

Peanut Music

"EATING GOOBER PEAS"

A Peanut Sat on a Railroad Track

(tune: Polly Wolly Doodle)

A peanut sat on a railroad track,
his heart was all a flutter
(pat chest rapidly)

'Round the bend came number ten.
TOOT! TOOT!
(pull imaginary cord)
Peanut butter! Squish!
(palms together)



Moderate

Sitting by the roadside on a summer day,

Chatting with my messmates, passing time a - way,

Lying in the shadow — underneath the trees,

Goodness how de - licious — eating goober peas!

Chorus:

Peas! Peas! Peas! Peas! Eating goober peas!

Goodness, how de - licious — eating goober peas!

From "Sound Off!" Soldier songs from the Revolution to World War II, by Edward Author Dolph; music arranged by Philip Egner. Copyright 1929, 1942, Farrar & Rinehart, Inc., N.Y. & Toronto; reprinted in B.A. Botkin, A TREASURY OF SOUTHERN FOLKLORE.

Peanut Recipes

Blender Peanut Butter

1 cup roasted peanuts
1/4 teaspoon salt (optional)
1 teaspoon peanut oil
Place roasted peanuts, salt and peanut oil in a blender. Blend briefly. Turn blender off and use a rubber spatula to push down whole peanuts which rise to the top. Blend 3 to 4 minutes more, scraping sides as necessary until desired consistency is reached. Store in a tightly closed container in the refrigerator. Stir before serving as oil may rise to the top when standing. Yields 1/2 cup.

Food Processor Peanut Butter

Use the same ingredients as above. Use metal blade in food processor. Place ingredients in container and close. Process for 3 to 5 minutes. The ground peanuts will form a ball which will slowly disappear. Stop machine. Scrape sides of container with rubber spatula. Start machine. Process until it looks like paste or is easy to spread. Store as above. Yields 1/2 cup.

Trail Mix

1 cup roasted peanuts
1 cup raisins
1 6-oz. package chocolate chips
1 cup dry fruit
Combine. Store in tightly closed container. Yields 4 cups.

Knots on a Log

peanut butter
1 cup shredded carrot
celery sticks cut in 3" pieces
raisins
Mix peanut butter and shredded carrot. Spread on celery sticks. Sprinkle with raisins.

GoGo Shake

1 small banana
1/4 cup smooth peanut butter
1/2 pint vanilla ice cream
1 cup milk
In a blender, blend banana until smooth. Blend in peanut butter and then ice cream. Add milk and blend until smooth. Yields two 1-cup servings.

Peanutty Orange Faces

2 tablespoons peanut butter
1/4 cup orange juice
2 oranges
4 lettuce leaves
raisins
Measure peanut butter and orange juice into bowl and use a spoon or fork to blend together. Peel oranges. Insert fork into side of orange and place on cutting board. Cut orange into 1/4-inch slices. Spread orange slices with peanut butter mixture. Arrange on lettuce leaves. Place raisins on top of each slice to make a face. Serve immediately or chilled. Yields 4 salads.

Honey Peanut Butter Balls

1 cup chopped roasted peanuts
1/2 cup creamy peanut butter
1/2 cup honey
1 cup dry milk
Pour peanuts into a plate or shallow bowl; set aside. In a medium sized bowl combine peanut butter and honey. Stir in dry milk, mixing well. Form dough into quarter sized balls. Roll each in the peanuts until coated. Yields 4 dozen.