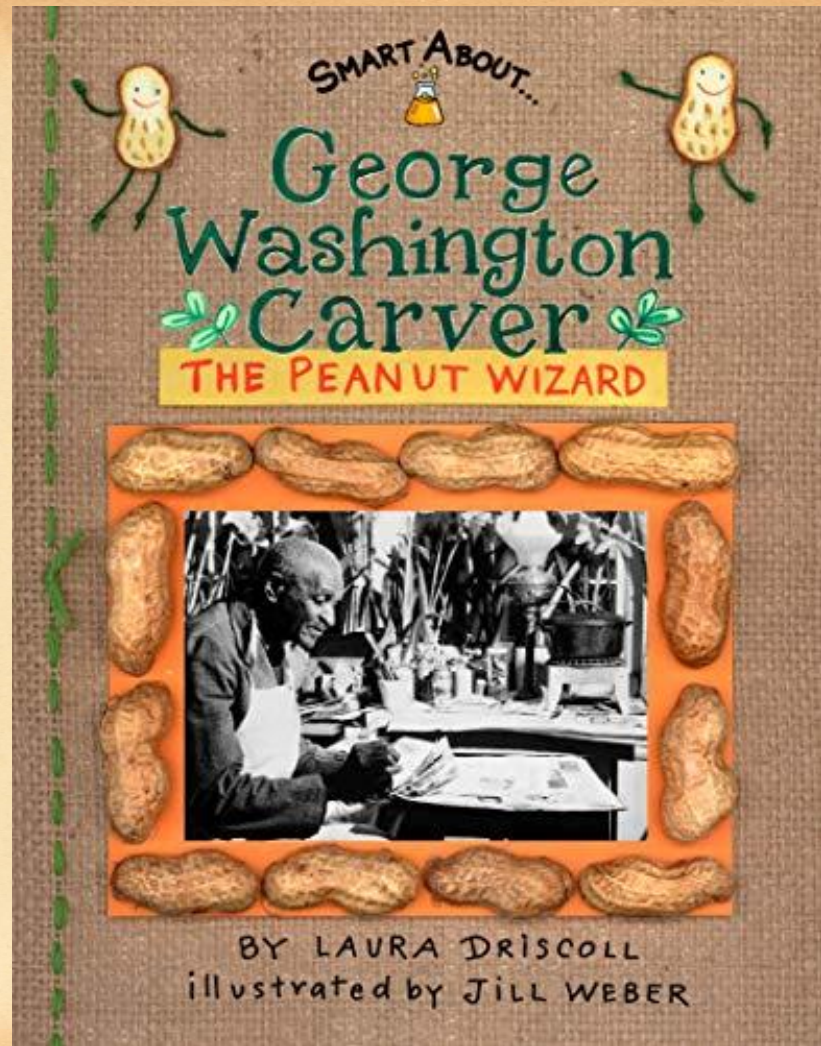


# Nut and Spuds

## Peanut and Sweet Potato Recipes



George Washington Carver loved peanuts! He thought they were healthy and delicious. He made a dinner filled with peanut foods and everyone loved it!

## THE PEANUT FEAST



But Dr. Carver still had to convince people that foods made from peanuts were yummy. He came up with a great idea. One day he invited businessmen over for lunch. He and his students served them a big fancy meal. The businessmen loved it.

Eat up, gentlemen!

Thirds, please!

After dessert, Dr. Carver had a surprise for his guests. Everything on the menu was made from peanuts! I wish I had been there.

Everything's delicious!

GEORGE'S MENU  
BREAD  
SOUP  
"CHICKEN" LOAF  
CREAMED VEGETABLES  
ICE CREAM  
★ COOKIES ★

Best chicken I ever ate!

Now the businessmen were convinced—peanut growing could be a big business.

For my favorite peanut dessert...  
TURN THE PAGE



BULLETIN NO. 31

JUNE, 1925

## HOW TO GROW THE PEANUT

*And 105 Ways of Preparing It  
For Human Consumption*  
(Fourth Edition)

EXPERIMENT STATION  
TUSKEGEE NORMAL and INDUSTRIAL INSTITUTE  
TUSKEGEE INSTITUTE, ALABAMA

By  
GEO. W. CARVER, M. S. AGR.  
*Director*

George Washington Carver wrote this book that included 105 ways to eat a peanut!

