

Desserts

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OKLAHOMA A. AND M. COLLEGE
SHAWNEE BROWN, Director
Stillwater, Oklahoma

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DESSERTS

RUTH PETERMANN
Assistant Extension Specialist
in Foods and Nutrition

Desserts might well be called happy endings. They provide sweets in the proper place, and, if well chosen, help to make the meal a well balanced and interesting one. Since they are a part of the meal, desserts should be planned in connection with the other foods that are to be served.

While there is an almost endless variety of desserts, each serves a particular purpose. There is a time and place when each can be used to the best advantage. For example—a meal that is rather soft and colorless can be pepped up with a crisp fruit dessert. If the daily quota of milk has not been used, a custard might be in order. When the meal is especially light, this is a good time to humor the appetite with one of the heavier, richer desserts; but when a heavy meal is served, a light dessert should be selected.

PERFECT FOOD—A DEMONSTRATION OF SKILL

Whether it be an elaborate cake or a simple pudding, a dessert, when perfectly made, is a work of art. It is a demonstration of skill.

It is not a mere matter of luck that one homemaker always carries off the blue ribbon honors; whereas her nearest neighbor cannot bake a pie that the family can relish. It is a matter of knowing how. Of course, even the most skilled cook has a failure once in a while. But, behind each failure, she discovers a cause. The cook who studies her products, finds out in what respect they are not up to standard, learns how to remedy the weak points, and then goes about correcting them, is the one who will become a really good cook. Only a few of us are "born cooks" but all of us can learn to be good cooks, if we will. For, good cooking is, after all, a matter of learning how.

GOOD RECIPES ARE IMPORTANT

Perhaps the first essential in this learning process is a good recipe. We have assembled in this bulletin, recipes ranging from simple, everyday desserts, to the more elaborate ones that are only occasionally used. Each recipe has been carefully tested and is, what we consider, a good recipe. We offer this collection to you, hoping that it may serve as a guide in the preparation of desserts for your family table.

SYMBOLS FOR MEASUREMENTS

The following abbreviations have been used in the measurements:

c.—cup	pt.—pint
t.—teaspoon	lb.—pound
T.—tablespoon	°—degree
qt.—quart	F.—Fahrenheit

ACCURATE MEASUREMENTS ARE ESSENTIAL

Spoons, as well as cups vary in size. Unless the same size is used for all measurements in a given recipe, the proportions will be out of balance and good results cannot be expected.

A standard measuring cup holds 8 ounces or $\frac{1}{2}$ pint. It is marked off in subdivisions for measuring $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{3}{4}$, and $\frac{2}{3}$ cup. Some cups are marked off to show even smaller subdivisions.

Measuring spoons vary too and should be checked against a standard cup to determine their accuracy. Three teaspoons should equal one tablespoons and 16 tablespoons should equal one cup.

The following methods of measuring are suggested as a standard.

1. Accurate measuring equipment should be used.
2. All measurements should be level.
3. When measurements are small, for example, less than $\frac{1}{3}$ or $\frac{1}{4}$ cup, measuring by level tablespoonfuls is usually more accurate.
4. When measuring a spoonful, the spoon should be filled, then cut off level with the edge of a knife.
5. A half spoonful is measured by cutting a level spoonful of the ingredient in half lengthwise.
6. A quarter spoonful is measured by cutting a half spoonful of the ingredient in half crosswise.
7. The cup used for measuring a liquid should be placed on a flat surface and the cup filled to the desired mark and leveled. If it is to be a full cup, it should be filled as full as it can be filled without overflowing.
8. Thick liquids, such as molasses, should be measured in the same manner as thin liquids, but since they tend to round up higher than level full, they need to be cut off level with the edge of a knife.
9. Lumps should be rolled out of sugar before it is measured.
 - a. Granulated sugar should be placed into the cup lightly without shaking or packing.

- b. Confectioner's sugar should be sifted, then placed into the cup lightly without shaking or packing.
 - c. Brown sugar should be pressed firmly into the cup.
10. Fat should be left outside the refrigerator long enough to become plastic and easy to measure. It should be pressed into the cup and leveled off at the division mark.
 11. Flour should be sifted, then dipped into the cup by spoonfuls, lightly. The cup should not be shaken because this causes the flour to pack.

INGREDIENTS

The ingredients used in preparing any food play an important part in determining the quality of the finished product. This is especially true of desserts. All ingredients should be in good condition and free from any off flavor and odor.

Certain ingredients, flour, for example, are available in several types, each of which is particularly suited to a certain kind of cookery. These facts should be taken into consideration when selecting ingredients to be used. It is also important that one know how to use the ingredients properly when the most suitable ones have been selected.

White Wheat Flours

There are four types of white wheat flours on the market, namely: Bread, all-purpose, pastry and cake flour. Each type has qualities that make it especially desirable for a particular kind of baking.

