

#5325

WAR RELOCATION AUTHORITY
SAN FRANCISCO REGIONAL OFFICE
SERVICE OF SUPPLY
1231 Market Street
San Francisco, California
Telephone Klondike 2-2300

GUIDE FOR MEAL PLANNING

This booklet has been compiled with the co-operation of our Health Section for the use of the Chief Stewards, Chefs and their Assistants. A copy of this guide together with the 30 day menu should be kept in a convenient place in each kitchen. It should prove of value to all the personnel concerned with feeding.

Constructive criticism and suggestions that will improve this very important division will be gladly received. When a good proven idea is offered we should all co-operate and test its advantages.

Smooth efficient kitchen operation is attained by complete co-operation of all concerned and pays dividends in better feeding and higher morale.

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ABBREVIATIONS

tsp.-- teaspoon	oz -- ounce
Tbsp-- Tablespoon	lb -- pound
c.--cup	pk -- peck
pt.--pint	pkg-- package
qt.--quart	

EQUIVALENTS

4 teaspoons (silver)..(silver)..1 Tablespoon	4 Tablespoons peper..1 ounce
3 teaspoons (kitchen).(kitchen).1Tablespoon	2-1/8 Tablespoons salt.1 ounce
16 Tablespoons.....1 Cup	2 cups salt.....1 pound
	1 bushel salt.....56 pound
2 cups.....1 pint	3 1/2 Tablespoons baking powder
2 pints.....1 quart	1 ounce
4 quarts.....1 gallon	1 cup baking powder.,5 1/2 ounce
8 quarts.....1 peck	2 1/4 Tablespoons cinnamon,
2 1/2 pecks.....1 basket	ground.1 ounce
	2 1/2 Tablespoons ginger, ground
4 pecks.....1 bushel	1 ounce
16 ounces.....1 pound	1 bushel potatoes...60 pounds
4 tablespoons flour.....1 ounce	1/8 peck potatoes..... 7 1/2 pounds
4 cups flour.....1 pound	2 cups beans, peas, dried
196 pounds flour.....1 barrel	1 pound
2-2/3 cups cornmeal.....1 pound	2 cups peas, split...1 pound
4 cups oatmeal.....1 pound	1 bushel peas, split.60 pound
3 cups cornstarch.....1 pound	1 bushel beans, peas, dried
1 quart crumbs, bread, fresh....7 ounces	60 pound
1 quart crumbs, dried, bread....14 ounces	3 cups macaroni..... 1 pound
3 cups tapioca, granulated.....1 pound	2 cups rice..... 1 pound
2 tablespoons sugar, graunlated 1 ounce	2 1/2 cups apricots, dried
	1 pound
2 cups sugar.....1 pound	3 cups currants.....1 pound
2-2/3 cups sugar, brown or	2 1/2 cups peaches, dried 1 pound
powder.....1 pound	2 1/2 cups prunes.....1 pound
	3 cups raisins.....1 pound
2 cups butter.....1 pound	
2 tablespoons butter..... 1 ounce	
2 cups lard.....1 pound	24 lemons, juice.....1 quart
5 cups suet, chopped.....1 pound	14 oranges, juice.....1 quart
4 cups meat, finely chopped.....1 pound	
8 eggs, medium size, in shell...1 pound	
10 eggs, medium size, broken....1 pound	
8 egg whites.....1 cup	
16 egg yolks.....1 cup	
30 doz. e ggs.....1 crate	
2 cups cocoa.....1/2 pound	
4 cups coffee.....1 pound	

OUTLINE OF DAILY SCHEDULE FOR MEAL PLANNING

1. 1 pint of milk per person per day all purposes.
2. Rice - every day - noon meal and 5 evening meals per week.
3. Potatoes - at least twice weekly.
4. Vegetables - green, yellow, or other - at least once a day. Under rather than overcooked.
5. Leafy vegetables and raw cabbage should be served several times a week. Tomatoes, canned or fresh, when in season in some form daily.
6. Fruit - in some form at least daily. Raw fruit as often as possible.
7. Meat, eggs or fish - twice a day.
8. Eggs - at least twice a week.
9. Enriched bread or whole grain cereal served daily.

