

## **Potato recipes that will "hit the spot" / Martha Holmes.**

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# Martha Holmes — Her Recipes

## POTATO RECIPES THAT WILL "HIT THE SPOT"

NOTE: These recipes have been tested using emergency flour.

### POTATO SOUFFLE

4 Tbs. green pepper    Few grains pepper  
1 Tbs. onion            1 cup milk  
3 Tbs. water            4 eggs  
3 Tbs. butter or       1 cup cooked mash-  
    margarine            ed potatoes  
3 Tbs. flour            1 Tbs. pimiento  
1 tsp. salt

Cook minced green pepper and onion in 3 Tbs. water 3 minutes or until water is evaporated.

Melt butter or margarine; add flour and seasonings; stir in milk gradually; cook until thickened, stirring constantly. Stir a little of hot mixture into egg yolks; mix well, add to remaining hot mixture; add cooked green pepper and onion, pimiento and mashed potatoes. Cool slightly; cut and fold in stiffly beaten egg whites. Turn into greased baking dish or casserole. Bake in slow oven (300 degrees) 1 hour and 20 to 30 minutes. Serve immediately.

### MEATLESS POTATO MUSAKA

¼ lb. sharp cheese,    ¼ tsp. nutmeg  
    grated                1 egg  
1 cup soft bread       2 Tbs. butter or  
    crumbs                margarine  
1 onion                 2 Tbs. flour  
1 Tbs. chopped        1½ cup milk  
    parsley               1½ tsp. salt  
½ tsp. pepper         4 medium-sized  
2 tomatoes, peeled     potatoes  
    and sliced

Combine ½ the cheese with bread crumbs, grated onion, parsley, pepper, nutmeg and slightly-beaten egg. Make a cream sauce of butter or margarine, flour and milk; add salt. Slice potatoes and arrange a layer on the bottom of a baking dish. Cover with the bread crumb mixture. Over that lay sliced tomatoes and cover with a layer of potatoes. Pour cream sauce over all and sprinkle remaining cheese over the top. Bake in a moderate oven (350 degrees) 60 to 70 minutes. Serves 4-6.

### RAW POTATO PANCAKES

2 Tbs. flour            1 cup grated raw  
½ tsp. baking powder   potatoes  
½ tsp. salt            1 egg  
½ tsp. grated onion

Pare potatoes; grate on fine grater; measure 1 cup. Beat egg until light and fluffy; add flour sifted with baking powder and salt. Fold in potato and onion. Drop by spoonfuls onto hot, lightly greased griddle; brown on both sides. Recipe makes 10 to 12 small pancakes.

It is hard to believe that the potato has been regarded as food fit for humans only since about the time of our war for independence. Native to the mountainous country of Peru, it was the English who finally introduced the potato to American colonists about 1771. But how we have learned to love them since that time.

—Martha Holmes

### MASHED POTATO GRIDDLE CAKES

4 eggs                    ¼ cup flour  
1 cup milk              1 tsp. baking  
¾ cup potato water     powder  
    or water              ½ tsp. salt  
3 Tbs. melted            1 cup mashed  
    shortening            potatoes

Beat egg yolks until light; add milk and potato water or water; add to potatoes with melted fat; mix well. Add flour sifted with baking powder and salt. Fold in stiffly-beaten egg whites. Drop by tablespoonfuls onto a hot griddle; cook on one side until bubbly; turn and cook on other side. Recipe makes 50 to 60 small griddle cakes about 3 inches across.

### POTATO OMELET

3 eggs                    1 tsp. chopped  
3 Tbs. milk              parsley  
1 cup mashed            1 tsp. salt  
    potatoes              Few grains white  
¼ tsp. grated onion     pepper  
                                  2 Tbs. margarine

Beat egg yolks and milk into mashed potatoes until mixture is smooth and free from lumps; add onion, parsley, salt and pepper. Fold in stiffly beaten egg whites. Melt margarine in 10 inch skillet; pour in omelet mixture. Cook over low gas flame 10 minutes or until omelet is light and slightly brown on the under side. Place in moderately slow oven (325 degrees) for 15 minutes. Remove from oven, score in center, fold over and place on serving platter; garnish with parsley. Serve with mushroom sauce or shrimp sauce if desired. Serves 4.

### CREAM OF POTATO SOUP

2 cups water            1 tsp. salt  
1 Tbs. grated onion    Few grains of pepper  
2 cups diced raw      4 Tbs. minced  
    potatoes              parsley  
2 Tbs. butter or        2 cups milk  
    margarine            2 Tbs. flour

Add cold water and onion to diced potatoes. Cook until potatoes are tender; mash through coarse sieve. Melt butter or margarine in sauce pan; stir in flour; add milk. Cook stirring constantly until mixture thickens; reduce heat and cook 10 minutes longer. Add salt, pepper and potato puree. Reheat. Serve sprinkled with minced parsley. Serves 4 to 6.

### POTATO ROLLS

1 cake yeast            8 cups emergency  
2 Tbs. sugar            flour  
2½ cups milk            2 egg yolks  
1 cup mashed            2 Tbs. shortening  
    potatoes              ½ tsp. salt

Dissolve yeast and sugar in ½ cup lukewarm milk; add remaining milk, cold mashed potatoes and 3 cups flour. Beat until smooth; cover well; set aside to rise until double in bulk, about 1 hour. Add unbeaten egg yolks, soft shortening and salt. Add remaining flour, placing 1 cup of the flour on pastry cloth for kneading. Knead to a smooth elastic dough. Cover well and set aside to rise until double in bulk, about 1½ to 2 hours. When risen shape into desired shapes and place in greased pans or on cookie sheets. Let rise until double in bulk, about 30 minutes. Bake in a hot oven (400 degrees) 15 to 25 minutes. Recipe makes 32 large rolls.

### VARIATION:

Refrigerator Rolls: After dough is kneaded, place in greased bowl, grease top, cover tightly and place in gas refrigerator until needed. To use, the dough may be allowed to rise before shaping or it may be shaped as soon as removed from the refrigerator and then allowed to rise.

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