While all types of flours are composed chiefly of starch they also contain some protein, approximately 10 to 14 percent. Most of this protein is gluten. Gluten is the substance that gives flour its binding properties and elasticity.

Bread Flour

The hard wheat flours contain a higher percentage of gluten. Too, the gluten is of a strong and very elastic quality. This makes hard wheat flour particularly suited to bread making and it is known as bread flour. These very qualities that make this flour ideal for bread making make it unsuitable for cakes.

All-purpose Flour

All-purpose flour, also known as a family flour, is either made entirely from soft wheat or is a combination of hard and soft wheat flours. While the quality of gluten varies, it is always weaker than the gluten in bread flour.

Pastry Flour

Pastry flour contains a yet weaker gluten than does bread and all-purpose flour, and is, therefore, more suitable for cakes.

Cake Flour

Cake flour, which is especially adapted to the making of delicate cakes, contains the smallest percentage of gluten. The gluten it contains is also very weak.

Baking Powders

There are three types of baking powders on the market: tartrate, phosphate and combination. Every cook should study the baking powder she uses and follow the directions given for that particular powder. This is necessary because the amount needed per cup of flour, the method of mixing and the oven temperatures giving best results vary with each type. Some react in the cold, while others need heat to start the action; consequently, mixtures containing each type must be handled differently if satisfactory results are to be obtained.

Flavoring

While flavoring depends, to a large extent, upon the type of product being prepared and the individual tastes, it is well to remember that a moderate use of flavoring is always desired. Many otherwise perfect products have been ruined by an excess of flavoring.

Soda

When soda is used as a leavening agent, it should be mixed with the flour and the other dry ingredients. This prevents the soda from acting until the liquid is added and the batter can hold in the gas. The old custom of putting the soda into the sour milk or molasses is not a good practice, because gas begins to escape as soon as these ingredients are combined.

A good rule when using soda is to allow one-half a teaspoon of soda for each cup of sour milk, sour cream or molasses. Too much soda gives a disagreeable flavor and odor as well as an undesirable yellow color.

Substituting Ingredients

Sour Milk for Sweet Milk

Sour milk and soda may be substituted for sweet milk and baking powder by using an equal amount of sour milk and one-half a teaspoon of soda for each cup of milk.

One teaspoon of soda is equal in leavening effect to 4 teaspoons of baking powder. Since one-half a teaspoon of soda is all that is needed to neutralize the acid in a cup of sour milk or mo-

lasses, both soda and baking powder will need to be used in some recipes. For example, if the original recipe calls for 1 cup of sweet milk and 2 teaspoons of baking powder, the revised recipe should read—1 cup of sour milk and one-half a teaspoon of soda. No baking powder is needed. But, if the original recipe calls for 1 cup of milk and 3 teaspoons of baking powder, the revised recipe should read—1 cup of sour milk, one-half a teaspoon of soda, and 1 teaspoon of baking powder.

Sour Cream for Sour Milk

When substituting sour cream for sour milk, 4 tablespoons less fat than is called for in the sour milk recipe should be used for each cup of sour cream used.

Ordinary Flour for Cake Flour

When cake or pastry flour is not available, a very good substitute can be made by removing 2 tablespoons flour from each cupful of ordinary flour used and adding 2 tablespoons cornstarch.

CAKES

There are two general type of cakes: cakes which contain fat, commonly known as butter cakes; and those made without fat. The latter are known as sponge or angle food cakes.

Butter Cakes

Cakes containing fat are usually made light by the action of baking powder or soda. While slight changes must be made in the method of mixing, depending upon the ingredients used, the following steps outline the method generally used for mixing butter cakes.

1. Cream shortening—mash and work it until it has the texture of very thick cream.
2. Gradually add sugar to creamed shortening—cream the mixture until it is light and fluffy.
3. Add the egg yolks—either beaten or unbeaten according to the directions given for the particular cake.
(Sometimes the whole egg is added at this time.)
4. Add alternately the dry ingredients which have been sifted together and the liquid.
5. Mix in the flavoring.
6. Fold in the stiffly beaten egg whites.

The egg whites should be beaten until they are stiff enough to hold up in peaks, but not dry. They should not be beaten until they are to be used or some of the air that has been beaten in will be lost.

7. Pour the batter into well greased pans and bake according to directions.

Sponge Cakes

True sponge cakes depend solely on the air which is beaten into the eggs to make them light. The flour must be folded in carefully to keep the air cells unbroken if possible. They should be baked at a low temperature over a long period of time.

There are several methods used for mixing the various types of sponge cakes, but the following is the one generally used.

