

UNITED STATES FOOD ADMINISTRATION

FEDERAL FOOD BOARD OF NEW YORK



POTATO POSSIBILITIES

The potato, as truly as bread, may be called a "Staff of Life". It furnishes fuel for the body. It gives mineral salts which help to keep the blood in good condition. It is easily digested.

It is a good food all the time—but it is an especially good war time food for Americans, because the use of the potato means the saving of other foods which can be more easily shipped to our own troops and our Allies.

Since all families have potatoes "boiled, baked, mashed and fried", such recipes are not included in this pamphlet. The recipes given here are suggested as more unusual ways of preparation.

Use potatoes extensively!

POTATO CORN BREAD

Mashed potatoes, $1\frac{1}{2}$ cups (put through potato ricer, measure lightly, do not pack)
Cornmeal, 1 cup
Salt, 1 level teaspoon
Sweet milk, 1 cup
Syrup (or honey) 1 tablespoon
Baking powder, 4 teaspoons
Egg, 1
Fat, melted, 1 tablespoon

Beat egg slightly. Add milk, mashed potatoes and syrup. Sift together the baking powder, cornmeal and salt. Add liquids gradually to dry ingredients. Add melted fat. Bake in a moderate oven about 25 minutes.

Yield: One loaf, 8" x 5".

POTATO CORNMEAL ROLLS

Mashed potatoes, 1 cup
Cornmeal, 1 cup
Barley flour, $\frac{1}{2}$ cup
Baking powder, 4 teaspoons
Milk, 2 tablespoons
Fat, 2 tablespoons
Egg, 1
Salt, 1 teaspoon

Sift together the flour, cornmeal, baking powder and salt. To the beaten egg add milk and mashed potatoes. Cut fat into dry ingredients, add liquids gradually. Shape into rolls. Bake in a hot oven 12 to 15 minutes.

Yield: 12 rolls.

POTATO SPOON BREAD

Mashed potatoes, $\frac{3}{4}$ cup
Cornmeal, $\frac{3}{4}$ cup
Water, $1\frac{1}{2}$ cups
Fat, 1 tablespoon
Eggs, 2
Milk, $\frac{3}{4}$ cup
Salt, 2 teaspoons

Mix the cornmeal, salt, water and fat and boil 5 minutes. Beat eggs slightly, add milk and mashed potatoes. Combine with mush mixture. Beat well and bake in a greased baking dish for 40 minutes in a slow oven. Serve from the same dish with a spoon.

Yield: 8 servings.

POTATO STEAMED BREAD

Mashed potatoes, 2 cups
Barley flour, 1 cup
Cornmeal, 1 cup
Water or milk, $\frac{3}{4}$ cup
Soda, $\frac{1}{2}$ teaspoon
Baking powder, 1 teaspoon
Salt, 1 teaspoon
Molasses, $\frac{3}{4}$ cup

Mix and sift barley flour, cornmeal, soda, baking powder and salt. Combine mashed potatoes, milk and molasses and add to the dry ingredients. Stir well; fill greased molds two-thirds full. Grease covers and cover tightly. Steam three hours.

Yield: 6 one-half pound baking powder tins.

POTATO CORNMEAL MUFFINS

Mashed potatoes, 1 cup	Syrup, 1 tablespoon
Cornmeal, 1 cup	Baking powder, 4 teaspoons
Salt, 1 teaspoon	Sweet milk, 1 cup
Egg, 1	Melted fat, 2 tablespoons

Sift together the dry ingredients; to the slightly beaten egg, add the milk, syrup and mashed potato. Add liquids gradually to dry ingredients. Add melted fat, beat quickly, put into greased muffin tins and bake in a moderately hot oven about 25 minutes.

The egg may be omitted, if desired.
Yield: 10 muffins.