SUGGESTIONS FOR VARYING DIETS

1. Serve daily at least one dish that has not been served for some time.
2. If you must serve the same dessert, use a different sauce.
If you must serve the same meat, use a different vegetable, or serve the potatoes another way.
3. Be sure that dishes made from left-overs are adequately seasoned.
4. That bit of left-over vegetable may make a cabbage salad taste better, and go further.
5. Left-over dried fruits, if chopped up, may be added to gelatin, rice or tapioca desserts, or cooked up with sugar and water into a delicious sauce for hot biscuits, cottage pudding, boiled rice, bread pudding, or made into a spread for bread.
6. Salads should be cold, well seasoned and attractively served. Small servings may be used as a relish to "pep-up" a meal.
7. Vary the bread - using quick breads, rolls, muffins, cornbread. A whole grain bread once a day is a good rule.
8. Each unit should have at least one day per week for utilizing all left-overs, preferably Wednesday or Thursday.

SUGGESTIONS FOR USING LEFT-OVER FOOD

Meat, Spaghetti, Rice or Noodle combinations
Meat and Vegetable Pie
Hash
Meat Loaf
Meat ground for Sandwich Spread
Croquettes (Left-over Rice can be utilized with meat this way.)
Stew with large quantities of vegetables
Ground Meat and Potato Cakes
Fist Loaf Patties, or Cakes
Vegetable Salads
Vegetable combinations such as:
 Celery, carrots, turnips and bean sprouts
 Peas and carrots
 Peas and potatoes
 Vegetable Hash
 Italian Squash, Onions and Tomatoes
 Tomatoes, Onions and White Radishes (Daikon)

Scalloped Tomatoes with Rice
Scalloped Lima Beans using left-over tomatoes and Limas
Vegetable Plate
Rice Pancakes
Macaroni, green and onion salad
Potato, Onion or Kombu vegetable soup
Any Creamed Rice and Fish Soup
Fried Cornmeal Mush served with Syrup
Scrabled Eggs and Tomato on Toast
Fruit for Fruit Salad
 Pie Filling
 Pudding
Cup Cakes or Cake for Pudding
Oatmeal Pudding

SUGGESTED COLD LUNCH

Choice of sandwiches (see list below)
Fresh fruit, tea, cocoa or milk
Cake, cup cake, cookies or pie

SUGGESTED SANDWICHES

Luncheon Meat, mustard or relish, bread and butter	Tongue, mustard or relish Bread and Butter
Liverwurst, lettuce, mustard rye or graham or white bread and butter	Jam or Jelly, Bread and Butter
Corned Beef, mustard, or relish rye or graham or white bread and butter	Deviled Egg, Bread and Butter
Cheese, mustard, or relish rye or graham or white bread and butter	Deviled veal - using left-over veal, bread and butter
Lettuce, tomato, mayonnaise bread and butter	Deviled beef - using left-over beef, bread and butter
Left-over baked beans, mustard or catsup, bread and butter	Deviled ham - using left-over ham, bread and butter
Peanut Butter, lettuce, bread bread and butter or peanut butter, Jelly or Jam and Bread and Butter	Cold Roast meat, using left-over relish, Bread and Butter
	Flaked Salmon, chopped celery, Mayonnaise, lettuce, lemon juice, Bread and Butter

NOTE: As sandwich service can increase the dinner cost to some extent, therefore, use left-over meats, beans or combinations of meat, seafoods and other sandwich fillings whenever possible.

It is well, also to give a choice of sandwiches with one of the less inexpensive fillings along with meat or egg sandwiches. The cheaper fillings are: Peanut Butter, Jam, Lettuce and Tomato, Plain Lettuce with mayonnaise, Deviled Meat, using left-over beef, run through a food chopper and combined with relish, mayonnaise, or catsup, and Baked Bean Sandwiches made from left-over baked beans.

CEREALS

CEREAL TIME TABLES

<u>*Cereal</u>	<u>Amount</u>	<u>Yield</u>	<u>Cooking Time</u>	<u>General Directions</u>
Cornmeal	1 cup	6 cups	45 minutes	Mix cornmeal, salt and cold water in a pan. Cook over the flame stirring constantly. Cook over boiling water. Proportions: 1 cup Cereal to 6 cups of water.
Farina Cream of Wheat	1 cup	5-6 cups	20 minutes	Gradually add cereal to boiling, salted water stirring constantly for five minutes. Cook over boiling water. Proportion: 1 cup Cereal to 5 cups of water.
Oatmeal Quick cooking	1 cup	3-4 cups	20 minutes	Stir oatmeal until the boiling, salted water cooks over flame ten minutes, Cook over boiling water. Proportion: 1 cup of cereal - 3 cups of water.
Rice	1 cup	4 cups	35-45 minutes	Wash Rice to remove loose starch. Place rice, water and salt in a covered kettle over a moderate fire; when water heats vigorously reduce flame as low as possible or set back on stove if it is one of wood or coal. At the end of forty minutes all of the water should be absorbed. Proportion: 1 cup of cereal to $1\frac{1}{2}$ cups of water.
Macaroni	1 cup	4 cups	10-20 minutes	Cook in boiling salted water. If it is to be served hot, pour hot water over cooked macaroni to remove excess starch; if it is to be served cold, use cold water.
Wheat	1 cup	4-5 cups	45-60 minutes	Stir cereal into boiling salted water and cook for 5 minutes. Allow to soak in this water over night. Cook over boiling water 1 to 4 hours. Longer soaking develops a fine flavor. Proportion: 1 cup cereal to 4 cups of water.

* Short period cookery of cereal is possible but it improves with longer cooking.

DIRECTIONS AND TEMPERATURE CHART FOR ROASTING MEAT

Wipe roast with damp cloth. Season roast before or after cooking as desired.

Roast beef, lamb and pork in open pan. Roast veal in closed pan, cover with a paste of flour and fat or lard it with salt pork or bacon. (Veal has a tendency to become dry as it is deficient in fat and can be protected by covering or larding.)

Because meat will continue to cook after it has been removed from the oven, the degree of doneness should be decided upon beforehand so that the roast will not be overdone when served.

Roasts cut to better advantage when cooled before carving. It is well to remember this when serving roast meat. Cool before carving to get the greatest number of servings per pound.

To prevent an excessive loss of weight from shrinkage during roasting, roast meat according to the following chart at the listed temperatures.

CHART FOR ROASTING MEAT

<u>Kind of Meat</u>	<u>Time</u>	<u>Temperature</u>
Roasts:		
Veal	30 minutes per pound	325 degrees Farenheit
Lamb	30 minutes per pound	325 degrees Farenheit
Pork	30 minutes per pound	350 degrees Farenheit
Beef-Rare	For 20 minutes 20 minutes per pound	400 degrees Farenheit 250 degrees Farenheit
Beef-Medium	For 20 minutes 25 minutes per pound	400 degrees Farenheit 250 degrees Farenheit
Beef-Well-Done	For 20 minutes 30 minutes per pound	400 degrees Farenheit 250 degrees Farenheit

For Pot Rasting -- Top Stove Cooking -- Cook meat 35 minutes to the pound
at simmering Temperature

BEVERAGES

COFFEE

Perfect cleanliness of everything used in the making of coffee is essential.

Coffee bags and filters must be changed frequently. Urns, pots, etc., must be immaculate.

Coffee deteriorates rapidly and must not be made more than 15 minutes before serving time.

TEA

LEMONADE

12 ounces lemon juice to 1 gallon of water. (12 medium sized lemons)

1 pound sugar to 1 gallon of water.

BUTTERMILK

Buttermilk makes an excellent beverage especially when it can be purchased inexpensively in the locality.

COCOA

1 pound of cocoa to 8 gallons of liquid as follows:

2 quarts of cold water added to cocoa

10 quarts of hot water added to cocoa and cold water mixture

20 quarts of hot milk

4 pounds of sugar

MILK CANNED -- TO FRESH

Equal parts of canned evaporated milk and water to which has been added a pinch of salt and a few drops of vanilla extract will make a palatable drink. From a food value standpoint this is comparable to whole fresh milk.

HANDLING VEGETABLE AND FRUITS BEFORE COOKING

Use green and succulent vegetables as soon as possible after buying them in the market or gathering them in your own garden, in order to conserve their full vitamin content as well as their garden-fresh flavor.

Order fresh, green vegetables from day to day if practicable, from a dealer you can depend on -- for there is a gradual loss of vitamin C and the B vitamins when they are allowed to stand at ordinary temperatures. The vitamin C losses are most serious and most rapid, especially in non-acid vegetables -- and these include practically all vegetables except tomatoes. Fruits are not so much of a problem, for they contain sufficient acid to conserve their vitamin C content.

Handle fresh vegetables gently, just as you handle fresh fruits, for bruising causes rapid losses of vitamin C. Wash and store in the refrigerator, close-covered, to cut down vitamin losses. Don't let greens and salad things soak in cold water. Wash them quickly but thoroughly, and put them in a covered pan in the refrigerator to crisp. Don't pare and cut up your vegetables for dinner before you go to your afternoon relief.

Shell green peas or lima beans just before time to cook; they retain their vitamin C much better in the pods, in a cold place.

Start frozen vegetables cooking while they are still frozen, following directions on the package, as considerable vitamin C is lost when they are thawed in air. If frozen fruits are to be served uncooked, thaw them just before serving.

