

The Sweet Potato As A Flour Substitute

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The sweet potato crop this year is unusually large and fine, and none of this valuable crop should be allowed to go to waste.

As a conserver of wheat flour, I feel sure it will take first rank as soon as its many and varied uses become more generally known. Among those that stand out most prominently are the following:

Sweet Potato Flour No. 1.

This is a very choice product—fine, creamy-yellow or white according to the color of the potato; has a very pleasant and agreeable taste and makes excellent bread, rolls, batter-cakes, doughnuts, waffles, etc., by using one-third potato flour and two-thirds wheat flour, or half and half as taste dictates.

Sweet Potato Flour No. 2

is exactly the same as No. 1 except that it is not so fine and works well with meal, coarse flours, puddings, pies, custards, etc.

Sweet Potato Flour No. 3

is identical with flour No. 1 except that the sugar and starch have been removed, leaving a beautiful flour with practically neither taste nor smell.

Sweet Potato Flour No. 4

is the same as No. 3 except coarser. Both, may be used the same as Nos. 1 and 2. Food-stuffs made from Flours Nos. 3 and 4 will, no doubt, be attractive to persons suffering from diabetes.

At present none of these flours are on the market, but they are easily made and so valuable that I am sure mills will soon accommodate us in this particular.

HOUSEHOLD RECIPES

Sweet Potato Bread

Take:

- 1 cup finely mashed sweet potatoes.
- 2 tablespoons warm water.
- ½ yeast cake.
- 1 teaspoon salt.
- 2¾ cups flour, or sufficient to make a soft dough.

Add the salt to the potatoes, and the yeast; pour in the water; add flour enough to make a smooth sponge (about a cupful); cover, and set in a warm place to rise. When light add the remainder of the flour or whatever is needed to make a smooth, elastic dough. Cover, and let rise until light; mould:

shape into loaves or rolls; let rise and bake.

Many variations of the above bread can be made by adding sugar, butter, lard, nuts, spices, etc.

Sweet Potato Biscuit.

- ½ cupful mashed sweet potatoes.
- 1 cupful flour.
- 4 teaspoons baking powder.
- ½ teaspoon salt.
- 2 tablespoons butter or lard.

Milk sufficient to make a soft dough.

Sift the flour, salt, and baking powder together several times; add these to the potatoes, mixing in with a knife. Now work the fat into the mixture lightly; add the milk; work quickly and lightly until a soft dough is formed; turn out on a floured board; pat and roll out lightly until about one-half inch thick; cut into biscuits; place on buttered or greased pans, and bake twelve or fifteen minutes in a quick oven.

Sweet Potato Biscuit No. 2 (Extra Fine)

Take:

- 1 cup boiled and finely mashed sweet potatoes.
- 2 eggs, well beaten.
- 2 cups flour.
- 2 teaspoons baking powder.
- 1 teaspoon salt.
- 2 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 egg, and potato. If too soft add more flour, sufficient to make a soft dough. Roll out lightly; cut with a biscuit cutter; bake in quick oven.

Sweet Potato Bread (Baker's Method)

This recipe was given me by Mr. J. M. Colter, who is in charge of the Institute's bakery:

Take:

- ½ barrel of flour (70 pounds).
- 30 pounds of finely mashed sweet potatoes.
- 40 pounds water.
- 1½ pounds salt.
- 1 pound sugar.
- 1 pound lard.
- 1 pound compressed yeast.

Every other operation is exactly the same as for bread or rolls made from all wheat flour.

Mr. W. T. Shehee, Steward of the Boarding Department, says it not only gives universal satisfaction, but is preferred by many to bread or rolls made from all wheat flour.

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*[Broadside or flyer]:
The Sweet Potato as
a Flour Substitute
Tuskegee: Tuskegee Institute
[1918] \$750*

Broadside. Approximately 11" x 6¼". Faint fold and a tiny tear, else fine. An attractive copy of this rare broadside printed on thin paper. The great scientist published no hardcover books, all his extant work is either in the form of pamphlets or broadsides. This broadside describes various grades of sweet potato flower, and gives four different recipes employing it. Fragile and slight, few of these are likely to have survived. [BTC#419891]