard doughs or cookies. It can be seen that lard is more economical as it requires 20 percent less than the shortenings which cost about five to eight cents more per pound at the present time.

Another important feature of lard is its wide plastic range; that is, it can be used immediately upon removal from the refrigerator, whereas many of the competitive shortenings are hard and must be warmed before they will mix readily with the other ingredients of the dough. Lard tends to spread out, mixing in fine layers throughout the dough, and does not squeeze out.

Tried Drinking It Iced?

by Marian Lages

"Some like it hot and some like it cold," but the truth of the matter is that either hot or cold tea and coffee are cooling drinks for summer. Iced tea with a sprig of mint or slice of lemon, and iced coffee with cream and sugar or just ice are good as well as the many hot versions of the beverages. Hot drinks are cooling because they stimulate the body's system of cooling.

Persons dropping into the corner drug store for a chat either after, or in the midst of, a hot day's shopping will find grape juice with a dash of lime and a dapper of orange ice floating around on top not only refreshing but flavorful. The combination can be varied to suit the taste with different fruit juices and ices. Another less expensive drink along this line is the popular "root beer float" or vanilla ice cream floating in a glass of root beer.

We are all acquainted with the fine vegetable drinks—tomato and sourkraut juices. But have you ever tried making a half and half combination of the two and keeping it on tap for the family's summer refresher?

In the past few years the lime has become almost as popular as the lemon and limeade made exactly like lemonade and served plain or with other fruit juices yields a beverage with a different flavor. To add zip—add gingerale.

Something useful for many occasions is made with good old fashioned rhubarb which has been stewed and strained, leaving a pinkish fluid which may be sweetened and rolled up with lemon juice, pineapple juice and ginger ale for an afternoon beverage and served with cookies or used as a starter for a hot June dinner.

And to sweeten all these beverages it is handy to keep on hand a syrup of sugar and water of about medium thickness. This little trick not only saves sugar but saves the time of the person who is generally obliged to dig it out of the bottoms of the glasses.
Mildred Jacoby, '32, is in charge of the nursery school at Persia.

Evelyn Hollen, '34, is dietitian at the Mount Pleasant State Hospital, Mt. Pleasant. Beata Reager, '21, M. S. '29, who has been at Mt. Pleasant, begins her new work at the Cherokee State Hospital, where she will have charge of the diets at the main hospital and the six cottages. One hospital will be entirely for special diet cases.

Use Lard
(Begins on page 4)

lack of uniformity. I am now carrying out research work for the standardization of commercial lards and the correlation of the different grades with their cooking uses.

It was formerly thought that butter was the only shortening suitable for making cakes. In recent years it has been found that there are many fats on the market which will produce very excellent cakes. A series of 15 experiments on the eating qualities of cake, conducted in the laboratory of the Institute of American Meat Packers by Mrs. J. Gawood revealed on the basis of ten judges the following scores:

<table>
<thead>
<tr>
<th>Kind of fat used</th>
<th>Average Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>84.0</td>
</tr>
<tr>
<td>Lard</td>
<td>81.5</td>
</tr>
<tr>
<td>25% butter, 75% lard</td>
<td>81.5</td>
</tr>
<tr>
<td>Hydrogenated cottonseed oil</td>
<td>80.6</td>
</tr>
</tbody>
</table>

There are three commercial varieties of lard on the market which are used extensively in the household. Kettle rendered leaf lard is rendered from leaf fat only. It has natural flavor or a sweet craklings, and is light in color and of excellent keeping quality. Kettle rendered lard is made from back fat and leaf fat. It has a pleasing nut-like flavor, is light in color, but more creamy than leaf lard. Its keeping quality is good. Steam rendered lard is made from cutting and killing fats and is refined to give a light creamy white color, has a typical mild prime steam flavor, with satisfactory keeping quality.

There is no shortening yet developed which is suitable for all uses. The variety in lard available for different uses is to its advantage. Lard is a wholesome fat with a superior shortening value, plastic range, and a flavor desired in many food products. Its economy as a shortening should give it special appeal at this time.

Full skirts are even finding their way into the day time modes.

A country house may borrow the old Spanish style of having plants form a stair rail.