How to Use Other Cereals

The world needs wheat. About the least we at home can do is to substitute potatoes and such cereals as corn, oats, and barley for the wheat which is needed by our armies and allies. Will you help Wisconsin do her share?

Published by the Agricultural Extension Service of the University of Wisconsin, the United States Department of Agriculture cooperating. Authorized by the State Council of Defense.
How to Use Other Cereals

HOME ECONOMICS DEPARTMENT

It is not so difficult to find and use substitutes for wheat and wheat flour as many have thought.

But even if it were, it would be our patriotic duty to strive just as far as possible to make the substitution.

The next three or four weeks demand the shipment of all the flour and grain possible to our allies and armies who are holding the battle line in France. Wheat and wheat products must be sent.

We are, therefore, facing the necessity of using other cereals to take the place entirely of flour, or at least to take the place of flour to such an extent that we use not more than one-half pound of flour to each person a week.

If, for any good reason, the housewife finds it necessary to purchase and use some wheat flour, she will, of course, have to buy an equal weight of the foods named as wheat substitutes by the Food Administration. We have plenty of corn, oats, barley, and potatoes.

The following bills of fare give amounts for four people for six days. In them will be used the following amounts of cereals:

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley flour</td>
<td>4 pounds</td>
</tr>
<tr>
<td>Corn flour</td>
<td>1 pound</td>
</tr>
<tr>
<td>Cornmeal</td>
<td>2 pounds</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>11/2 ounces</td>
</tr>
<tr>
<td>Oatmeal flour</td>
<td>11/2 pounds</td>
</tr>
<tr>
<td>Rolled oats</td>
<td>1/4 pound</td>
</tr>
<tr>
<td>Steel-cut oats</td>
<td>1/3 pound</td>
</tr>
<tr>
<td>Potato flour</td>
<td>1/2 pound</td>
</tr>
<tr>
<td>Rice</td>
<td>11/2 pounds</td>
</tr>
</tbody>
</table>

Unlimited potatoes
I

Breakfast
Bananas
Steel-cut oats with top milk
Barley muffins
Coffee
Milk, for children

Luncheon or Supper
Pittsburgh potatoes
Deviled eggs
Vegetable salad
Barley wafers
Hot gingerbread with cream (top milk)

Dinner
Tamale pie
Lyonnaise potatoes
String beans
Fruit shortcake

II

Breakfast
Fruit
Boiled rice with top milk
Barley and corn griddle-cakes
Coffee
Milk, for children

Luncheon or Supper
Potato croquettes with cheese sauce
Barley scones
Spiced grape jelly
Cornstarch mold with canned strawberries and cream

Dinner
Beef stew with barley dumplings
Cabbage salad
Indian tapioca pudding with top milk
III

Breakfast
Fruit
Fried cornmeal mush with maple syrup
Toasted barley muffins
Coffee
Milk, for children

Luncheon or Supper
Delmonico potatoes
Buttered beets
Oatmeal johnny cake
Canned fruit
Barley sponge cake

Dinner
Roast pork
Stuffed baked potatoes
Canned peas
Scalloped tomatoes
Pineapple rice pudding with cream (top milk)

IV

Breakfast
Stewed prunes
Cream brown bread toast
Coffee
Milk, for children

Luncheon or Supper
Rice and cheese pilaf
Barley baking powder biscuits and honey
Apples a la Creole

Dinner
Swiss steak
Riced potatoes
Parsnips
Asparagus salad
Lemon ice
Barley drop cakes
How to Use Other Cereals

V

Breakfast
Stewed apricots
Hominy with top milk
Cornmeal muffins
Coffee
Milk, for children

Luncheon or Supper
Vegetable soup
Cottage cheese salad
Oatmeal scones
Steamed barley pudding with lemon sauce

Dinner
Mock chicken stew
Vegetable salad
Date pudding with custard sauce

VI

Breakfast
Oatmeal with figs and top milk
Corn flour muffins
Coffee
Milk, for children

Luncheon or Supper
Cream split pea soup
Oat flour muffins
Apple roll with lemon sauce

