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 1/2 cups (put through potato ricer, measure lightly, do not pack)
Cornmeal, 1 cup
Salt, 1 level teaspoon


Yield: One loaf, 8 x 5.5

POTATO CORNMEAL ROLLS

Mashed potatoes, 1 cup
Cornmeal, 1 cup
Barley flour, 1/2 cup
Baking powder, 4 teaspoons

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, 3/4 cup
Cornmeal, 3/4 cup
Water, 1 1/2 cups
Fat, 1 tablespoon

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, 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  
Cornmeal, 1 1/4 cup  
Salt, 1 teaspoon  
Egg, 1

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  
Barley flour, 1/4 cup  
Salt, 1 tablespoon  
Fat, 1 tablespoon

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

Yield: 16 pancakes.

POTATO CORNMEAL CRISPS

Mashed potatoes, 1/2 cup  
Cornmeal, 1/2 cup  
Salt, 1/2 teaspoon  
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

Potatoes, 4, diced  
Onion, 1 medium sized  
Pepper, 1/2 teaspoon  
Bay leaf, 1

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

Medium sized potatoes, 3  
Salt, 1/2 teaspoon  
Pepper, 1/2 teaspoon

Bake potatoes until they are tender. Cook until done; 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:

1/2 cup grated cheese
1 plumeto put through potato ricer
1 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.

STUFFED POTATOES

Mashed potatoes, 4 cups, seasoned with eggs, 6

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:

1/2 cup grated cheese
1 plumeto put through potato ricer
1 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

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  
Egg yolk, 1  
Fat or olive oil, 1 1/2 tablespoons  
Parsley, chopped, 3 teaspoons

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 in cornmeal, egg and again in cornmeal. Bake in a frying pan until golden brown.

Yield: 4 servings (3 balls apiece).
SAVORY POTATOES
Potatoes, 6
Onions, chopped, 2
Fat, 1 tablespoon
Salt, 1/2 teaspoon
Pepper, 1/2 teaspoon
Water, 1/2 cup
Milk, 1/2 cup
Cheese, grated, 1/2 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, 1/2 cup
Paprika, 1/2 teaspoon
Salt, 1 teaspoon
Cornstarch, 1/2 teaspoons
Cheese, grated, 1 cup
Pepper, 1/2 teaspoon

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 1/2 cup grated cheese; add potatoes, put into greased baking dish and sprinkle with 1/2 cup grated cheese. Bake in a moderate oven about 20 minutes, until cheese browns.

Yield: 8 servings.

POTATO SAUSAGES
Meat, fish, or nuts, 1 cup (chopped)
Egg, well beaten, 1
Salt, 1 1/2 teaspoons
Pepper, 1/2 teaspoon

Mix the mashed potatoes, seasonings and chopped meat. Add 1/2 of the beaten egg and the mixture into the rest of the egg; add 1/2 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, 1 1/4 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: 4 large servings.

SCALLOPED POTATOES AND HAM
Potatoes, 6
Pepper
Ham, 1/4 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) 1/4 pound
Onion, sliced, 2 tablespoons
Parsley, chopped, 2 teaspoons
Salt or Olive Oil, 2 tablespoons
Paprika, 1/2 teaspoon
Water, 1 1/2 cups

Cooked 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, 1/4 cup
Egg, 1
Salt, 1 teaspoon
Sage, 1/2 teaspoon
Onion, finely chopped 3 tablespoons
Milk, 1/4 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, 1/4 cup
Fat, 2 tablespoons
Onion, chopped, 1
Beef, chopped, 1/2 pound
Tomatoes, 1/2 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: 5 servings.

FISH PIE
Mashed potatoes, 2 cups
Onion, chopped, 2 tablespoons
Green pepper, 1/4
Salt, 1/2 teaspoon

Cooked flaked fish, 2 cups
Paprika, 1/2 teaspoon

Canned tomato, 1 1/4 cups
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**

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 hot water until thickened. Cool over hot water 20 minutes. Add milk or cream, cool until thickened. Chill. Add to potatoes.

This salad may be varied by 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 CORNEAL GINGERBREAD**

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: 20 cup cakes.

**POTATO SPICE CAKE**

Sift together cornmeal, flour, spices, salt and soda. Add cocoa nut. Mix the mashed potatoes, 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: 20 cup cakes.

**POTATO SPICE PUDDING**

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**

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**

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**

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 and add the 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.

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**FOR DRESSING**

- 1 cup Cornstarch, 3 tablespoon
- 1 cup Syrup, 3 tablespoon
- 1 cup Paprika, 4 teaspoon
- 1 cup Salt, 4 teaspoon
- 1 cup Mustard, 1 teaspoon
- 1 cup Vinegar, 1 cup
- 1 cup Milk, or thin cream, 1 cup

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**WITH BARLEY FLOUR**

- 1 cup Barley flour, 1 cup
- 1 cup Salt, 1/2 teaspoon
- 1 cup Sugar, 1/2 cup
- 1 cup Raisins, 1/2 cup
- 1 cup Rolled oats, 1/2 cup

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**WITH RYE FLOUR**

- 1 cup Rye flour, 1 cup
- 1 cup Baking powder, 2 teaspoons
- 1 cup Cinnamon, 1/2 teaspoon
- 1 cup Cloves, 1/2 teaspoon
- 1 cup Salt, 1/2 teaspoon
- 1 cup Sugar, 1 teaspoon
- 1 cup Raisins, 1/2 cup