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RAISINS

a good choice for the thrifty family



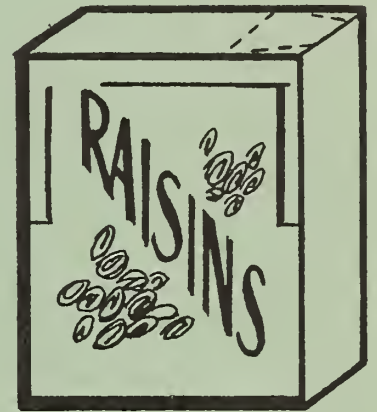
Grapes

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The Sun

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Raisins

RAISINS are a ready-to-eat **ENERGY** food

RAISINS help build blood

Use Raisins:

for— Snacks



in—



Salads



with— Cereal



Desserts



Main Dishes

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MEXICAN DINNER

¼ cup fat
½ cup uncooked rice
1 medium-size onion
1 pound ground beef
2 teaspoons salt
1 tablespoon chili powder
1 cup cooked or canned tomatoes
2 cups water
1 cup raisins

Heat fat in large fry pan. Add rice. Cook and stir over low heat until lightly browned.

Chop onion. Add onion and meat to rice. Cook and stir until meat is browned.

Mix in rest of ingredients. Cover and cook about 45 minutes until rice is tender. Add water during cooking if mixture seems dry.

Makes 6 servings, 1 cup each.

SWEETPOTATO-RAISIN PATTIES

4 medium-size cooked sweetpotatoes
1 egg
½ teaspoon salt
3 tablespoons flour, if needed
½ cup raisins

Mash sweetpotatoes. Beat in egg and salt. Add flour only if potatoes are wet. Mix in raisins.

Drop mixture from a tablespoon on heated, greased fry pan. Brown slowly on both sides.

Makes about 12 patties.

GLAZED CARROTS AND RAISINS

6 medium-size, cut-up, cooked carrots
½ cup carrot liquid or water
2 tablespoons fat (margarine or butter)
2 tablespoons sugar
½ cup raisins

Put all ingredients in pan.

Cook slowly and stir gently, as needed, until carrots are hot and most of liquid is gone.

Makes 6 servings, ½ cup each.

CARROT-RAISIN SALAD

6 medium-size carrots
1 cup raisins
¼ cup mayonnaise or salad dressing
Lemon juice, if you like

Finely chop carrots.

Mix all ingredients well.

Makes 6 servings, ½ cup each.

APPLE-RAISIN SLAW

2 medium-size apples
2 tablespoons lemon juice
½ small head cabbage
1 cup raisins
¼ cup mayonnaise or salad dressing
Salt, as you like

Cut apples in small pieces. Add lemon juice and mix well.

Finely chop cabbage.

Mix all ingredients together lightly.

Makes 6 servings, ⅔ cup each.

RAISIN SAUCE FOR MEAT

1 ½ cups raisins
1 cup water
⅓ cup brown sugar, packed
¼ cup vinegar

Put raisins and water in pan. Heat slowly about 10 minutes to plump raisins.

Add sugar and vinegar. Boil slowly about 15 minutes until thickened.

Makes 2 cups sauce.

Note: Serve sauce on baked canned chopped meat, canned luncheon meat, or ham.

- Use unsifted flour in these recipes.

RAISIN SYRUP

- 1 cup sugar
- 2 tablespoons cornstarch
- ¼ teaspoon cinnamon
- ½ cup light corn syrup
- 1 cup water
- ¼ cup fat (margarine or butter)
- 1 cup raisins

Mix all ingredients except raisins in a pan. Bring to boiling. Lower heat. Cook and stir 6 or 7 minutes until thickened.

Stir in raisins.

Makes 2½ cups syrup.

Note: Serve Raisin Syrup over pancakes or french toast.

RAISIN FRITTERS

- 2 eggs
- ¾ cup fluid milk
- 1 tablespoon melted fat or oil
- 1 ¾ cups flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1 cup raisins
- Fat or oil for frying

Beat eggs in large bowl. Stir in milk. Add melted fat or oil.

Add flour, salt, and baking powder. Mix well. Stir in raisins.

Drop batter from a teaspoon into 1 inch of hot fat or oil in a fry pan. Fry until browned on both sides turning once. Drain well.

Makes 24 fritters.

QUICK RAISIN BREAD

- 2 cups flour
- 4 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon, if you like
- ⅓ cup fat (margarine, butter or shortening)
- ½ cup sugar
- 2 eggs
- ¾ cup fluid milk
- 1 cup raisins

Mix flour, baking powder, salt, and cinnamon (if used). Set aside.

Mix fat and sugar until smooth. Add eggs and beat well.

Stir half the flour and half the milk into egg mixture. Stir in rest of flour and milk until dough is smooth.

Stir in raisins.

Pour in greased loaf pan.

Bake at 350° F (moderate oven) about 40 minutes until browned. Cool bread in pan for 10 minutes.

RAISIN-STUFFED BAKED APPLES

- 6 baking apples
- 1 cup raisins
- ½ cup sugar
- 1 tablespoon fat (margarine or butter)
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg, if you like
- 1 cup water

Core apples without cutting through the bottom end. Put in baking pan.

Mix rest of ingredients except water. Fill apples with the mixture.

Pour water in pan.

Bake at 375° F (moderate oven) 45 to 60 minutes until apples are tender. If apples seem dry, spoon liquid from pan over them during cooking.

Makes 6 servings, 1 apple each.

RAISIN PIE

2 cups water
2 cups raisins
 $\frac{1}{2}$ cup sugar
3 tablespoons flour
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{2}$ cup chopped nuts, if you like
Unbaked 9-inch double pie crust (recipe follows)

Bring water and raisins to boiling. Cover and cook slowly 5 minutes.

Stir sugar and flour together until well mixed. Stir into raisins.

Cook and stir until slightly thickened.

Stir in lemon juice. Add nuts (if used).

Pour filling into bottom pie crust. Cover with top crust. Seal edges of dough together. Cut a few slits in top crust.

Bake at 425° F (hot oven) about 30 minutes until browned.

UNBAKED DOUBLE PIE CRUST: Mix 2 cups flour and 1 teaspoon salt. Mix in $\frac{2}{3}$ cup fat with a fork or two knives until crumbly. Sprinkle $\frac{1}{4}$ cup water over the mixture. Add a little more water, if needed, to make dough into two balls. Make ball of dough for bottom crust a little larger than for top crust. Roll out dough on lightly floured surface for a 9-inch pie.

PEANUT BUTTER-RAISIN CHEWS

1 cup peanut butter
1 cup light corn syrup
1 cup nonfat dry milk (not instant) or 2 cups instant nonfat dry milk
1 cup confectioners sugar
1 cup raisins

Mix all ingredients except raisins. Add raisins and mix well.

Press $\frac{1}{2}$ -inch thick in a pan. Cut into pieces.

Chill before serving.

Makes 24 pieces.