1. Sift the flour, measure. Then sift it several times to incorporate as much air as possible.
2. If both yolks and whites of eggs are to be used, beat separately. The yolks should be beaten until thick and lemon-colored. The whites should be beaten until they are stiff enough to hold up in peaks, but not dry. If they are beaten too long the cake will be dry rather than moist.
3. Add the flavoring.
4. Gradually fold the sugar and then the flour into the beaten eggs. Use the folding motion rather than a mixing or beating motion. Mix only until ingredients are thoroughly blended.
5. Pour into an ungreased pan and bake according to directions.

Imitation Sponge Cake

An imitation sponge cake is made by using fewer eggs, adding baking powder, and a small amount of liquid.

Baking

The oven should be regulated to suit the size and kind of cake and should be of the right temperature when the batter or dough is put in to bake. If several layers of cakes are being baked and both shelves are used, the pans should not be placed directly underneath each other because this prevents a free circulation of hot air.

The baking period is divided into quarters.

1. The cake mixture begins to rise.
2. Rising continues; surface begins to brown.
3. Mixture finishes rising; browning continues.
4. The cake finishes baking; shrinks from sides of pan.

After the cake is placed in the oven, the oven door should not be opened any more than is absolutely necessary because each opening lowers the temperature of the oven, jars the cake, and may result in cake failure.

When the cake is delicately browned, has shrunk from the sides of the pan, and the surface springs back, leaving no indentation when pressed lightly with the finger, it is done. A clean straw, toothpick, or wire cake tester should come out dry and clean when inserted into the center of the cake.

Care After Baking

Careful handling after baking is a very important step in cake making.

Butter Cakes, when removed from the oven, should be set on a cake rack for about five minutes to allow a slight cooling. Then the edges should be loosened, and the cake inverted on the rack. The paper (if it has been used) and pan should be removed and the cake turned right side up. Leaving the cake to cool on a wire rack often prevents sogginess of the bottom crust.

Angel Food and Sponge Cake should be inverted as soon as they are removed from the oven and allowed "to hang" in the pan for about an hour, or until cold. The tube in the center, rising higher than the edges of the pan, prevents the top of the cake from touching any surface and allows the air to circulate around the cake as it cools. It also keeps the weight of the cake from pressing the air cells down during cooling. When the cake is cold, the edges should be loosened with a flat knife or spatula and the cake removed from the pan.

White Cake

2 c. cake flour	$\frac{3}{4}$ c. milk
2 t. baking powder	4 egg whites
$\frac{1}{8}$ t. salt	1 t. Vanilla
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ t. cream of tartar
$1\frac{1}{2}$ c. sugar	

Cream butter, add sugar and cream together. Sift flour and baking powder several times; add 4 T. of flour to butter and sugar, then add flour and milk alternately; flavor; add cream of tartar to egg whites and beat stiff. Fold into cake. Bake in layers in a moderate oven (375° F.) for 25 or 30 minutes.

This cake makes lovely individual cakes when baked in a shallow pan and cut in tiny squares.

Devil's Food Cake

2 c. sugar	$\frac{1}{2}$ c. cocoa
2 eggs	$\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ c. butter	$2\frac{1}{2}$ c. cake flour
1 t. soda	1 t. vanilla
1 c. sour milk	$\frac{1}{8}$ t. salt

Cream, butter and sugar; add well beaten eggs. Dissolve cocoa in boiling water; add that to the egg mixture. Sift flour, soda, and salt together, several times. Add the sour milk and the flour alternately to the cake mixture; flavor. Bake in moderate oven. Cool, then cover with seven-minute marshmallow icing.

Whipped Cream Cake

1 c. cream whipped stiff	2 c. cake flour
$\frac{1}{2}$ c. water	$\frac{1}{2}$ t. salt
3 egg whites, beaten stiff	3 t. baking powder
$1\frac{1}{4}$ c. sugar	$\frac{1}{2}$ t. each of vanilla and lemon

Mix together and sift twice the sugar, flour, salt and baking powder. Add water to whipped cream. Fold in beaten egg whites. Fold in sifted dry ingredients and add flavoring. Bake in two layers in moderate oven. Put together with lemon filling and cover with a white frosting.

Sour Cream Cake

3 eggs	$\frac{3}{4}$ t. soda
$1\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ c. sour cream (not too thick)
$2\frac{1}{2}$ c. cake flour	1 t. vanilla and some grated lemon rind
$1\frac{1}{2}$ t. baking powder	
$\frac{1}{2}$ t. salt	

Beat eggs well; add sugar and beat again. Sift dry ingredients together. Add alternately with sour cream to egg mixture; add vanilla and lemon. Bake in a moderate oven (350° F.) for about 45 minutes. Cover with Butter-scotch Frosting. This cake can be made into 2 round layers or two 8 x 12 inch layers.

