

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9422
V2SW35

WAR FOOD ADMINISTRATION
Office of Distribution
5 South Wabash Avenue
Chicago 3, Illinois

October 24, 1944

Reference: Washington letter August, 1944

A
SWEETPOTATOES IN SIRUP OR BRINE

Container: Use plain or R-enamel cans.

Quality of Product: Freshly dug sweetpotatoes are best for canning. Care should be taken not to bruise the potatoes as soft rot develops quickly. Sweetpotatoes should not be canned when the potato vines have been frosted.

Preparation: Soak potatoes in cold water if necessary to remove clinging soil. Scrub with brush or wash with a spray of water to remove all dirt. Grade for size to make precooking more uniform.

Heat in retort at 240° F. for 10 to 15 minutes, depending on the size of the potatoes. Peel sweetpotatoes as quickly as they can be handled after precooking to conserve heat and prevent discoloration. Canvas gloves may be used to permit handling the potatoes more quickly. Do not dip sweetpotatoes in water to cool them.

Filling: Pack sweetpotatoes closely into cans. Leave small potatoes whole but cut larger ones lengthwise in slices that will give uniform sizes. Fill cans to within 1/4 inch of tops. Add boiling sirup or brine to completely fill the cans.

Sirup: A 20 percent sirup may be used. Boil the sugar and water together for 5 minutes and remove any scum that forms on the top. Do not heat longer as this will concentrate the sirup more than is desirable, but heat to the boiling point just before using.

Brine: Use a 1.5 percent brine for sweetpotatoes and heat to boiling beforehand, or salt may be added to filled cans by using 1/2 teaspoon to each No. 2 can and 1 teaspoon to each No. 3 can; then fill cans completely with boiling water.

Exhausting: Exhaust sweetpotatoes to 170° to 180° F. The higher exhaust temperature is better if it can be reached quickly.

Sealing: Seal cans as soon as the exhaust temperature is reached. Do not permit cans to cool after exhausting and before processing.

Processing: Process sweetpotatoes at 240° F., as follows:

No. 2 cans - 45 minutes
No. 2½ cans - 50 minutes
No. 3 cans - 50 minutes

Cooling: Immediately after processing is completed cool the cans as rapidly as possible to 100° F. This leaves enough heat in the cans to dry them and prevent rusting. When the cans are removed from the cooling water they should be tilted to drain off excess water, and they should then be stacked in a well-ventilated place until cold. Do not put cans in cartons until they are cold and dry.

with a bit of salt and a bit of sugar and add a dot or two of fat to each layer. Pour in the water. Bake covered in a moderately hot oven (375° F.) for 30 to 40 minutes, or until the apples are tender. If desired, uncover the dish the last 15 minutes of cooking and top with cornflakes or bread crumbs combined with a little fat. For variety, in place of apples use layers of chopped ham. Bake about 20 to 30 minutes. Omit sugar if desired. Or, omit the apples and sprinkle each layer of sweetpotatoes with chopped toasted peanuts, a little sugar and salt, and dot with table fat. Bake 20 to 30 minutes.

SWEETPOTATO PUFF

| | |
|-----------------------------------|--------------------------|
| 5 or 6 medium-sized sweetpotatoes | 2 tablespoons melted fat |
| 2 eggs | 2 tablespoons hot milk |
| 1 teaspoon salt | |

Boil the sweetpotatoes. When tender remove the skins and any discolored portions, and press the sweetpotatoes through a ricer. There should be about 1 quart of pulp. Beat the yolks and whites of the eggs separately. To the sweetpotato add the yolks, fat, milk, and salt, beat well, and fold in the well-beaten whites. Pile the mixture lightly into a greased baking dish and bake in a moderate oven (350° F.) for 45 minutes, or until light and fluffy and brown on the top.

SWEETPOTATO PUDDING

| | |
|--|--------------------------------|
| 2 tablespoons fat, melted | $\frac{1}{4}$ cup orange juice |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon grated orange rind |
| $\frac{1}{2}$ cup corn sirup or cane sugar sirup | 2 cups mashed sweetpotatoes |
| | 1 or 2 eggs, separated |
| | $\frac{1}{2}$ cup milk |

Add fat, salt, sirup, orange juice, and grated rind to the hot mashed sweetpotatoes. Add the beaten egg yolks and the milk. Beat well. Fold in stiffly beaten egg whites. Pour into a greased baking dish and bake in a moderate oven (350° F.) 50 to 60 minutes, or until the pudding sets.

SWEETPOTATO PIE

Use the recipe for pudding given above. Pour the filling into a 10-inch baked pie shell and bake in a moderate oven 30 to 40 minutes.

CANDIED SWEETPOTATOES

Boil 6 medium-sized sweetpotatoes in their skins. When they are tender, drain, peel, and cut them in halves or slices. Make a layer of the sweetpotatoes over the bottom of a greased baking pan. Dot with fat, sprinkle with salt. Pour over them a cup of corn sirup, or honey. Bake in a moderate oven (350° F.) 15 to 20 minutes, basting frequently. Or...to save heating up the oven especially for the sweetpotatoes...cook them on top of the stove. Be sure to keep the heat low and watch to see that the sirup does not scorch.