Dinner
Peanut loaf with tomato sauce
Scalloped potatoes
Mock shrimp salad
Dandelion greens
Rice apricot pudding
RECIPE USING BARLEY FLOUR

I BARLEY FLOUR

Barley and Cornmeal Griddle Cakes

\[
\begin{align*}
\frac{1}{2} \text{ cup cornmeal} & \quad 1 \text{ egg} \\
1 \frac{1}{2} \text{ cups boiling water} & \quad 1\frac{1}{4} \text{ cups sour milk} \\
1 \text{ teaspoon salt} & \quad \frac{1}{2} \text{ teaspoon soda} \\
2 \text{ tablespoons fat} & \quad 2 \text{ cups barley flour} \\
\end{align*}
\]

Add cornmeal and salt to the boiling water and cook 5 minutes; cool. Add sour milk and soda dissolved in a little cold water, well-beaten egg and melted fat. Sift in flour and baking powder. Mix thoroughly and bake on hot griddle.

or

Barley, Cornmeal, Rye, Rice Flour Griddle Cakes

\[
\begin{align*}
\frac{1}{2} \text{ cup barley flour} & \quad 1\frac{1}{2} \text{ cup sour milk or cream} \\
\frac{1}{2} \text{ cup cornmeal} & \quad 1 \text{ egg} \\
\frac{1}{2} \text{ cup rye flour} & \quad \frac{1}{2} \text{ teaspoon soda} \\
\frac{1}{2} \text{ cup rice flour or potato flour} & \quad 2 \text{ teaspoons baking powder} \\
\end{align*}
\]

Mix the flours, add them to milk, eggs, and dissolved soda, and beat until smooth; add baking powder and again beat. Cook on hot soapstone griddle.

Barley Muffins

\[
\begin{align*}
1 \text{ cup sour milk} & \quad \frac{1}{2} \text{ teaspoon salt} \\
1 \text{ tablespoon sugar} & \quad 2 \text{ tablespoons melted fat} \\
1 \text{ egg} & \quad 2 \text{ cups barley flour} \\
\frac{1}{2} \text{ teaspoon soda} & \quad 2 \text{ teaspoons baking powder} \\
\end{align*}
\]

Beat egg, add sugar, salt and soda dissolved in a little cold water. Sift flour and baking powder together and combine with first mixture. Add the melted fat and beat well. Bake in well-greased muffin pans until thoroughly done, about \( \frac{1}{2} \) hour, depending upon the size of the muffins.

Barley Scones

\[
\begin{align*}
2 \text{ cups barley flour} & \quad 2 \text{ tablespoons fat} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \frac{1}{3} \text{ cup sour milk} \\
2 \text{ teaspoons baking powder} & \quad \frac{1}{3} \text{ teaspoon soda} \\
\end{align*}
\]

Sift barley flour, salt, and baking powder together and work in fat. Dissolve soda in a little cold water and add the sour milk. Combine flour mixture and sour milk to form a soft dough. Turn out on a well-floured board, knead slightly, roll \( \frac{3}{4} \) inch thickness; cut in diamond shapes and bake in hot oven.

Barley Wafers

\[
\begin{align*}
1 \text{ cup barley flour} & \quad \frac{1}{4} \text{ teaspoon salt} \\
1 \text{ tablespoon fat} & \quad 2 \text{ teaspoons baking powder} \\
\frac{1}{4} \text{ cup water} & \quad \text{Mix as for baking powder biscuit; roll as thin as possible, cut in squares, and bake in hot oven, until crisp and brown.}
\end{align*}
\]
Barley Dumplings
2 cups barley flour 1 egg
½ teaspoon salt 2 tablespoons fat
½ cup milk 4 teaspoons baking powder

Prepare as for baking powder biscuit. Drop by spoonfuls on top of boiling stew. Cover closely and cook 15 minutes until center does not stick to cake tester.

Dumplings are less apt to be soggy when cooked in steamer than when cooked on top of the stew.

