

# Local

## Cotton food wows tasters

By DANA SMELSER  
Battalion Reporter

Cotton-stuffed tomatoes? Cotton-butter-and-jelly cake?

Although the thought of eating these unique dishes may not tickle the taste buds, their names shouldn't be taken literally.

Researchers at the Food Protein Research and Development Center at Texas A&M University are preparing a cookbook using glandless cottonseed kernels as an ingredient in all the recipes.

The special type of cottonseed can be used in appetizers, salads, main dishes, vegetables, breads

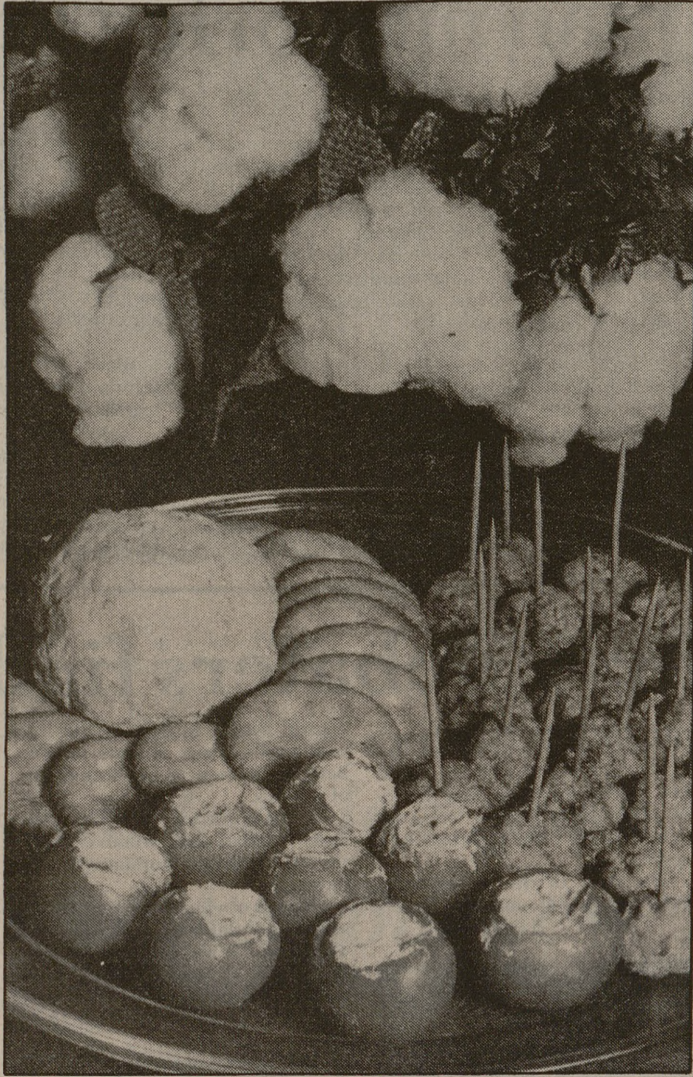


Photo by Boobie Baker

A nutty cheese ball, sausage balls and cotton-stuffed tomatoes are a few of the delicacies that can be prepared with glandless cottonseed kernels. Researchers at the Food Protein Research and Development Center at Texas A&M University are preparing a cookbook using the kernels as an ingredient in all the recipes.

companies who are interested in putting them on the retail market, Simmons said.

Presently, glandless cottonseed

kernels are not available to the consumer, Simmons said, but they have gone ahead with the cookbook so that consumers will

know how to use the kernels when they are available at the end of the year.

Researchers at Texas A&M have developed and marketed a nut-like product from glandless cottonseed kernels, called "Tamunuts," Simmons said. Tamunuts can be consumed directly as a snack item or used in candies, cookies, and other bakery items.

Tamunuts can be found at Souper Salads in the basement of Sbsa Dining Hall.

People seem to be enthusiastic about the new product. "The response from most people is 'Wow,'" Simmons said.

The purpose of the 80-recipe cookbook, funded by the Texas Engineering Experiment Station and the Natural Fibers and Food Protein Commission of Texas, is to demonstrate uses for glandless cottonseed kernels, she said.

The use of cottonseed kernels for a food commodity is "a whole new ballgame," Simmons said.

Cottonseed has not been used as a source for human foods be-

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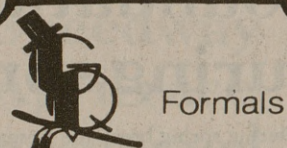
cause it contains a pigment, called gossypol, which is toxic to single-stomach animals. The glanded cottonseed has been used mainly to feed cattle, Simmons said.

A glandless strain of cotton, which doesn't contain gossypol, was discovered about 30 years ago. The plant from the cottonseed was weak, puny and not of good quality, Simmons said.

Research has been conducted since to develop strains of glandless cotton that are equal in lint yield and resistance to disease and pests.

If the farmers can get the same amount of lint and can also utilize the cottonseeds, the cotton has more value, Simmons said.

"The farmers will get more money, and when they do, it benefits the economy for everyone else," she said.



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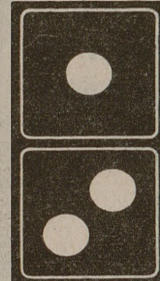


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"There has been quite a lot of interest in that (cottonseed butter) this year because of the shortage of peanut butter."

and even deserts, Rhonda Simmons, researcher, writer and editor of the book, said.

The glandless cottonseeds, containing almost 40 percent protein, have been compared with sunflower seeds, Simmons said.

"One nice thing is the kernels pick up the flavor of whatever you cook with," Simmons said. The kernels taste bland and do not contribute a flavor of their own in cooking.

But cottonseed is a good source of high quality protein.

The free cookbook, expected to be available within the year, explains how to roast and boil raw cottonseeds to use in common, everyday recipes, Simmons said.

"We start with an idea and play with it from there," she said.

A glandless cottonseed butter, which is similar to peanut butter, can be made from the kernels. There has been quite a lot of interest in that (cottonseed butter) this year because of the shortage of peanut butter," she said.

The cottonseed has been sold commercially to food processing

## Faculty-staff holidays longer

While students get a full week (five days plus two weekends) of spring break, the faculty and staff of Texas A&M University will be off for only four days.

Four days, however, is two days more than they've had in five of the last six years.

The total holidays for the 1980-81 school year is 17, two more days than for 1979-80. The two extra days were added to the Christmas-New Year's break.

The number of holidays varies according to what days specified holidays fall on during the year. Saturday and Sunday holidays are not observed by Texas A&M.

The Texas A&M System Board of Regents decides when the holidays will be taken, Brenda Manley, assistant secretary for the board, said Tuesday.

Manley said the decision was based on the schedule of student holidays.

"It's just a process of determining how many (holidays) we have and making them fit the students' calendar as closely as possible," Manley said.

Manley said student holidays differ slightly at other schools in

the system and this accounts for Prairie View A&M University and different faculty-staff holidays at Tarleton State University.

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