Here are a few delicious options to try!



# PEANUT BUTTER

Shell the peanuts; roast just enough so that the hulls will slip off easily; remove all the hulls.

Grind very fine in any sort of mill, passing through several times if necessary

Some manufacturers add a little salt and a small amount of olive oil; others do not, according to taste. If the nuts are ground fine enough no additional oil will be necessary

*Now we can use an electric food processor  
to grind our peanuts!*



## PEANUT SOUP

One quart of milk, 2 tablespoons butter, 2 tablespoons flour, 1 cup peanuts.

Cook peanuts until soft; remove skins, mash or grind until very fine; let milk come to a boil; add the peanuts; cook 20 minutes.

Rub flour into a smooth paste with milk; add butter to the peanuts and milk; stir in flour; season with salt and pepper to taste; serve hot.



*This is the first recipe in the book,  
he must have really liked it!*

## PEANUT BREAD NUMBER TWO

- 1/3 cupful blanched and chopped nuts
- 1/2 cupful sweet milk
- 1/2 cupful sugar
- 1 egg, beat in 2 teaspoons baking powder
- 2 cupfuls sifted flour



Mix these ingredients; make into small loaves or biscuits; let rise for one-half hour. Bake in a slow oven until done, which will require about 50 minutes.

**“Sweet milk” is what we call regular milk now. People used to differentiate between “sweet” or regular milk and “sour” or buttermilk.**

## PEANUT COOKIES NUMBER ONE

- 3 cups flour
- 1/2 cup butter
- 2 eggs
- 1 cup sweet milk
- 1 cup sugar
- 1 teaspoon baking powder
- 1 1/2 cups ground peanuts

*Everyone loves peanut cookies!  
Here's how George made his.*



Cream butter and sugar; add eggs well beaten; now add the milk and flour; flavor to taste with vanilla; and the peanuts last; drop one spoonful to the cooky in well greased pans; bake quickly.

# HOW THE FARMER CAN SAVE HIS SWEET POTATOES

*And Ways of Preparing Them for the Table*

(Revised and Reprinted)  
THIRD EDITION



By  
**GEO. W. CARVER, M. S. Agr., D. Sc.**  
*Director, Experiment Station  
Tuskegee Normal and Industrial Institute*

George Washington Carver also loved sweet potatoes!

He wrote of how to grow them and eat them.

Try them mashed, baked, or fried and compare to a white potato!

Or try one of these fun recipes!





## SWEET POTATO BISCUITS No. 2 (EXTRA FINE)

- 1 cup boiled and finely mashed sweet potatoes
- 2 eggs, well beaten
- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 scant tablespoons melted butter or lard
- 1 tablespoon sugar (if desired)
- 2 cups milk.



Mix together all the dry ingredients and stir into the milk, beaten eggs and potato.

If too soft, add more flour, sufficient to make a soft dough. Roll out lightly; cut with a biscuit cutter; bake in a quick oven.

## **BAKED WITH APPLES (delicious)**

Take four medium sized potatoes and the same number of apples.

Wash, peel and cut the potatoes in slices about 1/4 of an inch thick; pare and slice the apples in the same way; put in baking dish in alternate layers; sprinkle 1 1/2 cups of sugar over the top, scatter 1/2 cup of butter also over the top; add 3/4 pint of hot water; bake slowly for one hour; serve steaming hot



## MOCK CHICKEN

Blanch and grind a sufficient number of peanuts until they are quite oily; stir in one well-beaten egg; if too thin, thicken with rolled bread crumbs or cracker dust; stir in a little salt.

Boil some sweet potatoes until done; peel and cut in thin slices; spread generously with the peanut mixture; dip in white of egg; fry to a chicken brown; serve hot

**This combines sweet potatoes and peanuts!  
Make it for your vegetarian friends!**



Try one of George Washington Carver's recipes, or look for your own.

Anyway you make it, peanuts and sweet potatoes are a delicious and nutritious part of any diet!



yum!