Barley Baking Powder Biscuits
2 cups barley flour 4 teaspoons baking powder
2 tablespoons fat ½ cup milk
½ teaspoon salt

Sift the dry ingredients together, rub in the fat and add the liquid until a quite soft dough is formed. Roll to ¼ inch thickness, cut with biscuit cutter and bake in a hot oven.

Steamed Barley Pudding
1 cup molasses ¾ cup cornmeal
1 cup sour milk 1 cup barley flour
1 teaspoon soda ¾ teaspoon salt
1 egg 1 cup chopped raisins

Beat egg, add molasses, milk, and soda dissolved in a little cold water. Sift cornmeal and barley flour together and combine with first mixture. Add chopped raisins, and pour into small well-greased baking powder tins, one for each person, and steam 2 hours.

Barley Sponge Cake
3 eggs 2 tablespoons water
¾ cup sugar ¾ teaspoon salt
1 tablespoon lemon juice 1 teaspoon baking powder
1 cup barley flour

Separate the whites and yolks of eggs, beat yolks, add lemon juice and water, and sugar, flour and baking powder sifted together. Fold in well-beaten whites of eggs and bake in slow oven.

Fruit Shortcake
2 cups barley flour 2 teaspoons sugar
4 teaspoons baking powder ¾ cup milk
¾ teaspoon salt 4 tablespoons fat

Sift the dry ingredients together, rub in the fat, and add the liquid gradually. Divide dough into half and roll each until about ½ inch thick. Place one crust on well-oiled pan; brush lightly with melted fat, and place second crust on top of first. Bake in moderate oven about ½ hour.

Separate the two crusts, fill with crushed and sweetened fruit; replace upper crust, cover with crushed fruit and serve with or without whipped cream.

Barley Drop Cakes
2 tablespoons fat 1 tablespoon molasses
½ cup sugar 1 cup barley flour
1 egg ¾ teaspoon cinnamon
2 tablespoons milk 2 teaspoons baking powder
½ cup chopped raisins ¾ cup peanuts

Cream fat, add sugar, egg well beaten, milk, molasses, and flour sifted with baking powder. Stir in raisins and drop by teaspoonfuls on a well-oiled pan. Bake in an oven quite hot at first.
Swiss Steak

Have the frying pan smoking hot. Remove a piece of fat from the steak (round) and rub the pan with it; let the fat remain in the pan as for broiled steak, and cook until both sides are seared. Remove the steak from the pan, season with salt and pepper, and sprinkle with barley flour. Pound the steak with a potato masher or the blunt side of a butcher knife, to cut across the muscle fiber and send the flour into the meat. Return the steak to the hot frying pan; add enough boiling water to cover the steak. Cook slowly 16 minutes. Make a gravy from the liquid in the pan and pour over the steak.

II CORN FLOUR

Corn Flour Muffins

1 egg 1 ½ teaspoon soda
1 cup sour milk 1 ¼ cups corn flour
2 teaspoons sugar 2 teaspoons baking powder
¼ teaspoon salt 2 tablespoons melted fat

Beat egg, add salt, sugar, sour milk, and soda mixed with a little cold water. Sift corn flour and baking powder together and add the first mixture. Beat in melted fat and bake in small muffin tins about 20 minutes.

or

Corn Griddle Cakes

2 ½ cups corn flour 1 egg
1 teaspoon soda 2 tablespoons melted fat or oil
1 teaspoon salt 2 cups sour milk

Sift together the corn flour, soda, and salt. Add sour milk, beaten egg and oil. Beat well, fry on hot, greased griddle. Serve hot with corn syrup, honey or maple syrup.

Apple Roll

1 cup corn flour ½ cup milk
1 cup barley flour 2 cups chopped apple
4 teaspoons baking powder ½ cup sugar
2 tablespoons fat ½ teaspoon cinnamon
½ teaspoon salt

Combine first six ingredients as for baking powder biscuit. Roll to ½ inch in thickness; spread with apple, sugar, and cinnamon and roll as for jelly roll. Cut into one-inch sections and place in well-oiled pan, flat side up. Place a small piece of fat on center of each piece and bake in moderate oven as for biscuit.