POTATOES AND ROOT VEGETABLES

Potatoes and other root vegetables likewise should be prepared just before cooking time. Cooking in their skins conserves the greatest amounts of vitamins and minerals, but is not always practical. If potatoes are to be pared, do pare them as thinly as possible,--and don't let them stand in cold water afterward. Carrots may be well scrubbed with a stiff vegetable brush, rather than pared or scraped; parsnips may be scrubbed before cooking, and the skins slipped off after boiling. Cut carrots, parsnips, and other "long" vegetables lengthwise rather than in slices; they are long-celled, and so there will be less "bleeding" of nutriment into the cooking water if they are cut in that manner.

Cabbage, carrots, or other vegetables that are to be shredded or cut fine for cooking or for using in salad or slaw should be cut immediately before using, for shredding exposes innumerable cut surfaces to the air, hastening destruction of vitamin C. If for salad, the acid dressing should be added at once and mixed well, for acid (lemon juice or vinegar) helps to prevent destructive oxidation. Everyone knows that adding lemon juice, pineapple juice or other acid juice to diced apples, pears, bananas and other fresh fruits will prevent them from darkening; it will at the same time cut down loss of vitamin C.

COOKING TO SAVE VITAMINS

When it comes to cooking fresh vegetables and fruits, the two-fold aim is (1) to prevent undue destruction of vitamin C by heat and air (oxidation) and (2) to avoid wasting the water-soluble minerals and vitamin C, and the "B" group--thiamin, ribloflavin, nicotinic acid, etc.

It is not necessary to use large amounts of water, however. Start with barely the amount of rapidly boiling lightly salted water that you think will be sufficient to cook the vegetable, but that will have almost entirely cooked away by the time it is done.

Nutrition authorities are now advising that spinach be cooked in a little extra boiling salted water, rather than in just the water which clings to the leaves. Cook briefly, drain, and discard the liquid. Season the cooked greens as desired, adding lemon juice at the last moment to prevent unpleasant color changes which the presence of acid causes in green vegetables.

For red vegetables, such as red cabbage, and beets the opposite holds true. They need acid in order to keep their color, while the green vegetables resent it. Adding a little lemon juice or vinegar, or even a diced tart apple while the vegetable is cooking will keep the color a pleasing red.

Don't add soda to green vegetables to keep them green. This alkaline salt, beneficial as it is for so many other purposes, destroys vitamins C and B1 (thiamin). Cooking the vegetable uncovered keeps the desired color, and so the use of soda is unnecessary.

DON'T OVER-COOK

Far too many cooks have a tendency to cook the life out of succulent vegetables. They should be considered done when they are barely tender, but still a little crisp and firm when chewed. Potatoes and other starchy vegetables, of course, need to be cooked until no raw taste remains--and they need to be cooked in more water than the others require.

Don't, however, cook potatoes until they go to pieces in the water, for they lose excessive quantities of vitamins and minerals when that happens.

Don't use long cooking processes when shorter ones are feasible. When you do make stew or vegetable soup, or prepare an old-fashioned "boiled dinner", follow the new-fashioned dictates of nutrition authorities: Add each vegetable just long enough before serving time so that it will be cooked tender but not soggly over-done and strong in flavor.

DON'T keep hot cooked vegetables standing a minute longer than necessary before serving. Time their cooking so that they "come out even" with other foods for the meal. If for any reason they must be kept waiting for some time after cooking, set them off to cool, then reheat them quickly just before serving. This is important!

AVOID LEFT-OVERS

After standing in the refrigerator a day or two, vegetables are of much less value from the vitamin standpoint than when freshly cooked. Tomatoes, cooked or fresh, are an exception to this generality. Their high acid content acts as vitamin C insurance, and they can be kept for several days without great loss. Fruits likewise, being acid, retain their vitamin C longer than do non-

acid vegetables.

We have said that it is bad nutritionally--or vitaminly!--to add soda to green vegetables. Neither should it be added to tomatoes when making tomato soup. Simply stir the cold tomatoes slowly into the cold milk, heat gently, season, and serve at once.

DO RIGHT BY CANNED FOODS

Vegetables and fruits canned commercially ordinarily retain more of their vitamin content than home-canned foods because air is more completely excluded during the commercial canning process than is possible under home conditions. The liquid in the cans contains a good proportion of water-soluble vitamins and minerals, and so should by all means be eaten, in one form or another. Don't destroy the vitamin values of canned foods by over-cooking them after removing them from the cans. Heat as briefly and quickly as possible to conserve the vitamins most successfully.

Canned fruits offer no problem, because the syrup is eaten with the fruit. In the case of canned vegetables, one of the most practical ways of utilizing the liquid is to drain it into a saucepan and boil it down about half, then add the vegetable itself, heat quickly, season, and serve.