POTATO PANCAKES

Mashed Potatoes, 1 cup	Baking powder, 1 teaspoon
Barley flour, $\frac{1}{2}$ cup	Egg, 1
	Salt, 1 teaspoon

Sift together the flour, baking powder and salt. Add beaten egg to mashed potatoes. Add flour to potato mixture. Fry on hot griddle.
Yield: 15 pancakes.

POTATO CORNMEAL CRISPS

Mashed potatoes, $\frac{1}{2}$ cup	Salt, $\frac{1}{2}$ teaspoon
Cornmeal, $\frac{1}{2}$ cup	Fat, 1 tablespoon

Sift together the dry ingredients, cut in the fat, add mashed potatoes, making a dough which can be rolled very thin. Cut into diamond shapes and bake in a quick oven until golden brown. If desired, after rolling out the dough, sprinkle with grated cheese and paprika, making cheese straws.

Yield: 50 wafers, 2" x 2".

CORN AND POTATO CHOWDER

Fat, 1 tablespoon	Salt, $\frac{1}{4}$ teaspoon
Onion, 1, medium sized	Paprika, $\frac{1}{8}$ teaspoon
Potatoes, 4, diced	Pepper, dash
Corn, 1 cup	Milk, 3 cups
	Water, boiling, 1 cup

Brown the onion, sliced thin, in the fat; add seasonings, corn, boiling water and potato and cook until potato is soft. Add milk and more salt if needed. Bring to the boiling point and serve.

Yield: 6 servings.

POTATO OATMEAL SOUP

Potatoes, diced, 3 cups	Bay leaf, 1
Boiling water, 2 $\frac{1}{4}$ quarts	Thyme, 1 sprig
Rolled oats, 1 $\frac{1}{2}$ cups	Salt, $\frac{1}{2}$ tablespoon
Onions, chopped, 2	Pepper, $\frac{1}{4}$ teaspoon
	Carrots, diced, 1 $\frac{1}{2}$ cups

Add oatmeal gradually to boiling salted water, stirring constantly. Cook 30 minutes. Add potatoes, carrots, onions, pepper and seasonings and cook until the potatoes and carrots are soft and the soup thickened. Two cups canned tomatoes may be added if desired.

Yield: 10 servings.

STUFFED POTATOES

Medium sized potatoes, 3	Milk, $\frac{1}{4}$ cup
Salt, $\frac{1}{8}$ teaspoon	Pepper

Bake potatoes until they are tender. Cut into halves; remove the pulp; add seasonings and milk and beat until smooth. Fill potato shells with the mixture. Brush over with butter or milk; return to oven and bake for 10 minutes.

This dish may be varied by adding to the mashed potato mixture any of the following seasonings, before refilling the cases:

- $\frac{1}{2}$ cup grated cheese
- 1 pimiento put through potato ricer.
- $\frac{1}{2}$ cup chopped meat or fish. Smoked fish is desirable.

The potato case may be partially refilled with mashed potato, and an egg may then be dropped into the center of the case. This should be cooked until the egg is of the desired hardness.

Yield: 6 servings.

EGGS IN POTATO NESTS

Mashed potatoes, 4 cups, seasoned with salt and pepper	Eggs, 6
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Grease a large baking dish. Make six "nests" of the mashed potatoes; break an egg into the centre of each nest; sprinkle with salt and pepper. Set the baking dish in a pan of hot water and bake in a moderate oven until the egg is of the desired hardness.

Yield: 6 servings.

POTATO BALLS

Potatoes, small, 5	Salt, $\frac{1}{2}$ teaspoon
Egg yolk, 1	Pepper, $\frac{1}{8}$ teaspoon
Fat or olive oil, 1 $\frac{1}{2}$ tablespoons	Cheese, grated, $\frac{1}{4}$ cup
Parsley, chopped, 3 teaspoons	Egg, $\frac{1}{2}$, for dipping
	Cornmeal, $\frac{1}{4}$ cup (for crumbing)

Cook potatoes in boiling, salted water; drain and mash; add beaten egg yolk, cheese, parsley, salt and pepper and mix thoroughly. Let stand on board until cold (about 15 minutes). Roll into small balls; dip in cornmeal, egg and again in cornmeal. Saute in olive oil or fat in frying pan until golden brown.

Yield: 4 servings (3 balls apiece).

SAVORY POTATOES

Potatoes, 6
Onions, chopped, 2
Fat, 1 tablespoon
Salt, ½ teaspoon

Pepper, ¼ teaspoon
Water, ½ cup
Milk, ½ cup
Cheese, grated, ½ cup
Parsley, chopped, 1 tablespoon

Pare and slice the potatoes, add chopped onions, parsley, salt and pepper. Melt the fat in a saucepan, add the potato mixture. Pour in the water, cover tightly and cook gently for 20 minutes. Then add the milk and cook for another 15 minutes. Serve on a hot platter with the grated cheese sprinkled over the top.

Yield: 7 servings.

BAKED CREAMED POTATOES WITH CHEESE

Potatoes, diced, 3 cups
Milk, 1 cup
Water, ½ cup
Paprika, ½ teaspoon

Cheese, grated, 1 cup
Salt, 1 teaspoon
Cornstarch, 2½ tablespoons
Pepper
Fat, 3 tablespoons

Boil potatoes in skins, peel and dice. Melt fat, add cornstarch and allow to cook for 3 minutes. Add milk and water and cook until thickened, stirring constantly. Add seasonings and add ¾ cup grated cheese; add potatoes, put into greased baking dish and sprinkle with ¼ cup grated cheese. Bake in a moderate oven about 20 minutes, until cheese browns.

Yield: 8 servings.

POTATO SAUSAGES

Mashed Potatoes, 1 cup
Meat, fish, or nuts, 1 cup (chopped)
Egg, well beaten, 1

Pepper, ½ teaspoon
Salt pork, bacon or drippings
Chopped onion, 1 tablespoon
Salt, 1½ teaspoons

Mix the mashed potatoes, seasonings and chopped meat. Add ½ of the beaten egg. To the other half of the egg add 1½ tablespoons water. Form the potato mixture into cakes, like sausages; dip into cornmeal; dip into egg to which water has been added; dip again in cornmeal. Fry in drippings, or brown in oven with bacon.

Yield: 12 "sausages."

POTATO FISH BALLS

Potatoes, 4, medium sized
Codfish, 1¼ cups, shredded
Egg, 1

Salt (if needed)
Pepper
Fat, 2 teaspoons

Pare and boil the potatoes. Rinse the fish in cold water and press in a fine strainer to remove excess moisture. Cook potatoes until soft; drain, dry and mash. Add fish, fat, beaten egg and seasonings. Shape into cakes and fry.

Yield: 12 cakes.

SCALLOPED POTATOES AND HAM

Potatoes, 6
Pepper

Ham, ¾ pound
Milk, 1 pint

Pare and slice the potatoes. Cut ham into pieces suitable for serving. Place ham in bottom of casserole, lay potatoes on top. Sprinkle with pepper and add the milk. Cover and bake very slowly in the oven until potatoes are soft.

Yield: 4 large servings.

PAPRIKOSH

Potatoes, diced, 2 cups
Fish (haddock or other fish) ½ pound
Onion, sliced, 2 tablespoons
Parsley, chopped, 2 teaspoons

Fat or Olive Oil, 2 tablespoons
Salt, ½ teaspoon
Paprika, ½ teaspoon
Water, 1½ cups

Brown onion in fat; add diced potatoes and brown. Add fish, boned, and cut into small bits. Mix well together; add parsley, seasonings and water and cook for about 20 minutes. Serve with a garnish of sliced lemon.

Yield: 5 servings.

POTATO STUFFING

Mashed potatoes, 3 cups
Fat, ¼ cup
Egg, 1

Salt, 1 teaspoon
Sage, ½ teaspoon
Onion, finely chopped 3 tablespoons
Milk, ¼ cup

Brown onion in fat. Add sage, seasonings, mashed potatoes, egg, slightly beaten, and milk. Mix well. Use for stuffing fowl, fish or meat roll.

AMERICAN CHOP SUEY

Potatoes, diced, medium sized, 3
Rice, ½ cup
Fat, 2 tablespoons

Onion, chopped, 1
Beef, chopped, ½ pound
Tomatoes, 1½ cups

Boil the rice in salted water for ten minutes. Add potatoes and cook until rice and potatoes are soft. Drain. Brown the onion in the melted fat. Add the meat and cook until brown. Add rice and potatoes. Put into a baking dish and bake in a moderate oven until brown. (Left over cooked rice and meat may be used.)

Yield: 7 servings.

FISH PIE

Mashed potatoes, 2 cups
Cooked flaked fish, 2 cups
Canned tomato, 1¼ cups
Fat, 1 tablespoon

Onion, chopped, 2 tablespoons
Green pepper, ½
Salt, ½ teaspoon
Paprika, ½ teaspoon
Barley flour, 1 tablespoon

Melt fat, add onion and cook until golden brown. Add flour, stir until well blended. Add tomato, cook until thickened; put through a coarse sieve; add to flaked fish and diced green pepper, which has been parboiled. Cover the top with mashed potato, brush with melted fat or milk and cook in a hot oven about 15 minutes, until browned.

Yield: 5 servings.

POTATO SALAD

Potatoes, 3
Onion, 1
Oil, 3 tablespoons
Vinegar, 1 tablespoon
Salt, $\frac{1}{4}$ teaspoon

For Dressing:
Cornstarch, $\frac{1}{2}$ tablespoon
Syrup, 1 tablespoon
Paprika, $\frac{1}{4}$ teaspoon
Salt, $\frac{1}{2}$ teaspoon
Mustard, 1 teaspoon
Vinegar, $\frac{1}{2}$ cup
Milk, or thin cream, $\frac{1}{2}$ cup

Cook potatoes in skins until tender; peel, dice and add to mixture of vinegar, oil, onion and salt. Allow to stand 20 minutes, or longer.

For dressing, mix cornstarch, seasonings, syrup and vinegar, and cook directly over the fire until boiling. Cook over hot water 20 minutes. Add milk or cream, cook until thickened. Chill. Add to potatoes.

This salad may be varied by the addition of any of the following ingredients: Hard cooked eggs, chopped olives, pickles, or pimientos, nuts, celery, or smoked fish.

Any other salad dressing desired may be used.

POTATO CORNMEAL GINGERBREAD

Mashed potatoes, 1 cup
Cornmeal, $\frac{3}{4}$ cup
Barley flour, $\frac{3}{4}$ cup
Soda, 1 teaspoon
Salt, $\frac{3}{4}$ teaspoon
Ginger, 2 teaspoons

Cinnamon, 1 teaspoon
Cloves, $\frac{1}{2}$ teaspoon
Sour milk, $\frac{1}{2}$ cup
Molasses, 1 cup
Fat, 2 tablespoons
Egg, 1

Sift together the dry ingredients. Combine the mashed potatoes, molasses, melted fat, milk and beaten egg. Add the liquid ingredients to the dry, stir well. Turn into a greased shallow pan. Bake in a moderate oven about 25 minutes.

Yield: One, 9" x 9" tin.

POTATO SPICE CAKE

Mashed potatoes, $1\frac{1}{2}$ cups
Barley flour, 2 cups
Cornmeal, 1 cup
Cloves, $\frac{1}{4}$ teaspoon
Ginger, 1 teaspoon
Cinnamon, 1 teaspoon

Soda, 1 teaspoon
Cocoanut, shredded, 1 cup
Eggs, 2
Fat, melted, $\frac{1}{2}$ cup
Corn syrup, dark, $\frac{3}{4}$ cup
Salt, $\frac{1}{4}$ teaspoon

Molasses, $1\frac{1}{4}$ cups

Sift together cornmeal, flour, spices, salt and soda. Add cocoanut. Mix the mashed potato, beaten eggs, melted fat, syrup and molasses and add to the dry ingredients. Mix well, half fill greased muffin cups and bake in a moderate oven for about 25 minutes.

Yield: 28 cup cakes.

POTATO SPICE PUDDING

Mashed potatoes, $1\frac{1}{2}$ cups
Corn bread crumbs, $\frac{1}{2}$ cup
Milk, $1\frac{1}{2}$ cups
Molasses, $\frac{1}{2}$ cup

Raisins, $\frac{1}{2}$ cup
Salt, $\frac{1}{2}$ teaspoon
Nutmeg, $\frac{1}{2}$ teaspoon
Cinnamon, $\frac{1}{4}$ teaspoon

Cloves, $\frac{1}{2}$ teaspoon

Soak the crumbs in milk until soft. Add the potato, molasses, salt, spices and raisins. Bake in a moderate oven, stirring occasionally at first. Serve with cream or pudding sauce.

Yield: 6 servings.

STEAMED POTATO PUDDING

Mashed potatoes, 1 cup
Egg, 1
Molasses, $\frac{1}{2}$ cup
Syrup, $\frac{1}{2}$ cup
Milk, $\frac{3}{4}$ cup

Cornmeal, $\frac{3}{4}$ cup
Barley, $\frac{1}{2}$ cup
Salt, $\frac{1}{2}$ teaspoon
Raisins, chopped, 1 cup
Soda, 1 teaspoon

Mix the mashed potatoes and beaten egg; add molasses, syrup and milk. Sift cornmeal, barley, salt and soda together, add raisins and combine with the first mixture. Pour into well greased molds. Cover and steam two hours.

Yield: 4 one-half pound baking powder tins.

BAKED CHOCOLATE POTATO PUDDING

Mashed potatoes, 1 cup
Corn syrup, $1\frac{1}{4}$ cups (or Corn syrup, $\frac{3}{4}$ cup and Maple Syrup or honey, $\frac{1}{4}$ cup)
Fat, $\frac{1}{4}$ cup
Milk, 2 tablespoons
Egg, 1
Cinnamon, 1 teaspoon

Cloves, $\frac{1}{2}$ teaspoon
Chopped walnuts, $\frac{1}{4}$ cup
Barley flour, 1 cup
Cornmeal, $\frac{1}{4}$ cup
Baking powder, 4 teaspoons
Chocolate, melted, 1 square
Salt, $\frac{1}{4}$ teaspoon

Add the sweetening, egg and milk to the potato. Sift all the dry ingredients and add them to the first mixture. Add melted fat and nuts. Add chocolate melted over hot water. Beat well. Bake in greased shallow pan about 25 minutes in a moderate oven. Serve with cream or pudding sauce.

Yield: 7 servings.

POTATO DROP COOKIES

Potatoes, mashed, $1\frac{1}{2}$ cups
Rye flour, $1\frac{3}{4}$ cups
Baking powder, 2 teaspoons
Cinnamon, $1\frac{1}{2}$ teaspoons
Cloves, $\frac{3}{4}$ teaspoon

Nutmeg, $\frac{3}{4}$ teaspoon
Sugar, $1\frac{1}{4}$ cups
Fat, $\frac{3}{4}$ cup
Raisins, chopped, $\frac{1}{2}$ cup
Rolled oats, $\frac{3}{4}$ cup

Cream the fat; add sugar gradually until well blended. Sift together the flour, baking powder and spices, add oatmeal. Add mashed potatoes to sugar and fat mixture; add dry ingredients and raisins. Beat well, and drop mixture by teaspoonfuls on greased baking sheet. Bake in a moderately hot oven about 15 minutes. These cookies are better if not kept too tightly covered. Barley flour may be used instead of rye flour.