Lemon Sauce

½ cup corn syrup 1 tablespoon corn starch
¼ cup honey ½ teaspoon salt
2 tablespoons sugar 2 tablespoons lemon juice
¼ cup water 1 slice lemon (cut very thin)

Mix cornstarch and sugar together and add gradually the boiling water, honey, and corn syrup. Simmer for 5 minutes, add lemon and juice, and serve hot.
III CORNMEAL

Fried Cornmeal Mush

1 1/4 cups cornmeal 1/2 teaspoon salt
1 quart boiling water

Sift cornmeal into boiling water. Boil directly over fire 5 minutes in upper part of double boiler. Place over lower part of boiler and continue cooking for several hours. Pour into oiled bread tin, and allow to get thoroughly cold and stiff. Turn out, cut into 1/4-inch slices, sprinkle with barley flour and brown slowly in small amount of hot fat.

Cornmeal Muffins

1 cup sour milk 1 egg
1 tablespoon sugar 1/2 teaspoon salt
3 teaspoons baking powder 1 1/4 cups cornmeal
1/2 teaspoon soda dissolved in 1 teaspoon water
1 tablespoon shortening

Beat egg, add sugar, salt, sour milk, and soda dissolved in a little cold water. Sift cornmeal and baking powder and combine with first mixture; add melted fat and bake in small muffin tins about 20 minutes.

Brown Bread

1 cup cornmeal 2 cups sour milk
1 cup rye or oatmeal flour 1 teaspoon soda
1 cup barley flour 3 teaspoons baking powder
3/4 cup molasses 1/4 teaspoon ginger
1/4 teaspoon salt

Sift cornmeal, rye or oatmeal, and barley flour, baking powder, ginger and salt together. Mix sour milk and molasses and add soda, previously dissolved in a little cold water. Combine liquid and dry ingredients, stirring thoroughly. Steam for from 4 1/2 to 5 hours in brown bread tin, or 3 hours in well-oiled baking powder tin.

For cream toast, slice, toast, and serve with cream sauce.

Indian Tapioca Pudding

5 tablespoons pearl tapioca 2 tablespoons fat
4 cups scalded milk 1 teaspoon salt
4 tablespoons Indian meal 1 cup milk
3/4 cup light molasses

Soak tapioca 2 hours in cold water to cover. Pour scalded milk over Indian meal and cook in double boiler 10 minutes. Add tapioca which has been previously drained from water, molasses, fat, and salt. Turn into well-greased pudding dish and pour over remaining milk but do not stir. Bake 1 1/2 hours in moderate oven.
IV CORNSTARCH

Cornstarch Mold

4 tablespoons corn starch  ¼ teaspoon salt
¼ cup sugar  ½ teaspoon vanilla
2 cups milk

Scald 1 ¾ cups milk in double boiler. Mix dry ingredients, add remaining ¾ cup milk and stir until smooth. Stir scalded milk slowly into wet cornstarch. Cook in top of double boiler 3 minutes over stove; then cook 30 minutes over boiling water, add vanilla, and pour into wet molds to cool. When firm, turn out and serve with canned strawberries and cream.

V OATMEAL FLOUR

Oat Flour Muffins

1 egg
1 cup milk
¼ teaspoon salt
2 tablespoons melted fat

1 tablespoon sugar
2 cups oatmeal flour
3 tablespoons baking powder

Beat egg, add salt, sugar, and milk. Sift oatmeal flour and baking powder together and add the first mixture. Beat in melted fat and bake in small muffin tins about 20 minutes.

Oatmeal Johnny Cake

1 egg
1 cup milk
¼ teaspoon salt
1 tablespoon sugar

1 cup oatmeal flour
1 cup barley flour
3 teaspoons baking powder
2 tablespoons melted fat

Combine as for oatmeal flour muffins. Bake in well-oiled cake sheets; cut in squares and serve hot.

Oatmeal Scones

2 cups oatmeal flour
¼ teaspoon salt
3 teaspoons baking powder
2 tablespoons fat

¼ cup sour milk
½ teaspoon soda

Sift oatmeal flour, salt, and baking powder together and work in fat. Mix soda with a little cold water and add the sour milk. Combine flour mixture and sour milk to form a soft dough. Turn on a well-floured board, knead slightly and roll to ¼ inch thickness. Cut in diamond shaped pieces and bake in a hot oven.
VI POTATO FLOUR

Sponge Cake

3 eggs
1 cup sugar
1 tablespoon lemon juice
1/2 teaspoon salt
2 tablespoons water
3/4 cup potato flour or
1 cup corn flour
1 teaspoon baking powder

Combine as for barley sponge cake.

VII RICE

Pineapple Rice Pudding

1/2 cup rice
3/4 pint can shredded pineapple
1/4 cup sugar
1/2 cup corn syrup (white
1/4 box gelatine
4 tablespoons lemon juice
1 cup boiling water

Cook the rice in a large quantity of boiling salted water until it is very soft. Drain off the water and beat the rice thoroughly. Soak the gelatine in a small quantity of cold water, then add the cup of boiling water. Add the pineapple, syrup, sugar and lemon juice. Add this mixture to the rice. A little coloring adds to the attractiveness of the pudding. Put into molds and let stand until it thickens. It is good served with whipped cream.

VIII POTATOES

Lyonnaise Potatoes

3 cups cold boiled potatoes cut
in 1/4 inch cubes
1 small onion
1 tablespoon finely chopped parsley
1 teaspoon salt
1/6 teaspoon pepper
3 tablespoons fat

Melt fat, add thinly sliced onion and cook until slightly browned. Add potatoes, salt, and pepper, and cook until potatoes are well browned. Just before serving, add the chopped parsley which has been prepared previously by dipping for one minute into boiling water and then chopping or cutting (leaves only) into very fine pieces.

Delmonico Potatoes

Cut cold potatoes into 1/2 inch cubes. Prepare white sauce using 3 tablespoons of barley flour, 3 tablespoons of fat, 1/2 teaspoon salt, 1/6 teaspoon pepper and 2 cups of milk. Arrange potatoes, white sauce, and cheese in alternate layers in a baking dish. Cover with oiled crumbs made from dropped barley biscuits. Bake in oven until thoroughly hot and crumbs are brown.
Potato Croquettes

3 cups hot mashed potato  ½ teaspoon scraped onion
2 tablespoons fat 1 egg
1 teaspoon salt 1 tablespoon finely chopped parsley
½ teaspoon pepper

Mix ingredients in order given and beat well. Form in cylindrical shape about 2 inches by ¾ inch in circumference. Roll in barley flour, brush with melted fat and brown in hot oven; or the croquettes may be dipped in egg, rolled in dry crumbs made from left-over muffins and brushed with fat and browned in oven.

Cheese Sauce

2 tablespoons fat 1/6 teaspoon pepper
3 tablespoons barley flour 2 cups milk
½ teaspoon salt ¾ cup grated cheese

Melt fat, add flour, salt, and pepper. When thoroughly mixed add milk and cook until thickened. Add cheese, and when smooth serve with potato croquettes.

Pittsburgh Potatoes

1 quart potato cut in cubes 1 onion
½ pound cheese 2 cups white sauce
½ can pimentos ½ teaspoon salt

Cook potato cubes and onion finely chopped in boiling salted water 5 minutes. Add pimentos cut in small pieces and cook 7 minutes; then drain. Turn into oiled baking dish and pour over white sauce mixed with cheese and salt. Bake in moderate oven until potatoes are soft.

Mock Chicken Stew

3 medium-sized onions 2 cups sliced, raw potatoes
2 tablespoons fat 2 cups cooked kidney beans
2 cups water 1 cup canned tuna or other white-fleshed fish

Melt fat, add onion, sliced, and cook until slightly browned; add beans, which have been previously boiled, potatoes and water. Cover and cook slowly until potatoes are tender; season with salt and pepper; add fish and let stand over fire until thoroughly heated.

Mock Shrimp Salad

Grate two large carrots and one medium-sized apple. Combine with diced, cold cooked potatoes and a few nuts; marinate with mayonnaise dressing for a few hours before serving. It is preferable to use lemon juice in place of vinegar in the mayonnaise.