The oily liquid in cans of tuna, salmon, or sardines carries vitamins A and D. Use it in making fish loaf, sauces or dressings.

Evaporated milk provides the values of whole milk in a convenient and inexpensive form. Diluted one-half with water it is the equivalent of fresh whole milk. In some cases it can well be used without diluting, thus doubling the quantity of calcium, and of vitamin A and some of the B vitamins, in the finished dish.

WHAT ABOUT OTHER FOODS?

So far as fresh foods other than vegetables and fruits are concerned, only a word or two need be added.

The advice against over-cooking given previously holds true for meats also, with the exception of fresh pork, which must be thoroughly cooked to avoid danger of the disease trichinosis, which comes from eating under-done pork. It is better to accept some destruction of vitamin B1 (of which pork is a rich source) than to risk serving this particular type of meat under-cooked.

To accomplish both these aims, follow this one big general rule:

*COOK QUICKLY, AS SHORT A TIME AS POSSIBLE,

*USING AS LITTLE WATER AS POSSIBLE -- MAKE

*USE OF COOKING WATER WHERE IT IS PALATABLE

You don't need special equipment to carry out these simple recommendations. You can do it with whatever kind of stove and whatever kind of ordinary kettles and saucepans you are in the habit of using. (Unless you are in the habit of cooking in copper! The presence of copper in any amount speeds up the destruction of vitamin C.)

Not only do you conserve the vitamins and minerals in your fresh vegetables and fruits by following the rule--the vegetables you serve will be at their best so far as color, flavor, and texture are concerned, too! That is an important point--for there would be no sense in conserving nutritional elements in foods if the foods themselves turned out to be unappetizing, tasteless messes!

USE AS LITTLE WATER AS POSSIBLE

When you drown vegetables in large quantities of boiling water, you draw out of them extra-large amounts of the water-soluble C and B vitamins and minerals. And then, invariably, you take the kettle to the sink and drain off all that water with all these vitamins and minerals.

On the other hand, if you start vegetables cooking in very little water, so that when they are tender there are just a few spoonfuls of liquid left on them, it is easy to make use of that richly flavored and highly valuable liquid. You may simply add a little salt and pepper, and serve "as is" Or, you may make a slightly thicker-than-usual cream sauce and pour over the undrained vegetable, and let the remaining liquid thin the sauce to proper consistency.

In the case of mild-flavored vegetables, if you wish to serve them fairly "dry", drain off the liquid into a jar, cover, and put it in the refrigerator where you will see it next time you prepare a meal. Use it! Add it to something--practically any type of gravy or soup will be all the better for its inclusion. Of course, if the cooking liquid is unpalatable, it's better to discard it than to try to use it. The water in which cabbage or other strong-flavored vegetables has cooked contains disagreeable sulphur compounds, and the water in which spinach has been cooked contains objectionable compounds of oxalic acid.

TO COOK SHREDDED VEGETABLES

A form of almost-waterless cooking is excellent to use in cooking shredded or diced flavored succulent vegetables. Put about one-gallon water into the pan, a little oil, or other fat, and heat to boiling. Add the freshly-diced or shredded vegetable, salt lightly, cover tightly, and cook just until tender 10 to 20 minutes will be ample for most vegetables.

GUIDE FOR PLANNING MENUS

<u>ITEM OF FOOD</u>	<u>FREQUENCY OF SERVING</u>
<u>Cereals</u>	
Cracked Wheat) Rolled Oats) Cornmeal) Rice)	-----5 times a week
Cornflakes	-----1 time a week
<u>Cheese</u>	
American	-----To serve in combination with other foods or sliced.
<u>Eggs</u>	-----1/3 dozen per man per week (2 servings of 2 eggs per man - balance used in cooking.)
<u>Breakfast Meats</u>	
Bacon	-----2 - 2 oz. servings per week
Ham	-----2 - 3 oz. servings per week
Sausage	-----Breakfast service once a week
<u>Butter</u>	-----1/8 lb. per man per week
<u>Bread Spreads</u>	
Peanut Butter) Jelly) Jam)	-----Work into Menu for bread spread.
<u>Fruit - Fresh</u>	
Apples	-----1 time a week
Bananas	-----1 time a week
Oranges	-----1 time a week
Grapefruit	-----2 times a month
<u>Fruit - Dried</u>	
Prunes) Figs) Apricots)	-----4 times a week

TO KEEP GREEN THINGS GREEN

For green peas, green string beans, broccoli, and the like, it is better to start with a little more boiling salted water, and to cook them uncovered, in order to preserve their color.