White Fruit Cake

$\frac{1}{2}$ c. butter	1 t. baking powder
1 c. sugar	$\frac{1}{2}$ t. almond extract
5 egg whites	$\frac{1}{2}$ lb. blanched almonds
$1\frac{3}{4}$ c. flour	$\frac{3}{4}$ lb. citron
$\frac{3}{4}$ lb. cocoanut (fresh grated cocoanut is best)	

Use butter cake method of mixing. Bake in a loaf pan in a slow oven until done, about 1 hour. Cover with a white icing.

Pound Cake

3 c. cake flour	6 egg yolks
1 t. baking powder	$\frac{1}{2}$ c. milk
$\frac{1}{4}$ t. mace	1 t. vanilla
$\frac{1}{2}$ lb. butter	6 egg whites
$1\frac{1}{2}$ c. sugar	

Sift flour, measure, and resift 3 times with baking powder and mace. Cream butter, gradually blend in 1 c. of the sugar, add the egg yolks and beat vigorously until fluffy and stiff. Add the flour mixture and milk, to which vanilla has been added, alternately in small portions, beating well after each addition. Beat egg whites until fluffy but not dry, gradually add remaining sugar, and continue beating until stiff and smooth. Fold lightly but thoroughly into batter. Turn batter into buttered loaf pan or ring mold, and bake in a moderate oven (350° F.), 60 to 70 minutes, or until done.

Lazy Daisy Cake

2 eggs	1 c. pastry flour
$\frac{1}{2}$ c. boiling milk	1 t. vanilla
1 c. sugar	1 t. baking powder
1 T. butter	$\frac{1}{4}$ t. salt

Beat eggs, add sugar gradually, beating constantly; stir in vanilla. Sift dry ingredients and add next, still beating. Scald milk and add butter. Add this last and give it a dozen more hard beats. Line pan with paper and bake in moderate oven for 25 minutes. Turn on wire cooler. Allow to cool and pour over it the following icing:

Mix 5 T. melted butter, 9 T. sugar, 4 T. cream, and $\frac{1}{2}$ c. cocoanut. Pour over cake and run under broiler until brown or cook as usual icing and broil cocoanut.

Small Cakes

1 $\frac{2}{3}$ c. sifted flour	1 c. sugar
1 $\frac{1}{2}$ t. baking powder	$\frac{1}{2}$ c. milk
$\frac{1}{3}$ c. butter	1 t. flavoring
2 eggs, well beaten	

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, then flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add flavoring. Pour into greased cup-cake pans, filling them $\frac{2}{3}$ full. Bake in moderate oven (375° F.) 20 minutes, or until done. Serve plain or cover with Seven Minute or Fudge Frosting. (Makes 2 dozen cup cakes.)

Prince of Wales Cake

3 egg yolks	$\frac{1}{2}$ t. salt
1 egg white	1 t. soda
1 c. brown sugar (white may be used instead)	$\frac{1}{2}$ t. baking powder
$\frac{1}{2}$ c. butter	$\frac{1}{2}$ t. nutmeg
$\frac{1}{2}$ c. white syrup	$\frac{1}{2}$ t. cloves
2 $\frac{1}{2}$ c. flour	1 t. cinnamon
	1 c. sour milk

Sift flour once, measure, add salt, soda, baking powder, spices, and sift together. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Beat the egg yolks and the egg white together and add to the creamed butter and sugar and beat well; then add the syrup and blend. Add the flour, alternately with the milk, a small amount at a time. Beat after each addition until smooth. Bake in greased pan 8 x 8 x 2 inches or in a tube pan in a moderate oven (350° F.) for 50 minutes. When cool, spread with icing.

Apple Sauce Cake

$\frac{1}{2}$ c. shortening	1 t. soda
1 c. sugar	1 t. cinnamon
1 egg—well beaten	$\frac{1}{2}$ t. cloves
1 c. raisins	1 $\frac{3}{4}$ c. flour
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ t. vanilla
1 c. nuts	1 c. thick apple sauce

Cream shortening, add sugar gradually and mix well. Beat the egg into the creamed ingredients. Add sifted ingredients, chopped nuts and raisins, vanilla and apple sauce. Pour into a greased pan and bake in a moderate oven (350° F.) for about an hour.

Lady Baltimore Cake

3 c. cake flour	$\frac{1}{2}$ c. water
3 t. baking powder	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ c. butter	1 $\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. milk	1 t. vanilla
$\frac{1}{4}$ t. almond extract	3 egg whites, stiffly beaten

Sift flour once; measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour, alternately with liquid, a small

amount at a time. Beat after each addition until smooth. Add flavoring; fold in egg whites. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 20 minutes. Spread Lady Baltimore Filling between layers and Lady Baltimore Frosting over cake.

Angel Food Cake

1 c. sifted cake flour	¼ t. salt
1 c. (8 to 10) egg whites	1¼ c. sifted granulated sugar
1 t. cream of tartar	1 t. flavoring

Sift flour once, measure and sift four more times. Beat egg whites and salt with flat wire whisk. When foamy, add cream of tartar, and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Fold in sugar carefully, 2 tablespoons at a time, until all is used. Fold in flavoring. Then sift small amount of flour over mixture and fold in carefully. Continue until all is used. Pour batter into ungreased angel food pan and bake in slow oven (250 to 300° F.) for about 1 hour.

Sponge Cake

6 eggs, fresh, large	1 T. lemon juice
1 c. sugar	1 T. lemon rind, grated
1 c. pastry flour	2 T. water
½ t. salt	

Sift flour and sugar separately 4 times. Measure after first sifting. Make solution of sugar, water, salt, lemon juice and rind. Combine well with yolks, beaten until lemon colored. Carefully fold in the flour with a spatula or flat knife. Fold in egg whites whipped until light but not dry, with a spatula or flat knife. Bake in ungreased tube pan 40 to 60 minutes in a slow oven (320 to 350°). When done, cake is loose in pan and springs back when touched. Invert pan on cake rack, letting cake hang until cool and it shrinks from the pan. Serve with whipped cream or fruit.

Frostings and Sauces

When a cake is frosted, the frosting becomes a part of the cake and has a definite part to play. It should improve the cake by adding to its attractiveness, palatability, and keeping quality.

Characteristics of a Perfect Frosting

The best guarantee for a perfect frosting is a tested recipe, good materials, accurate measurements, a carefully following of directions, judgment and acquaintance with the recipe.

Filling and frosting should not be applied until a cake is thoroughly cold.

To come up to standard, a frosting must:

1. Have a flavor that blends with that of the cake.
2. Have a glossy surface.
3. Hold its shape.
4. Remain moist over a several-day period.

5. Cut easily.
 - a. without cracking.
 - b. without being sticky or gummy.
6. Feel fine grained and creamy on the tongue.

Chocolate Butter Frosting

4. T. butter	$\frac{1}{8}$ t. salt
2 c. sifted confectioner's sugar	$1\frac{1}{2}$ –2 squares unsweetened chocolate, melted
$\frac{1}{2}$ t. vanilla	4 t. milk (about)

Cream butter, add part of sugar gradually, blending after each addition. Add vanilla, salt, and chocolate and mix well. Add remaining sugar, alternately with milk, until of right consistency to spread. Beat after each addition until smooth. (Makes enough to cover tops of two 9-inch layers, or top and sides of 8 x 8 x 2 inch cake or about 2 dozen cup cakes. This frosting may be flavored with grated orange rind, if desired.)

Butterscotch Frosting

$1\frac{1}{2}$ c. brown sugar	3 T. butter
$\frac{1}{2}$ c. cream	$\frac{1}{2}$ t. vanilla

Boil together the brown sugar, cream and butter until the soft ball stage is reached. Cool. Beat, add flavoring and spread quickly on the cake.

Fudge Frosting

$1\frac{1}{2}$ c. sugar	$1\frac{1}{2}$ –2 squares (ounces) bitter chocolate
$\frac{1}{2}$ c. milk	$\frac{1}{4}$ t. salt
2 T. butter	$\frac{1}{2}$ t. vanilla

Combine ingredients except vanilla and butter and boil until the syrup will barely form a soft ball when dropped into cold water. Remove from fire, cool until lukewarm, add vanilla and butter, and beat until creamy and stiff enough to spread.

Seven Minute Frosting

$1\frac{1}{2}$ c. sugar	2 egg whites (unbeaten)
5 T. water	1 t. vanilla
$\frac{1}{2}$ T. white corn syrup	

Place sugar, water, unbeaten egg whites and corn syrup in top of double boiler. Beat with rotary beater until thoroughly mixed. Then, place over boiling water and keep the water boiling during the entire time of cooking. Beat the mixture in the top of the double boiler continuously until stiff enough to hold its shape. This will require about seven minutes. Add vanilla and beat until stiff enough to spread.

Seven Minute Marshmallow Icing

1 egg white	12 marshmallows
$\frac{7}{8}$ c. sugar	1 t. vanilla
3 T. water	

Put egg white (unbeaten), sugar and water in double boiler. Set over boiling water and beat constantly for seven minutes. Take from stove and add vanilla and marshmallows that have been cut in pieces. Beat until thick enough to spread.

Penuche Icing

1½ c. brown sugar (packed in cup)	¾ c. shortening
¾ c. milk (¼ c. plus 2 T.)	¼ t. salt

Mix ingredients and bring slowly to a full rolling boil, stirring constantly, and boil 1 minute. Remove from heat, beat until lukewarm. Add ¼ t. vanilla. Beat until thick enough to spread. (If icing becomes too stiff to spread, soften by warming over a low flame or over hot water.)

Lemon Filling

1 c. sugar	2 large lemons and grated rind of 1
3 T. cornstarch	2 T. butter
1 c. boiling water	
2 eggs	

Mix dry ingredients. Beat eggs with rotary beater and stir into the water; add lemon and rind and combine, cooking in double boiler until thick and smooth.

(This filling may also be used on the top of a cake, if it is to be used at once.)

Hard Sauce

⅓ c. butter	⅓ t. lemon flavoring
1 c. powdered sugar	⅔ t. vanilla

Cream the butter, add sugar gradually, and flavoring.

Soft Custard

4 c. milk	4 eggs
½ c. sugar	¼ t. salt
1 t. vanilla	

Scald the milk (use double boiler, if possible). Beat eggs slightly, add sugar and salt. Gradually add hot milk to egg mixture, stirring constantly. Return to double boiler and cook at low heat, stirring constantly, until mixture coats the spoon. Remove from fire and hot water immediately. Add vanilla. (More eggs may be used if desired.)

Philadelphia Cream Cheese Frosting

1 3-oz. pkg. Philadelphia cream cheese	Orange juice and grated orange rind
2 c. powdered sugar	

Cream the cheese and add sugar, grated orange rind, and enough juice to make right consistency to spread—(especially good on spice cakes.)

Praline Cake Frosting

⅓ c. brown sugar (firmly packed)	⅓ c. chopped nuts
1 T. flour	3 T. melted butter
	1 T. water

Combine ingredients and spread on hot baked 9" x 9" x 2" cake in pan. Return to oven and bake 5 minutes longer.

Cookies

The name cookie is given to an almost endless variety of small cakes. There are, however, only four classes or types of cookies—dropped cookies, rolled cookies, sliced or ice-box cookies, and cookie bars or squares.

Dropped Cookies

Dropped cookies are made from doughs which are too soft to be handled, but are generally stiff enough to require scraping rather than dropping from a spoon. The doughs vary in consistency. Some are quite soft and spread into round flat cookies. Others are stiff enough to hold their form almost completely and make thicker and usually drier cookies than do the softer doughs.

Cookies made from this dropped type of dough may be shaped by being forced through a cookie press instead of being dropped from a spoon, if desired.

Rolled Cookies

A cookie mixture which contains only enough flour to make the dough easy to handle, is ideal for rolled cookies. This dough should be rolled to a thickness of approximately $\frac{3}{16}$ of an inch before it is cut into the desired shapes. The rolling pin, moulding broad, and the cutting edge of the cutter should be lightly floured to prevent sticking. It is very important however, that they be floured very lightly since excess flour is a common cause of cookie failures.

Cookies of inferior quality are often the result of too much handling or re-rolling of the dough. It is well to roll out only a portion of the dough at one time, cut as many cookies as possible and put the trimmings aside to be re-rolled together at the last.

Rolled cookies are usually crisp, but some have a soft crumb similar to that of cake.

Sliced or Ice-Box Cookies

Sliced or ice-box cookies are made from a dough rich in fat. The dough is mixed, shaped into a form ready for slicing, wrapped in waxed paper, and placed in a refrigerator so that the fat will harden. When the dough is stiff enough to slice, it is ready for use. This dough may be sliced and baked immediately or kept in a cold refrigerator and baked whenever fresh cookies are desired. The mixture will usually keep satisfactorily for 10 days or even longer.

The dough should be cut into slices $\frac{1}{8}$ to $\frac{3}{16}$ of an inch in thickness and baked upon an ungreased baking sheet. Since a cold dough spreads more than dough at room temperature, the cookies should not be too closely spaced on the baking sheet.

Rich novelty cookies may be made by forcing this type of dough through a cookie press without chilling.

Cookie Bars or Squares

Cookie bars or squares are made from doughs which resemble cake batters. They may be of either a sponge or butter cake variety and are usually baked in shallow pans; then cut into squares or bars.

Storing Cookies

Since cookies keep indefinitely, they are a most satisfactory food to keep on hand for emergencies. Remember grandmother's cookie jar?

Proper storage is, however, necessary if cookies are to retain their good qualities. They should be stored in a well aired, perfectly dry box or jar which is fitted with a tight cover.

In order that soft cookies keep moist and crisp ones dry, each type should be kept in a separate container. They should be perfectly cold before being stored.

Sugar Cookies

1 c. sugar	3 t. baking powder
½ c. butter	2¾ c. cake flour
2 eggs, well beaten	1 t. vanilla
½ t. salt	

Cream butter, and gradually add sugar. Add eggs and mix well. Then, add vanilla and dry ingredients which have been sifted together and blend thoroughly. Roll and cut with either small or large cutter. Sprinkle sugar on top of cookies. Place on ungreased baking sheet and bake in hot oven (400° F.)

Scripps Ice Box Cookies

Cream together	(½ c. butter or butter substitute 1 c. brown sugar)
Add 1 egg slightly beaten. Mix well and add—	½ t. vanilla 2 c. sifted flour
Sift together	(½ t. cream of tartar ½ t. soda)

Add to first mixture and mix. Mold into rolls, wrap in waxed paper and put into refrigerator for at least two hours. When fresh cookies are desired, slice them from the roll of dough and bake in a hot oven (400° F.) for 8 to 10 minutes; (½ c. chopped nuts may be added to the dough before it is molded into a roll, if desired.)

Chocolate Cookies

½ c. butter	2 t. baking powder
1 c. sugar	2 squares chocolate
2½ c. sifted flour	¼ c. milk
½ c. nuts, finely chopped or ground, (may be omitted if desired)	1 egg ¼ t. salt

Cream butter and sugar, add beaten egg and melted chocolate, flour, baking powder, salt, milk, nuts and vanilla. Chill and slice or press through cookie press. (If a cookie press is used less flour is needed.) Bake in moderate oven 375° F.

Rocks

1 c. butter	1/4 t. cloves
1 1/2 c. brown sugar	3 c. flour
3 eggs	1 1/2 c. chopped nuts
1 t. cinnamon	3 t. baking powder
2 c. raisins	1/2 t. salt

Cream butter, add sugar gradually, and continue creaming. Beat eggs and add to butter-sugar mixture. Sift together the flour, baking powder and spices and add to the mixture. Mix well. Then, add the dredged, chopped nuts and raisins. Drop from teaspoon on greased baking sheet. Bake in moderate oven (375 to 410° F.) These cookies improve in flavor with age.

Oatmeal Cookies

3/4 c. brown sugar	1/2 t. salt
3/4 c. white sugar	1/2 t. cinnamon
1 c. shortening	1/4 t. cloves
3 eggs, well beaten	1/4 t. nutmeg
1/2 c. sour milk	1 t. soda
2 c. flour	1 c. raisins, chopped
2 c. oatmeal	1 c. nuts, chopped

Cream fat, add sugar and cream together thoroughly. Then work into this the eggs and sour milk. Sift together the dry ingredients and add to the first mixture. Add the raisins that have been dredged in a part of the flour, and last, nuts. Drop by teaspoons on a greased baking sheet and bake in a moderate oven until done, about 15 minutes.

Soft Ginger Cookies

1 c. brown sugar	1 t. soda
(white may be used)	4 t. baking powder
1 c. fat	1/2 t. salt
1 c. molasses	1 t. cinnamon
1 c. sour milk	3 t. ginger
1 egg	5 c. flour

Cream fat; add sugar and egg; beat well; add molasses, sour milk and dry ingredients which have been sifted together; (1/4 t. each of nutmeg, and cloves may be added also, if desired). Drop by teaspoons on lightly greased sheet, allowing space between cookies as they spread while baking. Bake in a moderate oven (375° F.), 12 to 15 minutes.

Fruit Bars

3/4 c. plus 2 T. melted fat	1 t. soda
1 c. brown sugar	2 c. quick oats—uncooked
2 c. flour	1 t. vanilla

Mix sugar and melted fat. Sift flour with soda, mix with oats. Add to first mixture with vanilla and work together well with fingers. Press half of this mixture on bottom of greased pan 12 x 12 in. Spread fruit filling evenly and add remaining crumb mixture, pressing down evenly. Bake 30 minutes at 350°. When cool cut into bars.

May use any thick fruit jam mixtures or prepared filling of:

- 1 c. dates, sliced
- 1¾ c. drained, cooked apricots
- ½ c. brown or white sugar
- 2 T. liquid from apricots

Mix and boil 3 minutes or until thickened. Cool.

Brownies

- | | |
|---------------------|--------------|
| 2 eggs | ½ c. flour |
| 1 c. sugar | 1 c. nuts |
| 2 squares chocolate | 1 t. vanilla |
| 6 T. butter | ¼ t. salt |

Beat eggs, add sugar. Melt chocolate and butter over hot water, and add to the first mixture. Then add the remaining ingredients. Spread in shallow pan. Bake in a moderate (350° F.) oven. Cut when partially cool.

Frosted Caramel Cookies

- | | |
|------------------------|-------------------|
| ½ c. butter | ½ t. salt |
| 1 c. white sugar | 1 c. nuts—chopped |
| 2 eggs beaten together | 1 c. brown sugar |
| ½ t. vanilla | 1 egg white |
| 1½ c. flour | 1 t. vanilla |
| 1 t. baking powder | |

Cream butter and sugar, add beaten eggs and vanilla. Beat again. Sift together flour, salt, and baking powder; add to butter and sugar mixture and beat well. Spread in shallow pan. Sprinkle with nuts. Beat one egg white. Fold in 1 c. brown sugar and 1 t. vanilla. Spread over the nuts and bake in a slow oven (325° F.) for about 30 minutes. When cold, cut in strips (1 by 2½ inches).

Molasses Crinkles

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|----------------------------------|---------------|
| ¾ c. shortening | 2¼ c. flour |
| 1 c. brown sugar (firmly packed) | 2 t. soda |
| 1 egg | ½ t. cloves |
| 4 T. molasses | 1 t. cinnamon |
| ¼ t. salt | 1 t. ginger |

Cream shortening, add sugar gradually and cream thoroughly. Blend in beaten egg and molasses. Sift together flour, salt, soda and spices. Stir into creamed mixture. Mix well and set in refrigerator or cool place to chill one hour or more.

Take chilled dough and shape into balls about the size of walnuts. Dip tops of balls in sugar, place with unsugared side down about 3 inches apart in pan. Sprinkle with 2 or 3 drops water on each cookie. Bake 12 to 15 minutes in quick oven. (Makes 3 or 4 dozen cookies.)

Doughnuts

Doughnuts and other fried foods when properly prepared, have a crusty, golden brown surface, are well cooked throughout, and are free from grease soaking.

Deep-Fat Frying

A correct temperature for deep-fat frying is very important. The fat should be hot enough when the food is put into it to form a crust on the food immediately so that fat will not be absorbed. The temperature of the fat must, however, be low enough to allow the food to cook thoroughly before it becomes too brown.

Many people have the mistaken idea that fat is hot enough to use for deep frying when it starts smoking. This is not true. At this temperature, the fat is not only hot enough to burn foods, but it is also breaking down chemically.

To make certain the temperature is correct, one should use a thermometer. If a thermometer is not available, another test, although a much less accurate one, can be used. It is called the bread cube test. If an inch cube of bread dropped into the deep fat becomes golden brown in 40 seconds, the temperature of the fat is about 360° to 400° F. This is the temperature suited to cooked foods, such as croquettes, which need only to be browned and heated. Uncooked foods which need to be both browned and cooked thoroughly, should be fried at a slightly lower temperature. When an inch cube of bread browns in 60 seconds, indicating a temperature of from 335° to 360° F., the fat is right for such foods.

The temperature of the hot fat is lowered when food is put into it. For this reason, only a few pieces should be fried at one time. This prevents the temperature from being lowered too much. Having the food at room temperature before frying also helps.

The length of time needed for cooking the food is determined largely by color. When the food is evenly browned to a golden brown color, it should be removed and drained on absorbent paper.

The fat, if properly handled, can be used over and over again. Care should be taken not to burn it and it should be clarified after each using. A quick method for clarifying fat is to strain it through a cheesecloth while it is still warm.

Sour Milk Doughnuts

2 eggs	¼ t. soda
1 c. sugar	¾ t. salt
¼ c. melted butter	¼ t. nutmeg
1 c. sour milk or buttermilk	¼ t. cinnamon
4 c. flour	¼ t. cloves
4 t. baking powder	½ t. vanilla

Beat eggs until light, add the sugar, and beat until smooth. Stir in the melted butter and the vanilla and spices. Add alternately the milk and the flour (sifted with the baking powder, soda and salt), mixing to a smooth, soft dough. Turn out on a floured surface and pat or roll ½ inch thick.

Cut with a lightly floured doughnut cutter and fry in deep, hot fat (375° F.) until golden brown, turning once. Drain on absorbent paper and serve plain or dredged in sugar.

Orange Doughnuts

2 T. lard	2 t. baking powder
$\frac{3}{4}$ c. sugar	$\frac{3}{4}$ t. soda
2 eggs, beaten	$\frac{1}{2}$ t. salt
2 T. grated orange rind	$\frac{3}{4}$ c. orange juice
4 c. flour	Sugar

Cream the shortening and sugar. Add eggs and orange rind; mix well. Sift together the flour, baking powder, soda and salt. Add to creamed mixture alternately with orange juice. Chill the dough thoroughly. Roll to one-half inch thickness and cut with a doughnut cutter. Fry in deep hot fat (375° F.) until brown on both sides. Drain on absorbent paper. Sprinkle with cinnamon and sugar.

Sweet Fritters

1 c. sugar	3 t. baking powder
1 c. milk	$\frac{1}{4}$ t. s
2 eggs	$\frac{1}{2}$ t. nutmeg
3 c. flour	1 t. vanilla

Beat the eggs, add the sugar, salt and vanilla. Sift together the flour, baking powder, and nutmeg. Add alternately with the milk. Beat thoroughly, then drop by teaspoonfuls into the fat (365° F.) and brown on all sides. Drain and sprinkle lightly with sugar.

Swedish Wafers

3 eggs	3 T. melted butter
$\frac{1}{4}$ c. sugar	1 t. almond or vanilla flavoring
2 c. flour	$\frac{1}{2}$ t. salt

Beat the eggs well; then beat the sugar into them. Add the salt, melted butter, and flour. (If the dough is not stiff enough to roll, add as much more flour as is needed to make it stiff enough). