French Frying
I ONCE knew a woman who had a reputation among her friends and neighbors as a wonderful cook. We were always thrilled to be invited to her house for a meal because we knew we'd have something specially good to eat. Her husband was considered the luckiest man in town.

One day this woman and I were chatting at a tea, and I was telling her about my trips about the country and the interesting things I found people doing with Crisco—the delicious deep fried foods they made with it, and so on. And this wonderful cook said to me, "Do you know, that's the one thing I've always been afraid to do! I can cook and bake and roast and fry, but every time I've tried French frying I've been such a miserable failure that it has taken me weeks to get up enough courage to try again!"

So right then and there I told her how easy French frying really is, and how crispy and delicious foods can be when they're fried properly. I told her about Crisco and how pleasant it is to use. Crisco, you see, doesn't smoke at the proper frying temperatures—it can be used over and over again—and what's most important of all, it's digestible, and foods made with it are healthful and easily digested.

My friend was extremely interested and very grateful. She listened to all I had to say and went home and bought a three-pound can of Crisco and had golden, crispy French fried potatoes for dinner that night, to the amazement and delight of her family.

As I thought about her afterwards, it occurred to me that there are lots of women like her—women who are expert cooks but who don't do much deep frying either because they think it's too complicated a process, or because they're afraid deep fried foods aren't digestible.

This little book has been prepared for just such women, and for women who are learning all kinds of cooking.
You'll find in it all sorts of good things to eat, and detailed directions about making them.

So here's a wish for the best of success! If things go the least bit wrong, and you'd like to know why, or if there's anything you'd like to know that's not in this booklet, do write to me about it. I'll be very glad to help you!

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THE term, "French frying" is just another name for deep frying, a name which lends romance to the commonplace method of cooking food by immersing it in deep, hot fat—a name which brings to mind the crisp, golden-brown foods that the French people have always prepared to perfection.

From the earliest days of this country, certain foods like the doughnuts of New England and the fried pies of the South have been cooked in deep fat. But it was a long time before the foods so common in France were made very extensively in the American home, and even now some women are afraid to try croquettes and fritters, or even such simple things as French fried potatoes.

It is for these women that detailed and explicit directions for deep frying have been given so much space in this little book. The most puzzled young bride ought to be able to turn our French fried potatoes to suit the most particular husband's taste if she follows to the letter the procedure
on pages 11 and 12. The women who have tried French frying and failed will find help on page 23 in the explanation of the causes of common difficulties met in frying.

For the more experienced cook, suggestions are included for unusual foods—the kind that chefs in big hotels and restaurants prepare so easily and that women often find so difficult to duplicate at home. The preparation of these dishes is largely a matter of practice. The professional chef is skilful at turning out timbale cases, French crullers, and other fancy fried foods because deep frying is used more generally in hotel and restaurant cooking than in homes. With a little practice, women can become as skilful in the art of deep frying as the most experienced chef.
The Frying Kettle

SOME people think that a lot of special equipment is necessary for deep frying. But this is no more true of deep frying than it is of any other kind of food preparation. Cookies can be baked in pie tins, although a flat baking pan called a cookie sheet is much more convenient. Apples can be cored without an apple corer. Eggs can be beaten without an electric beater or even a hand beater, for that matter—a fork and a platter can be used to whip up an egg white to a lovely fluff. A beater is just quicker and more convenient.

So it is with deep frying. An ordinary saucepan will do, although a heavy frying kettle with a properly fitted wire basket is much to be preferred. The heavier kettle rests more firmly on the stove and is less likely to tip or be knocked over. Besides, the heavy metal retains the heat better and helps to keep the hot fat at a more even temperature.

When selecting a kettle for frying, choose one with a flat (not rounded) bottom and straight sides. “Dutch Oven” kettles, made of cast iron or cast aluminum and commonly used for pot roasts, may be used for deep frying. However, it is better, whenever possible, to have a deep frying kettle
that does not have to be used for other things so the fat can be left in the kettle ready for use.

Some of the special deep frying kettles are equipped with some sort of gadget to hold the frying basket. The simplest and best device is a little bar of metal which projects 2 or 3 inches above the kettle. A protruding wire on the frying basket fits over the bar and allows the basket to hang above the kettle. Such an arrangement permits excess fat to drain from the newly fried food back into the kettle.

These kettles vary from 4 to 5 inches in depth and from 7 to 9 inches in diameter. Such depth is absolutely necessary, because the fat must be deep enough to cover the food generously, with space left over for the bubbling which always occurs when the food is added. Two or three inches must be allowed between the fat and the top of the kettle.
to keep the hot fat from bubbling over and flowing down on to the stove to catch fire.

A skillet may be utilized for frying doughnuts or other foods which float on the surface during cooking, but it is not practical for foods which must be entirely covered with hot fat because it is not deep enough and because it is usually so wide that a very large amount of fat is required for a workable depth. If you are accustomed to a skillet for doughnuts, continue to use it for this purpose, but try a deeper kettle for French fried potatoes and other deep fried foods.

Electric frying kettles are becoming increasingly popular and are a valuable addition to a home's electrical equipment. The fat can be kept right in the kettle to be heated by the turn of a switch. Some of the kettles have a thermometer attachment which indicates the temperature and a control switch which turns off the current before the fat becomes overheated.

**A Wire Basket**

The wire baskets which are so convenient for raising and lowering foods into the hot fat are often sold with deep frying kettles. If they are purchased separately, care must be taken to see that they fit the inside of the kettle. These baskets are equipped either with bail handles (fastened at the sides and curved over the top) or straight-out-the-side handles. The side handle is a little more convenient because it can't fall down during frying. When the bail handle falls down, it gets very hot and is hard to pick up. The side handle remains comfortably cool and always in place, ready to be grasped in case the basket must be lifted out quickly.

A wire basket, like a special kettle, is a convenience,
not a necessity. In its place, a wire or a slotted metal spoon can be used for putting foods in and lifting them out of the hot fat. No special spoon is made for the purpose; choose any metal one with a handle of wire or of wood (a solid metal handle will get very hot). An ordinary wire egg whip also may be used.

**Absorbent Paper**

Absorbent paper is convenient for draining foods after they have been fried. Common brown wrapping paper may be used for this purpose—some women slit paper bags lengthwise and drain their foods on the clean inside. The paper toweling that is becoming increasingly useful about the kitchen, is also satisfactory. In fact, any kind of paper except waxed or glazed paper may be used.

**A Frying Thermometer**

A frying thermometer is a luxury, but one which every woman who does much frying should try to have. It saves a lot of worry about how long to heat the fat and in the long run it actually saves money, by preventing the waste of good food through burning or undercooking. A thermometer also helps to preserve the fat that is often destroyed by overheating.

Many women wonder whether they can use their candy or frosting thermometers for deep frying. This is not possible because such thermometers do not register the high temperatures necessary for deep frying. The highest temperature for candy cookery is 300° F., while fat for deep frying is heated to temperatures as high as 400° F. To allow for accidental overheating, deep frying thermometers usually register up to 500° F.
Deep frying thermometers are equipped with a device which fastens over the edge of the kettle to hold them in place during frying.

**Crisco**

In the choice of each utensil and each piece of equipment for deep frying, there is some alternative. But in the selection of the frying fat, most women feel that Crisco is the only choice. Crisco has all of the qualities considered most desirable in a frying fat.

**No Smoke**

Crisco does not smoke or smell at the proper frying temperatures. Not only is the odor of smoking very unpleasant, but when a fat smokes it is burned and damaged. The more frequent the smoking the sooner the fat will become unusable—heavy, dark in color, rancid, and unfit for frying.

Cooking fats differ a great deal in their smoking properties. Because butter smokes so readily, it is never used as a deep frying fat. Animal fats of all kinds exhibit a tendency to smoke at low temperatures. For this reason, the leftover fats from meat cookery, commonly called drippings, should never be added to the fat in the deep frying kettle.

**Economy**

Crisco is economical because it can be used over and over again. It does not carry the flavor of one food over to the next food fried in it. You can fry onions or fish, strain the Crisco, and fry potatoes or fritters without any danger of impairing their flavor. Crisco is not wasted by soaking
into foods. Properly cared for, a kettle of melted Crisco will last for many fryings.

**Preserves Taste**

Foods fried in Crisco taste like themselves. Their individual flavor is not overwhelmed by the flavor of the fat in which they are fried. Because Crisco is so fresh and sweet-tasting, the delicate flavors of foods fried in it are protected and enhanced.

**Digestibility**

Crisco-fried foods have become famous for their digestibility because they are notably free from greasiness. It is grease-soaking which has largely given fried foods such a bad name. Properly fried foods must be golden brown in color, crisp and crusty, and not grease-soaked. Your family's digestion is safe when you fry with Crisco.
No less important than the choice of frying fat is the careful preparation of the food to be fried, and the use of correct frying methods and temperatures. Among the foods most commonly fried are:

1. Raw vegetables, such as potatoes and onions.
2. Meat, fish, and vegetable mixtures in the form of croquettes, cutlets, and balls. These are usually pre-cooked.
3. Doughs and batters in the form of doughnuts and fritters

Raw vegetables are the simplest foods to fry because they are not usually complicated by added ingredients. A beginner will be wise to start with French fried potatoes and to master them before going on to more involved foods.

**French Fried Potatoes**

Let us suppose that you have never made French fried potatoes. First, you will select large, firm potatoes. New potatoes are not adapted to deep frying because they don't brown well. Allow about 3 potatoes for each two people.

Pare the potatoes as usual and cut them into strips ½ to ¾ inch wide and about 3 inches long. Cover the strips with
cold water and let them soak for at least 20 minutes. A longer soaking time—up to several hours—will do no damage and is often more convenient.

When you are ready to fry the potatoes, drain them thoroughly or dry them by spreading them on a towel or absorbent paper. The drier the surface, the less bubbling and spattering there will be in the frying kettle.

While the potatoes are soaking, get the frying kettle ready. Put in enough Crisco so that when it is melted the kettle will be a little more than half full. An average frying kettle (4 inches by 9 inches) will take 2 or 2 ½ pounds of Crisco. Heat the Crisco gradually (it will take about 10 minutes on an ordinary gas stove for this amount of fat). If your kitchen is equipped with a frying thermometer, taking the temperature of the fat will be very simple. Fasten the thermometer on the side of the kettle, placing it low enough so that the bulb is well covered with fat but does not touch the bottom. When the thermometer registers 395°F., add the potatoes. If the thermometer fits flat against the side of the kettle and there is plenty of room for the frying basket inside, it need not be removed during frying.

If you haven’t a thermometer, you will use the bread test to determine the proper frying temperature. Cut an inch thick slice of bread (preferably 2 or 3 days old). Remove the crust and cut into inch-wide strips and then inch-square cubes. When ready to test the temperature of the Crisco, drop a cube in it. After 20 seconds (if there is no second hand on your kitchen clock, count slowly and evenly from 1 to 20), remove the bread. If it has browned nicely in this time, you can be sure that the Crisco is just about 395°F., which is the correct temperature for French fried potatoes. You will be fortunate if you use only one cube of bread. The first one will probably be too pale,
which is a sign that the Crisco isn’t hot enough. If it is very dark brown, the Crisco is too hot. After two or three tests, the right temperature usually is reached.

Add the potatoes immediately. Start with a basket about half full. Lower it gradually into the hot Crisco, but don’t let go of the handle until you are sure that the fat isn’t going to bubble over the top. After a few seconds, the bubbling will quiet down and the basket can be lowered to the bottom of the kettle. All moist foods cause the fat to bubble or “boil” as it is sometimes mistakenly called. The heat turns moisture into steam which escapes by bubbling up through the fat.

The cold, wet potatoes will reduce the temperature of the fat a great deal—often as much as 75° F. Increase the heat, if it has been turned down, and stir the potatoes occasionally with a fork to insure even browning. Let them fry until the desired shade of brown is reached. This will take from 5 to 10 minutes.
When the potatoes are done, lift the basket out, and hold it above the kettle for a few moments to allow the fat to drain off. Then transfer the potatoes to a pan lined with a smooth or crumpled sheet of absorbent paper. If there are more potatoes to be fried, keep this first batch in a warm oven. Sprinkle generously with salt just before serving.

Now suppose you need quite a lot of potatoes—enough for 6 or 8 people, and you don’t want to spare the time to fry such a large batch just before dinner, you can partially fry the potatoes earlier in the day, taking them out of the fat when they are just starting to brown. At dinner time, you have only to reheat the fat to 385° or 390° F., add the potatoes, a basket full at a time, and finish the browning. These potatoes will be just as crisp and fresh (sometimes crisper) as if they had just been fried.

**Croquettes**

After mastering potato frying, the beginner will want to
try her hand at croquettes or fritters. Some time when bits of chicken are left from Sunday’s dinner—not enough to be served in pieces—remove the meat from the bone, and chop it up fine or put it through a meat grinder. Make a white sauce, using ½ cup milk, 2 tablespoons flour, and 1 tablespoon Crisco for each cup of ground chicken. Melt the Crisco in a saucepan. Stir in the flour and blend the two together. Then add the milk and cook, stirring constantly until the mixture is thick and smooth. Take it from the stove, add the ground chicken, together with about ½ teaspoon salt, ½ teaspoon chopped or grated onion, and ½ teaspoon lemon juice. Let the mixture cool thoroughly. If you are in a hurry, spread it out flat in a pan and set it in the refrigerator where it will chill quickly. The colder the mixture is, the easier it will be to handle.

While the chicken mixture is cooling, prepare the crumbs for the coating. If you have no dry bread on hand, cut thin slices from a loaf and put them in the oven to dry out. When the bread is crisp and dry, roll it on a board with a rolling-pin until the crumbs are fine. Cracker crumbs can be substituted, but they are not so desirable as bread crumbs. Ground zwieback or crumbled corn flakes can also be used in an emergency.

A beginner will need about 1 cup of crumbs for the 5-6 croquettes which can be made from this amount of mixture. The more experienced croquette maker can get along with less. With the crumbs in one flat pan or plate, and an egg beaten with 2 tablespoons of milk or water in another, you will be ready to coat the croquettes. Take up a tablespoonful of the meat mixture and round off the surface to form a ball. Use a spatula to push the ball off the spoon into the crumbs. Roll it around and around until the surface is covered, then transfer the ball to the plate containing the egg. When the surface is coated with egg, add another
layer of crumbs, and then shape the croquette with your hands into oblong or cone shapes. Professional cooks seem to prefer cones which are shaped with little metal molds designed for the purpose. These molds can also be purchased for household use. But the shape is not so important as the coating—it must cover the surface completely if the croquette is to be kept from bulging or bursting during frying.

Crisco for croquettes need not be so hot at the beginning as for French fried potatoes. The mixture is not so wet and cold, and consequently does not reduce the heat so much. When the thermometer registers 375° F., or when the bread cube browns in 40 seconds, add the croquettes. Arrange them in the basket so that they are not quite touching and lower the basket into the hot Crisco. Be sure that there is enough Crisco in the kettle to cover the croquettes entirely.

The actual frying takes only a few minutes. When several batches have to be cooked, the first ones may be kept warm
by placing them in a warm oven until ready to serve.

Many women find it convenient to fix croquettes in the morning and keep them in the refrigerator until dinner time, when they can be taken out and fried at the last minute.

After croquettes have been fried in it, the Crisco should always be strained to remove the accumulation of crumbs left in the kettle. This need not be done immediately, although if it is not done before the fat solidifies, it has to be remelted.

Other precooked foods, such as codfish balls, are prepared very much like croquettes. Except in unusual cases, the same frying temperature is used for all foods that have been previously cooked.

**Doughs and Batters**

In no kind of frying is proper preparation so important as it is for doughs and batters. Soggy doughnuts and tough fritters are much more likely to be due to a poor recipe and careless mixing than they are to incorrect frying.
The temperature and procedure, of course, should not be neglected. The temperature for frying all kinds of doughs and batters should be lower than that for croquettes. Doughnuts and fritters and other foods which belong in this class have to be cooked through to the center as well as browned on the surface. A lower temperature (360°-375° F.) insures thorough cooking without overbrowning of the outside.

Let us use the making of doughnuts as an example. First, we must have a good recipe—one that is not too rich and still rich enough—and then we must understand how to put the ingredients together.

There are two reasons why we must be careful about the richness of the dough. (1) Rich doughnuts are liable to crumble and break easily when they become the least bit stale. (2) Richer doughs absorb more fat during frying. So-called richness of dough may be due to an excess of shortening or of sugar in the mixture. The
The following doughnut recipe is balanced for richness.

- 2 1/2 cups sugar
- 3 tablespoons Crisco
- 2 eggs
- 2 1/2 cups milk
- 4 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon

Measure the ingredients accurately in standard measuring cup and spoons. With the "guess method", it is very easy to use too much sugar or shortening and the result is grease-soaked doughnuts—or what is equally bad, tough, dry doughnuts produced by too much flour.

Put the level cup of sugar and the level tablespoons of Crisco with the eggs in a bowl. Beat all together until they are well mixed. Sift the flour, baking powder, salt, and spices together and add alternately with the milk to the first mixture. Do not mix any longer than necessary, because much mixing at this stage will toughen the dough.

Roll only part of the dough at a time. The amateur cook will find it helpful to roll her dough on a piece of canvas.
well floured, in place of a board. A soft dough does not stick to canvas as it does to a board. Lay out the canvas (or even a heavy kitchen towel) and rub well with flour. Put the lump of dough on the floured surface. If the dough seems too moist to roll without sticking, work in a little extra flour—not too much, because this encourages toughness. A covered rolling-pin is also very helpful. (To prepare it, simply cut the foot off a child’s white stocking and pull the leg over the rolling-pin.) Rub flour into the surface just before using. Roll the dough gently to a sheet ½ inch thick. Dip the doughnut cutter into flour before each cutting.

Transfer the doughnuts directly to the frying kettle or place them on a lightly floured board or pan on which they can be carried easily to the stove. A broad spatula or pancake turner is useful for lifting the doughnuts from one place to another.

The Crisco for frying doughnuts should be heated to 360°F. or until a cube of bread browns in 60 seconds (one minute). Drop each doughnut into the kettle. As soon as it rises to the surface turn it over immediately, using a long handled fork or a wire whisk. Fry the doughnuts until golden brown on both sides, turning several times if necessary. The length of time will depend to a large extent on the size of the doughnut. With the temperature kept close to 360°F., an ordinary 3-inch doughnut will cook through thoroughly in the time it takes to brown the outside.

Like all other fried foods, doughnuts should be transferred from the frying kettle to a pan lined with unglazed paper in order that the excess fat may drain while it is still warm. After this, sugar may be added if desired.

**Care of Crisco after Frying**

It is very important that the Crisco be strained to keep it free from an accumulation of crumbs and bits of food,
because when it is reheated these particles will be scorched and finally burned.

Not all foods leave crumbs in the frying kettle. French fried potatoes or potato chips, for instance, often leave the fat as clear as before it was used. Then, of course, there is no necessity for straining.

A safe rule to follow is to strain the Crisco after every frying of croquettes, fritters, and other foods coated on the surface with crumbs or batter.

An ordinary wire strainer isn’t fine enough to remove small particles—cheese-cloth or muslin is necessary. Cotton filters of the type used for straining milk are useful also.
The purpose of the wire strainer shown in the illustration on page 21 is to hold the cloth so that both hands can be used to hold the kettle.

Straining is one method of clarifying Crisco. There is another which is useful for removing particles of flour and those which are too fine to be strained out through cloth. Raw potato slices are added to the warm (not hot) fat, and stirred occasionally as the fat is heated. By the time the frying temperature is reached, the potatoes will have absorbed most of the fine particles. Then potatoes, particles, and all can be readily strained out, leaving the Crisco fresh and clear.

Many women find it convenient to pour the Crisco directly back into the empty can after clarifying it. Others strain it into a convenient vessel, then return it to the frying kettle after thoroughly wiping it out with paper. In either case, the fat should be cooled, covered, and kept in a cool place until it is needed again.

Fat which has been used for frying is not suitable for use as shortening in cakes or pies. It should be kept exclusively for frying. In the case of Crisco, this is not extravagant, because it can be reused again and again. A three-pound can of Crisco will fry many batches of potatoes and doughnuts, with occasional batches of fish or even such strong-flavored foods as onions, in between. If straining is carried out regularly after each frying, there will be no danger of the flavor of one food carrying over to another, for Crisco itself does not transfer food flavors.

One thing which is often overlooked in reusing fat is the necessity of occasional additions of fresh Crisco to make up for that taken up by the food during frying. If this isn’t replaced, the fat in the frying kettle gets lower and lower and soon doesn’t cover the food.

With the addition of fresh fat as it is needed, and with
proper care during and after frying, Crisco can be used for a long period of time. In fact the frying kettle need not be refilled with an entirely fresh supply of Crisco more than three or four times a year.

**Common Difficulties and How to Avoid Them**

As in every other type of cookery, fried foods do not always come out as they should. "What did I do wrong?" you wonder. Usually the answer is fairly simple and the difficulty easy to remedy.

If you have had trouble with any kind of fried food, you may find an explanation that will help you in this list of common difficulties and their solutions.

**Question:** Why don't French fried potatoes brown properly?

**Answer:** Usually because the fat isn't hot enough. First, be sure that the temperature is between 390° and 400° F. when the potatoes are put in the Crisco. Do not put in too many potatoes at a time. Be sure that they are entirely covered with Crisco. Increase the heat under the frying kettle as much as possible after the potatoes are added.

The double frying method described on page 14 is a sure way to prevent pale French fried potatoes, unless the variety of potato is responsible for lack of browning. New potatoes and a few of the less starchy varieties do not brown uniformly.

**Question:** Why are potatoes limp instead of dry and crisp?

**Answer:** Often because the Crisco is too hot. In this case, potatoes brown quickly on the surface before they are cooked through. Sometimes when the pieces are too large, the surface browns while the interior remains moist and
soggy. Salt is likely to soften potatoes. Do not season until ready to serve.

**Question:** What causes grease-soaked potatoes?

**Answer:** Low frying temperatures or fat which has been badly used. Constant overheating, lack of straining, or using the same fat for a long time without adding fresh fat to it constitutes hard usage.

Low frying temperature may be due to failure to heat the fat high enough in the beginning or by not increasing the heat after the potatoes are added. When too great a quantity of cold, wet potatoes is added at once, the frying temperature can be reduced so low that grease-soaking is the result.

**Question:** Why do potato chips stick together in lumps during frying?

**Answer:** When they aren’t soaked sufficiently before frying, the starch on the surface (from broken cells) forms a paste which holds together any slices that touch each other. The thin slices should be soaked in clear, cold water for at least 20 minutes. If the quantity of chips is large, the water should be changed once or twice.

**Question:** Why don’t soufflés potatoes puff as they should?

**Answer:** Probably because the wrong kind of potato is being used. There is no sure way to determine whether or not a certain potato will puff. Choose moderate-sized potatoes, not “new” potatoes, and not those that are so old they are shriveled and full of “eyes”. If one variety doesn’t prove satisfactory, try another.

**Question:** Why do croquettes sometimes burst during frying?

**Answer:** Usually because the croquette is too large. As the filling becomes hot, it expands rapidly and since the
surface is sealed tightly, there is not room for expansion and the filling bursts through. Occasionally when the filling is very moist, steam is formed so rapidly that the whole croquette bursts, leaving the kettle full of scraps and crumbs.

The solution to this problem is simple. Make your croquettes moderate in size, and if necessary, less moist.

**Question:** Why do foods sometimes lose their coating of crumbs during frying?

**Answer:** If the crumbs do not cling tightly to the food, they are bound to fall off. For most foods, a thin coating of egg or some other binding material is necessary to hold the crumbs in place. Fine crumbs stick better than coarse ones.

**Question:** How can fritters be kept in shape during frying?

**Answer:** When fritters form themselves into irregular shapes, it is because the batter isn't thick enough or because it has been dropped gradually into the fat.

To thicken the batter, simply add more flour. To keep the fritter in shape, drop the dough quickly, pushing it off the spoon with a spatula or another spoon.

**Question:** Why are corn fritters so often grease-soaked?

**Answer:** If the frying temperature is not too low, it is because the mixture is too rich or too coarse in texture. Reduce the amount of shortening or increase the amount of flour.

**Question:** Why is the interior of fritters so often raw?

**Answer:** Either because the fritters have been made so large that they can't cook through in the time it takes to brown them or because the Crisco is too hot.

**Question:** Is it possible to deep fry chicken, chops, and other meats in large pieces?
Answer: Yes, though it requires considerable skill to get the meat cooked through thoroughly without over-browning the surface. A more satisfactory method is a combination of deep frying and roasting. In this way a crisp, brown surface is first obtained by immersing the food in hot Crisco, then the cooking is finished slowly by baking in a covered dish in a moderately hot oven.

When cooked by this method, the pieces of food are usually coated with thin batter or with crumbs before frying.

Chicken is sometimes deep fried after parboiling (see page 37).

Question: What makes the batter loosen or fall off chicken or other meat during deep frying?

Answer: The surface hasn’t been thoroughly dried before the coating is applied.

Question: Why does hot fat “boil over” the top of the kettle during frying?

Answer: Because there is too much Crisco in the kettle (it should never be more than two-thirds full) or because too great a quantity of food has been added. Cold, wet
food, such as raw potatoes, is most often responsible for this difficulty. The moisture is turned to steam, which in its escape to the surface, causes the bubbling.

If the kettle isn’t too full of fat, add less food at a time and add it more slowly. When a basket is used, it can be lowered gradually into the kettle, thus keeping the bubbling Crisco from going over the top.

In case the fat does bubble over, turn off the heat immediately or remove the kettle from the stove. If the fat ever catches fire, smother the flames with a rug or other heavy fabric. Never pour water on the flames.

Question: What causes the frying fat to become thick and dark in color after it has been used a few times?

Answer: Usually because crumbs have been allowed to accumulate in the kettle. As they are heated over and over again, they become burned and charred and transfer
their dark color to the fat. Overheated fat also becomes discolored prematurely.

Fat which is used too long without any addition of fresh fat becomes thick and dark and unfit for use. It is better to add a small amount of fresh fat after every two or three fryings than to continue to use the same fat until it becomes too low in the kettle to cover the food. There is some loss by absorption each time a fat is used for frying. This should be made up by the addition of fresh material.

**Question:** Why do foods soak more grease when fried in fat which has been used for a long time?

**Answer:** All fats “wear out” eventually—some quicker than others. Foods fried in “worn out” fats become grease-soaked. Crisco is noted for its good keeping qualities. If properly cared for, it can be used longer than any frying fat.

**Question:** Can anything be done to make rancid fat usable again?

**Answer:** Nothing will remove a rancid odor and flavor from fat. It can be avoided by choosing a fat like Crisco which does not easily become rancid.
FRENCH FRIED POTATOES
(8 medium-sized potatoes will serve 6 people)

Cut pared potatoes lengthwise into strips about ½ inch wide. Soak them in cold water. Drain thoroughly. Dry as much as possible, place them a few at a time in a wire basket and plunge it into deep Crisco, heated to 395° F. or hot enough to brown an inch cube of bread in 20 seconds. Fry until well browned and thoroughly cooked in center (test by removing one strip with a fork). Drain on unglazed paper. Salt just before serving.

Do not try to fry too many potatoes at a time. It is quicker to fry several small batches than one large batch which overcrowds the kettle. The potatoes fried first may be kept warm in the oven while the others are being fried.

POTATO CUPS

Select oval potatoes. Pare. Hollow out center to make cups or boat shapes. Parboil 10 minutes. Drain and dry and fry in deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds. When well browned, drain on unglazed paper. Sprinkle with salt and fill with creamed meat, fish, or vegetables.

LATTICE POTATOES

Pare potatoes. Slice with a vegetable slicer made for this purpose. Let stand in a bowl of cold water for at least 20 minutes. Drain and dry between towels. Fry in deep Crisco heated to 385°-395° F. or hot enough to brown an inch cube of bread in 20 seconds. Drain on paper and sprinkle with salt.

SHOE-STRING POTATOES

Pare potatoes, let stand in cold water a few minutes, and cut into narrow strips with a vegetable slicer. Fry in deep Crisco heated to 385°-395° F. or hot enough to brown an inch cube of bread in 20 seconds. Drain on paper. Sprinkle with salt while warm.
POTATO NESTS

Cover bottom part of special nest basket (see page 27) with potato strips cut as for shoe-string potatoes. Don't make any effort to arrange the strips regularly, but let them criss-cross as they will. Fit top of basket down into bottom. Fasten handle and plunge into deep Crisco heated to 385°-395° F. or hot enough to brown an inch cube of bread in 20 seconds, and fry until golden brown. Remove from basket while warm.

FRENCH FRIED SWEET POTATOES

Parboil large sweet potatoes 10 minutes. Peel and cut into strips. Fry in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Drain. Salt just before serving.

MOCK ROAST POTATOES

Select small potatoes. Pare and drop in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Fry until golden brown. Drain on unglazed paper.

If only larger potatoes are available or if the frying time is short, parboil the potatoes first in boiling salted water.

SOUFFLE POTATOES

Select potatoes suitable for baking. Pare and cut into even slices about ¼ or ⅛ inch thick. Soak in ice-water for a few minutes—not longer than five.

Have two kettles of deep Crisco ready, one heated to only 200°-225° F. and one heated to 425° F.

Drain the potato slices. Drop a few at a time into the warm Crisco and fry 4 to 5 minutes. Transfer the partially fried slices to the hot Crisco, where they should immediately start to puff. When golden brown and puffed, remove to unglazed paper to drain. Let cool. If not crisp, return to the hot Crisco for a few minutes.

RICE AND CHEESE CROQUETTES

(8 to 10 croquettes)

1 tablespoon Crisco
1 tablespoon flour
½ teaspoon salt
1 egg
8 ozs. cheese (1 cup)
¾ cup milk
2 cups cooked rice

Coating

1 egg
½ cup dry bread crumbs
2 tablespoons milk or water

Melt Crisco and blend with flour and salt. Stir in milk and cook until mixture thickens. Add cheese broken into pieces. Cook over low heat until smooth.
Add rice and beaten egg just before removing from stove. Chill, then shape into croquettes and roll in crumbs. Dip in egg diluted with milk or water and again in crumbs. Fry in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds.

**CHICKEN OR TURKEY CROQUETTES**

(6 to 8 croquettes)

2 tablespoons Crisco  
2 teaspoons minced onion  
4 tablespoons flour  
1 teaspoon salt  
1/8 teaspoon pepper  
1 teaspoon minced parsley

**COATING**

1 egg  
Finely ground bread crumbs  
2 tablespoons milk or water

Melt Crisco, add minced onion, and pan fry until yellow. Blend in flour, salt, and pepper; stir until smooth. Add milk. Cook until the mixture thickens. Add turkey, celery, and minced parsley. Chill thoroughly. Form into croquettes. Roll in fine, dry crumbs; dip in egg diluted with milk or water and roll again in fine dry crumbs. Fry in deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds.

**CORNED BEEF AND POTATO CROQUETTES**

(6 to 8 croquettes)

2 cups left-over mashed potatoes  
3 cups finely chopped cold corned beef  
Salt and pepper to taste  
1 egg  
1 tablespoon finely chopped parsley

**COATING**

1 egg  
Fine dry bread crumbs  
2 tablespoons milk or water

Combine potatoes, corned beef, egg, and seasoning. Mix well. Form into croquettes, dip in egg, diluted with milk or water, roll in bread crumbs, and fry in deep Crisco, heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds.
**POTATO CROQUETTES**  
(4 to 6 croquettes)

2 cups left-over mashed potatoes  
1 teaspoon minced onion  
1 egg yolk  
1/4 teaspoon celery salt (if desired)

**Coating**

1 egg  
2 tablespoons milk or water  
Finely ground bread crumbs

Mix all ingredients together. Beat thoroughly. Shape, dip in crumbs, then in egg diluted with milk or water and in crumbs again. Fry in deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds.

**PIGS IN POTATOES**  
(6 croquettes)

1 teaspoon minced onion  
6 cooked sausages (small links)  
1 tablespoon minced parsley  
2 cups left-over mashed potatoes

**Coating**

1 egg, beaten lightly with  
Dry bread crumbs  
1 tablespoon milk or water

Mix onion, parsley, egg, and mashed potatoes together. Beat thoroughly. Coat cooked sausages with potato mixture and shape into croquettes. (If small links are not available, cut large ones in half.) Roll in finely ground dried bread crumbs, then dip in egg diluted with milk or water, and roll again in crumbs. Fry in deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds.

**IRISH PUFFS**  
(4 to 6 servings)

2 eggs, well beaten  
3 or 4 strips fried bacon  
2 cups left-over mashed potatoes

Beat eggs and potatoes together thoroughly. Add bacon crumbled or chopped. Season to taste. Drop mixture by spoonfuls into deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds. Fry until golden brown. Drain on absorbent paper.
SWEET POTATO SURPRISES
(8 balls)

2 cups mashed sweet potatoes  
1 egg  
½ teaspoon salt  
½ teaspoon pepper  
8 marshmallows  
½ cup crushed cornflakes

Boil and peel potatoes. Mash or put through ricer. When partly cool, add beaten egg, salt, and pepper. If mixture is too dry, add a little milk. With floured hands, form into 8 round balls with marshmallow hidden inside. Roll in cornflakes crushed finely. Fry in deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds. Fry until brown, drain on absorbent paper.

FRIED OYSTERS

Select large oysters. Clean and dry between absorbent paper. Sprinkle with salt and pepper. Dip first in beaten egg, then in finely ground bread or cracker crumbs, and fry in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Drain on paper and serve hot.

Mayonnaise may be used in place of the egg for dipping. It adds an interesting flavor.

FRIED SCALLOPS

1 quart scallops  
2 tablespoons salad oil  
1 egg  
1 cup fine, dry bread crumbs  
2 tablespoons milk or water

Coating

4 tablespoons lemon juice  
½ teaspoon salt

Drain scallops. Let stand about one hour in dressing made by mixing oil, lemon juice, and salt. At the end of this time, dip scallops one at a time in egg diluted with milk or water, then in crumbs. Fry a few at a time in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Remove when golden brown and drain on paper.

FILLET OF SOLE

Be sure fillets are clean and dry. Sprinkle with salt and pepper and roll in corn-meal or in slightly beaten egg and finely ground, dry bread crumbs.

Fry until brown in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds, or sauté in a hot skillet containing enough melted Crisco to cover the bottom generously. Turn as soon as one side is nicely browned. When brown all over, cover and cook for a few minutes longer.

Serve with tartar sauce or sliced lemon.
CODFISH BALLS WITH EGG SAUCE
(8 to 12 balls)

3 medium-sized potatoes 1 egg
1 cup dried codfish ¼ cup milk

Pare potatoes and cut into cubes. Add codfish. Cover with water and bring to a boil. Pour off the water, add fresh, and continue cooking until tender. Drain and mash. Add beaten egg and milk. Drop by tablespoonfuls into deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds, and fry until brown. Serve with sauce.

SAUCE

2 tablespoons Crisco 1 cup scalded milk
2 tablespoons flour 2 hard-cooked eggs
Salt and pepper to taste

Blend Crisco and flour together. Stir in hot milk and cook until thick. Add chopped hard-cooked eggs just before serving.

SALMONETTES
(12 small croquettes)

1 cup canned salmon 1 tablespoon chopped parsley
1 cup soft bread crumbs 1 teaspoon lemon juice
1 egg, beaten ½ teaspoon pepper
1 tablespoon minced onion ½ teaspoon salt
1 tablespoon melted Crisco

Bone fish. Flake and combine with soft bread crumbs. Add egg, seasonings, and melted Crisco. Mix thoroughly and form into croquettes. Roll in fine, dry bread crumbs. Fry in deep hot Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds. Serve with white sauce alone or combined with green peas.

HAM FRITTERS WITH BANANAS
(8 to 12 fritters)

2 eggs 3 tablespoons flour
2 tablespoons milk Salt, if needed
½ teaspoon pepper Chopped onion, if desired
2 cups ground, left-over ham

Beat eggs, add flour, milk, seasoning, and ground ham. Drop by spoonfuls into deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds. Fry until brown. Drain on paper. Arrange on center of platter and surround with bananas fried as follows:
Peel 6 small bananas, cut in half, dip in lemon juice, dredge with flour, and fry as above until brown. Arrange on platter with fritters and garnish with parsley.

**PINEAPPLE FRITTERS**

(6 to 8 servings)

| 1 cup flour | 1 egg |
| 2 teaspoons baking powder | ¼ cup milk |
| ¾ teaspoon salt | 1 tablespoon melted Crisco |

6 small pineapple slices or 8 large slices, halved

Sift dry ingredients together. Combine egg with milk, stir the liquid into the dry mixture, and add melted Crisco. Dip pineapple slices into batter and drop into deep Crisco heated to 365°-375°F or hot enough to brown an inch cube of bread in 60 seconds. Fry until golden brown. Drain on absorbent paper. Sprinkle with powdered sugar.

**PARSNIP FRITTERS**

| 1 egg | 1 tablespoon flour |
| 1 cup mashed boiled parsnips | 2 tablespoons milk |

Salt and pepper to taste

Beat egg and blend with mashed parsnips. Add the other ingredients. Drop by spoonfuls into deep Crisco heated to 375°-385°F or hot enough to brown an inch cube of bread in 40 seconds. Fry until golden brown.

**CORN FRITTERS**

| 1 cup flour | 1½ cups corn (fresh or canned) |
| ½ teaspoon salt | 2 eggs |
| 1 teaspoon baking powder | ¾ cup milk |
| 1 tablespoon melted Crisco |

Sift flour, salt, and baking powder together. Add eggs beaten with milk and stir in corn and melted Crisco. Drop by the spoonful into deep Crisco heated to 365°-375°F or hot enough to brown an inch cube of bread in 60 seconds. Fry until golden brown. Drain and serve hot.

(This same recipe with the addition of ¼ cup flour may be used for sautéed fritters.)

**FRENCH FRIED CAULIFLOWER**

(4 to 6 servings)

| 1 medium-sized cauliflower | ½ cup milk |
| Yolks of 2 eggs | ½ teaspoon salt |
| ¾ cup flour |

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Wash the cauliflower and separate into flowers. Boil until tender in salted water, then drain. (A slice of lemon boiled with cauliflower keeps it perfectly white.) Beat the egg yolks until light. Add the milk, salt, and flour. Beat smooth with an egg-beater. Dip each section of cauliflower in batter. Drop in deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds. Fry until golden brown.

**FRENCH FRIED ONIONS (flour coated)**

Cut large onions across into slices about 3/4 inch thick. Separate slices into rings. Dip rings into milk, dredge with flour, and fry in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Drain, salt slightly.

**FRENCH FRIED ONIONS (batter coated)**

(4 to 6 servings)

| 1 egg yolk | ½ teaspoon salt |
| ½ cup milk | 1 teaspoon melted Crisco |
| ½ cup flour | 3 to 4 large onions |

Beat egg yolk slightly. Add milk. Stir in flour, salt, and melted Crisco. Mix until smooth. Dip onion rings in batter. Place in frying basket and lower into deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Fry until delicately browned. Drain. Salt before serving.

**FRENCH FRIED ASPARAGUS**

(3 to 4 servings)

| 12 stalks canned asparagus | ½ cup finely ground, dry bread crumbs |
| 1 egg | ½ cup milk |

Dip each stalk of asparagus in beaten egg and roll in finely ground, dry bread crumbs. Fry until brown in deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds.

For a luncheon dish, place 3 to 4 pieces on a slice of toast and pour the following cheese sauce over them:

| 1 tablespoon Crisco | ¼ teaspoon salt |
| 2 tablespoons flour | 1 cup milk |
| ½ cup cheese |

Melt Crisco, stir in flour and salt. Add hot milk and cook until thick. Add cheese grated or cut in cubes. Cook over hot water until cheese is melted.
FRENCH FRIED BANANAS
(4 to 6 servings)
Remove skins from 3 bananas. Cut in half crosswise, then in half again lengthwise, making four sections. Sprinkle with salt and lemon juice. Dip in flour, then in slightly beaten egg diluted with 2 tablespoons water. Roll in very fine, dry bread crumbs, and fry in deep Crisco heated to 375°-385° F. or hot enough to brown an inch cube of bread in 40 seconds, 3 to 4 minutes, or until golden brown.

FRENCH FRIED EGGPLANT
Pare eggplant and cut lengthwise into strips as for French fried potatoes. Sprinkle with salt and pepper. Dredge with flour, dip in egg diluted with milk or water (2 tablespoons to each egg) and roll in fine, dry bread crumbs. Fry until golden brown in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Drain and salt.

CHICKEN IN BATTER—FRENCH FRIED
Choose young roasting chickens. Clean and cut into pieces at the joints. Cook until tender in boiling, salted water to cover. Cool thoroughly. Dry the surface. Dip each piece into batter and drop into deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Fry until golden brown.

BATTER
2 cups flour
3 teaspoons baking powder
½ teaspoon salt
2 eggs
½ cup milk

Sift flour, baking powder, and salt together. Beat eggs with milk and stir into dry ingredients. Add more milk if necessary to make a thin batter.

CHINESE FRIED NOODLES
Boil string-shaped noodles in plenty of salted water for 5 minutes. Put in colander and pour cold water over them. Drain well. Fry, a small quantity at a time, in deep Crisco heated to 385°-395° F. or hot enough to brown an inch cube of bread in 20 seconds, until crisp and delicately brown. Drain on crumpled, unglazed paper. Can be rewarmed and recrisped in the oven.

DOUGHNUTS
(2 dozen medium-sized)
3 tablespoons Crisco
2/3 cup sugar
2 eggs
4 cups flour
4 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon mace
1 teaspoon salt
2/3 cup milk
Blend Crisco with sugar and eggs. Sift dry ingredients together and add alternately with the milk to the first mixture. Turn dough a portion at a time out on a slightly floured board. Pat out to ½ inch thickness. Cut with a small doughnut cutter dipped in flour. Fry until a delicate brown in deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Drain on paper, cool, and sprinkle with powdered sugar.

**DOUGHNUT BALLS**

(3 dozen)

\[
\begin{align*}
\frac{3}{4} \text{ cup sugar} & \quad \frac{3}{4} \text{ cups flour} \\
\frac{3}{4} \text{ cup milk} & \quad \frac{3}{4} \text{ teaspoon salt} \\
2 \text{ eggs, well beaten} & \quad 1 \text{ teaspoon baking powder} \\
2 \text{ tablespoons melted Crisco} & \quad \frac{1}{2} \text{ teaspoon nutmeg}
\end{align*}
\]

Mix sugar, milk, eggs, and Crisco together. Sift flour, salt, baking powder, and nutmeg together. Combine the two mixtures. Drop by teaspoonfuls into deep Crisco heated to 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Fry until brown. When cool, roll in powdered sugar.

**SWEDISH CRUMPETS**

(several dozen)

\[
\begin{align*}
2 \text{ eggs} & \quad 1 \text{ tablespoon sugar} \\
\frac{3}{4} \text{ cup milk} & \quad \frac{3}{4} \text{ teaspoon salt} \\
3 \text{ cups flour} & \quad 1 \text{ tablespoon melted Crisco}
\end{align*}
\]

Beat eggs slightly. Add milk. Stir liquid into flour, sugar, and salt sifted together. Add melted Crisco. Roll out on a floured board a portion at a time to a paper-thin sheet. Cut into squares or diamonds 2 to 3 inches across. Cut three slits in each diagonally. Drop into hot, deep Crisco at 365°-375° F. or hot enough to brown an inch cube of bread in 60 seconds. Fry until delicately brown. Sprinkle generously with powdered sugar when cool.

**BALLOONS**

(makes 24)

\[
\begin{align*}
1 \text{ tablespoon Crisco} & \quad 1 \text{ cup flour} \\
1 \text{ cup water} & \quad \frac{3}{4} \text{ teaspoon salt} \\
3 \text{ eggs, unbeaten} & 
\end{align*}
\]

Bring Crisco and water to boil in a saucepan. Add flour and salt and stir until it forms a paste which leaves the side of the pan. When partly cool, add eggs

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one at a time, beating after each addition until the mixture is smooth (this takes time and patience). Drop by teaspoonfuls into deep Crisco heated to 365°-375° F. or hot enough to brown a cube of bread in 60 seconds. Fry slowly until puffed and brown. Drain on paper. Serve warm with honey.

CROUSTADES (Bread Baskets)

Cut slices of bread 2 inches thick. Shape into rounds 2 inches in diameter by cutting off the corners. Hollow out the centers with a sharp paring knife. Fry to a golden brown in deep Crisco heated to 385°-395° F. or hot enough to brown an inch cube of bread in xo seconds. Drain on soft paper.

Croustades are an inexpensive and delicious substitute for pastry shells. Any kind of creamed fish, meat, or vegetable can be served in them.

TIMBALE CASES

\[
\begin{align*}
\frac{3}{4} \text{ cup flour} & \quad 1 \text{ egg} \\
\frac{1}{2} \text{ teaspoon salt} & \quad 1 \text{ tablespoon melted Crisco} \\
1 \text{ teaspoon sugar} & \quad \frac{3}{4} \text{ cup milk}
\end{align*}
\]

Sift together flour, salt, and sugar. Add the slightly beaten egg, Crisco, and milk. Beat with an egg beater until perfectly smooth, then strain. Pour into a bowl deep enough to allow the timbale iron to be lowered into it to the required depth without touching the bottom.

Have a kettle of deep Crisco ready. Place the iron in it and heat until the fat reaches 365°-375° F. or when an inch cube of bread browns in 60 seconds. Take out the heated iron, remove surplus fat with a piece of absorbent paper, and lower the iron into the batter until it is covered not more than three-fourths of its height. Plunge it quickly into the hot fat and fry until delicately brown. Remove from the fat, slip the case from the iron on to absorbent paper.

FRENCH CRULLERS

\[
\begin{align*}
1 \text{ cup water} & \quad 1\frac{1}{2} \text{ cups flour} \\
\frac{1}{2} \text{ cup Crisco} & \quad \frac{3}{4} \text{ teaspoon salt} \\
4 \text{ eggs} & 
\end{align*}
\]

Melt Crisco in boiling water. Stir in quickly the flour sifted with salt. Cook until mixture forms a mass which clears edges of pan. Remove from fire and beat in eggs one at a time, blending thoroughly. Put mixture in pastry bag and with a large star tube press rings about 2 inches in diameter on a round of paper cut to fit the frying pan. Have Crisco hot as for doughnuts. Lower paper, ring side down, into the hot fat. When the crullers drop off, remove the paper. Turn the cakes as soon as they brown on one side. Repeat turning until crisp, or about four times. Frost while warm with thin powdered sugar icing, or sprinkle with powdered sugar.
Pan Frying

PAN frying, as the name tells us, is simply cooking in a frying pan. It might have been called shallow frying to contrast it with deep frying, but instead it is sometimes called "sautéing".

Equipment

The equipment for pan frying is very simple, consisting of a pan and a cover to fit. Probably no cooking utensil is so well known as the frying pan. Even when it is called a skillet or a spider, it is the same round, shallow pan with a strong handle—not a thing of beauty but extremely useful.

Every kitchen should be equipped with one large, sturdy frying pan (8-10 inches in diameter) of cast iron or cast aluminum. A smaller pan which is also needed may be made of a lighter weight metal such as sheet iron or aluminum. These pans are very satisfactory, though they can’t be expected to give the lifelong service that a heavier pan does.

An omelet pan—the kind that folds over in the center—can be used for frying other foods as well as omelets. This pan, which is really two frying pans in one (see next page), is especially convenient when small quantities of foods have to be fried at the same time. The dividing line keeps the foods separated while the one burner heats them both.

Every pan should have a close-fitting cover, which may be made of any material from light weight tin to enamel or heavy iron. The most modern is a cover of heat-proof glass, through which the progress of the food can be
watched. With such a cover, the danger of "boiling dry" is practically eliminated.

The object in frying foods is to seal the surface with hot fat so that the natural juices will be kept inside during cooking. In pan frying, this is done by searing or browning one side of the food and then the other.

A few foods, such as bacon and pork chops, are so rich in fat that no additional fat is needed in the pan. However, most foods need enough fat melted in the pan to cover the bottom generously. It is almost impossible to state exactly the amount of fat needed in any specific case because of the variation in size of pan and size of pieces of foods.

With Crisco, however, it doesn’t matter so much if an excess is used because any that is left can be strained and poured back into the can that is kept for frying.
Pan Frying Recipes

**POTATO CAKES**
*(8 to 10 cakes)*

3 cups left-over mashed potatoes
1 egg

Mix potatoes and egg together. Season with salt and pepper. Shape into flat cakes about one inch thick. Put enough Crisco into frying pan to cover the bottom well. When hot, put cakes in and brown on one side. Add more Crisco if necessary. Turn with pancake turner and brown on the other side. Serves 6.

**CARROTS O'BRIEN**
*(serves 4 to 6)*

6 carrots
1 medium-sized green pepper
1 small pimiento

Cook carrots in boiling salted water until tender. Cool and remove skins. (To cool quickly, let stand in cold water for a few minutes.) Cut into matchlike strips or in slices. Cut a green pepper, freed from its seeds, and one canned pimiento into long, thin strips. Sauté the carrots and green peppers in hot Crisco. Then add the pimiento and cook a few moments longer. Season to taste, sprinkle one teaspoon of lemon juice and one of finely chopped parsley over the dish just before serving.

**LYONNAISE CARROTS**
*(serves 4 to 6)*

2 cups carrot strips
1 small onion
1 teaspoon salt
1/8 teaspoon pepper

FRIED TOMATOES
Cut tomatoes crosswise into slices ½ inch thick. Sprinkle each slice with salt on both sides. Dip in flour or corn-meal. Put enough Crisco into a skillet to cover the bottom. When Crisco is hot, put tomatoes in and fry first on one side. When brown, turn with a pancake turner and fry on the other side.

SAUTEED EGGPLANT
1 medium-sized eggplant  
2 eggs  
4 tablespoons milk or water  
About 1 cup bread crumbs
Cut eggplant into slices one-half inch thick. Peel each slice. Let stand covered with salt water for about one hour. Drain off water. Dip each slice in beaten egg diluted with milk or water, then in crushed cornflakes or finely ground, dried bread crumbs. Fry until delicately brown in a skillet containing enough Crisco to cover the bottom. Turn to brown other side. If necessary, add more Crisco before turning slices.

PANNED GREEN CORN AND PEPPERS
1 cup corn  
½ green pepper
Cut corn from cob, mix with finely chopped green pepper. Melt enough Crisco in skillet to cover bottom. Add corn mixture, cover, and cook slowly for about 5 minutes. Remove cover and brown lightly. If a more moist dish is desired, add 3 or 4 tablespoons of cream.

FLUFFY OMELET
4 eggs  
½ teaspoon salt  
4 tablespoons water or milk  
Pepper
Separate eggs. Beat yolks with water and seasoning. Beat whites until stiff. Fold into yolk mixture. Pour into a hot skillet well greased with Crisco. Cook very slowly until well puffed. Finish cooking in a slow oven (300° F.) until dry and delicately brown on top.

PLAIN OMELET
4 eggs  
4 tablespoons milk or water  
½ teaspoon salt  
Pepper
Beat eggs and liquid together with a fork until well blended. Add seasonings. Pour into a hot skillet well greased with Crisco. Cook very slowly over a low fire. Prick the omelet with a fork as soon as it begins to set, to prevent bubbles from forming and to permit the liquid egg on top to run through to the bottom. This hastens cooking.
When delicately browned on the bottom and dry on top, turn out of pan to a warm platter, folding or rolling as it is turned out.
Before rolling up, the surface may be spread with cheese, ground ham, or jelly if desired.
FRENCH TOAST

2 eggs
4 tablespoons milk
⅛ teaspoon salt
6 to 8 slices bread

Beat eggs, stir in milk and salt. Dip bread quickly, one slice at a time, into the mixture. Have a skillet containing about ¼ inch of hot Crisco ready. Fry bread slices, turning to brown both sides. Serve hot with jelly or maple syrup.

For a nice luncheon dish, spread each slice of toast with finely chopped ham (heated). Garnish with currant or mint jelly.

GLORIFIED CORN-MEAL MUSH

(serves 6 to 8)

1 cup corn-meal
1 quart boiling water
⅛ cup diced or ground ham
4 tablespoons Crisco

Serves

Stir corn-meal slowly into boiling salted water. Cook uncovered for about 30 minutes or until very thick. Stir occasionally to prevent sticking. When thoroughly cooked, add ham and pour into a bread pan rubbed with Crisco. Chill until firm. Slice ⅛ to ¼ inch thick. Melt enough Crisco in skillet to cover bottom generously. When hot, add corn-meal slices. Fry until brown on one side. Turn with wide spatula or pancake turner and brown other side.

YANKEE HASH

(serves 4 to 6)

3 tablespoons Crisco
2 tablespoons chopped onion
2 cups chopped corned beef (cooked)
1 cup milk or water

Melt Crisco in frying pan. Add onion and brown slightly. Add other ingredients, stirring in thoroughly. Then spread out evenly to cover bottom of pan and cook slowly. As bottom browns, keep lifting it and cutting in so that crusty brown bits are worked throughout the hash. Just before removing from skillet, fold hash over like an omelet. Serve with fried apple rings. If moist hash is desired, more milk or water may be added.

FRIED APPLE RINGS

Select 2 or 3 large cooking apples. Cut them crosswise in ¼ inch slices. Melt 3 tablespoons Crisco in frying pan. When hot, add apple rings. Fry on both sides until nicely browned. Sprinkle with powdered sugar and top with jelly.
SOUTHERN BOUNTY
Ham Patties with Pineapple Slices
(serves 4 to 6)

2 cups chopped cooked ham 6 slices canned pineapple
1/2 cup dry bread crumbs 3 boiled sweet potatoes
2 eggs 1/2 teaspoon powdered cloves
1 teaspoon prepared mustard 1/2 cup brown sugar
4 tablespoons Crisco 1 cup pineapple juice

Mix ham, bread crumbs, eggs, and mustard together. Shape into flat patties (6 or 8). Melt Crisco in skillet. When hot, add pineapple slices, browning first on one side, then the other. Remove and brown ham patties in the same way. Place each on a pineapple slice in a shallow baking dish. Cut sweet potatoes lengthwise in halves. Dredge with brown sugar mixed with cloves and brown in remaining Crisco in hot skillet. Arrange as a border in baking dish. Pour over pineapple juice. Reheat in a moderately hot oven (375° F.) for 10 minutes.

POLISH VEAL CUTLETS
(serves 4 to 6)

1 1/2 pounds veal (shank or shoulder) 1 teaspoon lemon juice
4 tablespoons melted Crisco 1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon nutmeg

COATING

1 egg 2 tablespoons milk or water
1/2 cup fine, dry bread crumbs

Trim waste from veal and put through food grinder. Add melted Crisco, lemon juice, and seasonings. Shape into flat patties (8 or 10). Coat with crumbs, dip in egg diluted with milk or water and roll again in crumbs. Melt enough Crisco in skillet to cover bottom 1/4 inch deep. Fry patties slowly until brown on both sides. Serve with Piquant Sauce.

PIQUANT SAUCE

To Crisco in skillet (about 2 tablespoons) add 2 tablespoons flour. Stir in 1 cup milk or meat stock. Cook until thick and season with salt, pepper, nutmeg, and 1 teaspoon lemon juice.

FRIED CHICKEN

Select young frying chickens. Separate into pieces at the joints. Season each piece with salt and pepper and roll in flour.

Melt enough Crisco in a skillet to cover the bottom about 1/4 inch deep. When hot, add the chicken pieces. Fry each until golden brown on one side, then turn to brown the other side. After browning, cover the pan tightly, reduce the heat, and cook slowly until tender (about 1/2 hour).
QUICK SALMON CAKES

1 cup salmon  1 teaspoon chopped green pepper
1 egg  1 teaspoon chopped onion
1 teaspoon chopped parsley

Remove the bones from the canned salmon. Shred finely, add beaten egg and finely minced green pepper, onion, and parsley. Shape into cakes, roll in flour or finely ground bread crumbs, and brown quickly in a skillet well greased with Crisco.

SAUTEED PINEAPPLE RINGS

Drain sliced canned pineapple well. Melt enough Crisco in frying pan to cover bottom generously. When hot, place pineapple slices in pan. Fry until brown on one side, then turn and brown other side. If the slices are dipped in flour before frying, they will brown more quickly but will not be quite so shiny in appearance.

SAUTEED BANANAS

Peel the bananas. Cut in half crosswise, then in half again lengthwise, making four sections. Dip in flour and brown in hot Crisco (just enough in the skillet to cover the bottom) on the flat side first. Turn and brown on the other side.

POTATO PANCAKES

(serves 4 to 6)

3 or 4 large potatoes  1 tablespoon flour
Salt to taste  ½ teaspoon baking powder
2 eggs  ½ cup Crisco

Grate the raw, pared potatoes, add the salt, well-beaten eggs, and last the flour and baking powder. Drop by spoonfuls into a hot skillet well greased with Crisco. Fry slowly until brown and crisp on both sides. If preferred, the mixture may be spread over the whole skillet. These may be served with sugar, jelly, or syrup, or they may be eaten plain with pot roast or veal.

FRENCH PANCAKES

(1 dozen pancakes)

⅓ cup flour  1 egg
1 teaspoon baking powder  1 cup milk
⅛ teaspoon salt  2 tablespoons melted Crisco


Spread with jelly, roll up, and sprinkle with powdered sugar.
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If you have any further questions about French Frying or Pan Frying, address Winifred S. Carter, Box 1801, Cincinnati, Ohio.