

Bulletin 284-A

EXAMINED AND CHECKLISTED

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ONE-DISH MEALS



COLORADO AGRICULTURAL COLLEGE
EXTENSION SERVICE FORT COLLINS C. A. LORY, DIRECTOR

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
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ONE-DISH MEALS

By MIRIAM WILLIAMS

Instead of serving separately the starchy and protein foods and vegetables that go to make up a well-balanced meal, it is often possible to combine these same food values in a single dish. They contain food value similar to a meal of meat, potatoes and vegetables, yet require less time for serving.

The starchy or fuel food may be found in potatoes, macaroni or spaghetti, noodles, rice, crumbs, or dressing in the dish. Building and repair foods are furnished by the meat or fish, eggs, cheese, milk and dried beans in the combined dish. Tomato sauce and vegetables help furnish the regulating food necessary. When these combinations are supplemented by a salad or buttered vegetable or pickle they make well-balanced meals. Dessert is not always necessary but can be added if desired.

Use can often be made of left-overs. Meat, potatoes, vegetables, rice, etc., which are left over may be made into attractive casserole dishes by combining with cheese or tomato sauce, drained tomatoes, or brown gravy. They may be made into a meat and vegetable pie, or a stew, or baked hash. Use bacon, pimento, chopped onion, green pepper, parsley, etc., to add character to made-over dishes. Be sure that they are sufficiently moist.

Proper Dishes Necessary.—Since these dishes are mostly oven-cooked, it is well to have one or two sizes of dishes which are suitable for both baking and serving. Glass baking-ware is ideal, or an earthen casserole or an attractive pan which may be set in a frame or on a plate. Aluminum or glass heat thru more quickly than earthenware, while earthenware retains heat longer and is fine for long, slow cooking.

Buttered crumbs always give a left-over dish a finished appearance. Prepare these by heating butter in a skillet and adding finely ground dry crumbs until the butter is absorbed.

Tomato sauce is frequently used in combination dishes. To prepare this, heat a little over a cup of canned tomatoes with a slice of onion, a bay leaf, salt, and 1 tsp. sugar. Run thru a sieve and thicken with 2 Tb. butter and 2 Tb. flour which have been rubbed together. You may use canned tomato soup as a tomato sauce, thinning it slightly.

Menus and Recipes

To these menus add some kind of bread and beverage unless already suggested.

I. SPANISH NOODLES, CABBAGE SLAW, CAKE WITH WHIPPED CREAM.

Spanish Noodles

$\frac{3}{4}$ lb. fresh pork shoulder	2 c. cooked noodles
butter or fat	$1\frac{1}{2}$ c. tomato sauce
$\frac{1}{2}$ lb. mild cheese	

Cut the fresh pork in small cubes and simmer in butter until tender. Boil noodles in boiling salted water for 15 minutes and drain. Butter a baking dish, put in a layer of noodles and cover with grated or thinly sliced cheese. Then add meat and tomato sauce and repeat until all is used. Top with buttered crumbs or a layer of corn flakes. Bake in a hot oven 20 minutes.

II. CHOP SUEY, HEAD LETTUCE WITH FRENCH DRESSING, TEA AND COOKIES.

Chicken Chop Suey

1 chicken weighing 3 to 4 lbs.	1 green pepper shredded
2 c. shredded onion	4 Tb. soy sauce
2 c. shredded celery	2 Tb. fat
2 c. chicken broth	$1\frac{1}{2}$ tsp. salt or less
1 c. sliced mild-flavored radish or tender kohlrabi	1 tsp. cornstarch and 1 Tb. cold water

Put chicken on a rack in a kettle, half filled with boiling water. Cover and simmer until nearly tender. Let cool in broth. Remove from bones, discard skin and cut in small pieces. Cook onion and green pepper in fat in a heavy skillet for 3 to 4 minutes, turning frequently. Add celery, chicken meat, salt, broth. Cover and simmer 8 to 10 minutes. Mix cornstarch with water and stir into mixture. Cook. Add raw sliced radish or kohlrabi. (This takes the place of the crisp water chesnut used by the Chinese.) Then add soy sauce, and serve at once with hot flaky rice.

III. SCALLOPED SALMON AND PEAS, CELERY, BISCUITS, MARMALADE.

Scalloped Salmon and Peas

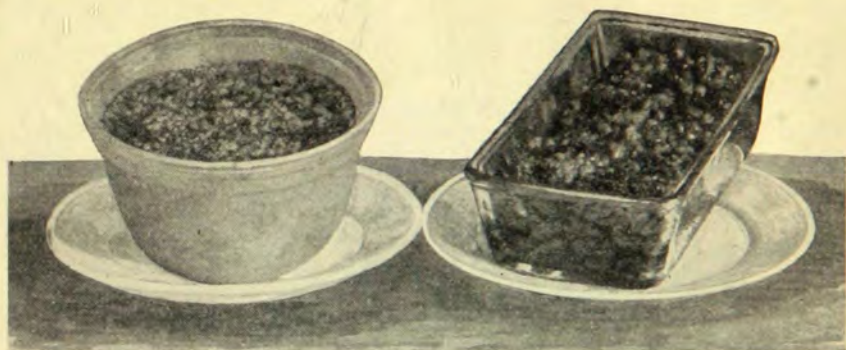
Alternate layers of cracker or bread crumbs, salmon flaked with a fork, and canned peas in a baking dish. Pour over all, hot milk seasoned with butter, salt and pepper, and to which one beaten egg is added. Bake until brown and firmly set.

IV. RICE CREOLE, PINEAPPLE AND COTTAGE-CHEESE SALAD.

Rice Creole

2 large onions	$\frac{1}{4}$ c. butter
1 thin slice ham	2 c. cooked rice
2 large green peppers	Salt and pepper
1 pint tomatoes	

Cut onion, pepper and ham very fine and fry in butter; season and add rice and tomatoes and bake for 30 minutes in a moderate oven.



Rice creole (at left) and scalloped oysters and corn (at right) are casserole dishes, which need only to be supplemented with salads to make unusual meals

V. POTATO AND CHEESE OMELET, CARROT AND PINEAPPLE SALAD.

Potato and Cheese Omelet

Fry $\frac{1}{4}$ lb. bacon cut in dice until crisp, or use left-over bacon. Add 1 Tb. chopped onion, 1 Tb. chopped pepper or parsley and 1 c. cubed cold boiled potatoes. When slightly brown, add $\frac{1}{2}$ c. cheese cut in bits. Beat two eggs, add $\frac{1}{4}$ c. milk and $\frac{1}{2}$ tsp. salt. Add to the other ingredients and fold when brown and set. Turn on a hot platter and garnish with parsley. Keep at a low temperature when cooking cheese and eggs.

VI. SCALLOPED OYSTERS AND CORN, BRAN MUFFINS, WALDORF SALAD.

Scalloped Oysters and Corn

2½ Tb. butter	1 c. milk
1 Tb. chopped onion	1 c. canned corn
2 Tb. flour	1 c. drained oysters
½ tsp. mustard	1 egg
¼ tsp. paprika	1 cup toasted bread crumbs

Melt fat, brown onion slightly, add flour, seasonings and milk mixed with corn. Cook until thick; add beaten egg and oysters. Arrange this mixture in alternate layers in a baking dish with the toasted crumbs. Top with buttered crumbs and brown in oven. Any fish may be substituted for the oysters or canned oysters may be used.

VII. CORN CHOWDER, CELERY STUFFED WITH CHEESE, BAKED APPLE, COOKIES.

Corn Chowder

1 pint milk	1 onion, or more, if desired
1 pint boiling water	1 qt. potatoes, diced
2 c. canned corn	Salt
2 Tb. salt pork diced	Pepper

Cut the pork into small pieces and chop the onion. Boil the diced potatoes in the pint of boiling water for 15 minutes. Fry the salt pork and onion for 2 to 3 minutes and add these and corn to the potatoes. Cook until

the potatoes are done. Add the milk, season and bring to the boiling point. Serve very hot in soup dishes and place 2 or 3 crackers in the dish before pouring in the hot chowder.

VIII. MOCK CHICKEN PIE, BISCUITS AND HONEY, FRESH FRUIT CUP.

Mock Chicken Pie

Scrape 4 carrots and cut in pieces. Cook in small amount of water until half done. Add 6 potatoes, cut in cubes. Cream a can of tuna fish, using a pint of milk. Add a can of peas which have been drained. Mix all together; season and pour into a deep baking dish; cover with a rich biscuit dough and bake until brown.

IX. CHICKEN RIZOTTO, CARROT AND RAISIN SALAD, APPLE DUMPLINGS.

Chicken Rizotto

Pick the meat from the bones of left-over chicken. Stew the bones in enough water to make a quart of broth, adding any left-over gravy that will furnish chicken flavor. In a large skillet, cook slowly in 2 Tb. of butter, an onion which has been chopped. Do not let the onion brown. To this add the quart of chicken broth. Bring to a boil, add slowly $\frac{3}{4}$ c. of rice which has been washed in cold water to remove excess starch. Cover the skillet. Allow the rice to simmer about 30 minutes or until the grains swell and become soft. Shake the skillet occasionally to keep from sticking but do not stir unless necessary. The grains should absorb most of the broth and be large and separate. Then add the small pieces of chicken, heat, turn on a hot platter and sprinkle generously with grated mild cheese.

X. ITALIAN HAMBURG, SOUR RELISH, FRUIT PIE.

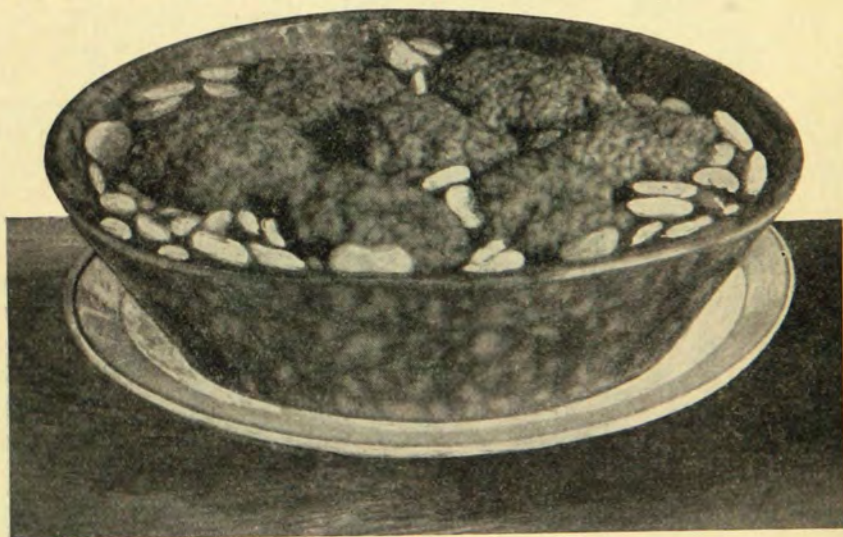
Italian Hamburg

2 onions	1 tsp. salt
$\frac{1}{4}$ c. salad oil	$\frac{1}{2}$ tsp. pepper
1 lb. hamburger	2 tsp. Worcestershire sauce
2 c. tomatoes	2 c. egg noodles



The large platter of Italian hamburger allows for second servings.

Brown onions, chopped in a little of the salad oil. Add rest of oil and hamburger and brown. Combine seasonings with tomatoes, pour over meat and simmer very slowly for an hour. Cook noodles in boiling salted water until tender; add to meat mixture and cook 30 minutes. Serve on a platter surrounded with 1 c. of grated cheese.



Smothered beans is an economical and satisfying dish.

XI. SMOTHERED BEANS, MUFFINS, GRAPE JUICE.

Smothered Beans

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|---------------------------------|---------------------------------------|
| 2 c. cooked lima or pinto beans | 8 mild sliced onions |
| 2 c. tomato sauce | 6 slices bacon, pork chops or sausage |

Place cooked, salted beans in a buttered baking dish with the tomato sauce and pile the sliced onions on top. Cook $\frac{1}{2}$ hour in the oven in a covered dish. Remove from oven; place meat on top, and bake about $\frac{1}{2}$ hour uncovered in a hot oven or until meat is cooked.

XII. CASSEROLE OF SPINACH, CORN MUFFINS, FRUIT TART.

Casserole of Spinach

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|---------------------|--------------------------------|
| 2 c. cooked spinach | 2 c. cooked spaghetti |
| 1 or 2 eggs | $1\frac{1}{2}$ c. cheese sauce |

Prepare spaghetti by boiling in salted water until done and washing to remove excess starch. Chop spinach slightly—either fresh cooked or canned spinach may be used. Beat eggs slightly and mix with spaghetti and spinach by tossing lightly together. Alternate in layers with cheese sauce in an oiled casserole. Top with buttered crumbs and bake until hot and firm. Serve with sliced lemon or a tart pickle.

The cheese sauce is prepared by melting 3 Tb. butter, adding 3 Tb. flour, then $1\frac{1}{2}$ c. milk and 1 tsp. salt. Cook in double boiler until slightly thick, stirring frequently, then add $\frac{1}{2}$ c. cheese cut in cubes and stir until well blended.

XIII. ASPARAGUS SHORTCAKE, BISCUITS AND JAM.

Asparagus Shortcake

Cook fresh asparagus or heat canned asparagus in its own liquor. Place hot seasoned asparagus on lower round of a split and buttered biscuit, pour over a generous amount of cheese sauce, and cover with the top of the biscuit. Use the same proportions for the cheese sauce as are given under the recipe for casserole of spinach.

XIV. POTATOES BAKED WITH SAUSAGE, CABBAGE SALAD, APPLE SAUCE, MUFFINS.

Potatoes Baked with Sausage

Prepare potatoes as for baking. Cut one or two holes thru them with a corer and stuff with link or bulk sausage. Place on a pie tin or dripping pan in a hot oven. Bake until tender and serve at once.

Other Menus with One Main Dish

1. Baked beans, cabbage slaw, pumpkin pie.
2. Spaghetti with cheese and tomatoes, pickles, fruit salad.
3. Chili con carne, crackers, fruit and cake.
4. Scalloped ham and potatoes, buttered beets, fruit cobbler.
5. Scalloped-cabbage-spaghetti-cheese, canned fruit and cookies.
6. Scalloped eggs, stewed tomatoes and celery, rice pudding with raisins.

Serving These Meals.—If possible have the plates served at the table. Since it is inconvenient to pass a casserole or large platter, the host or hostess may be persuaded to serve each member of the family with the main dish. The necessary number of plates will be directly in front of the person serving with the casserole or platter just above that. A large spoon is placed at the right. Plates may be passed back for second servings or the dish, which is then lighter and easier handled, may be passed.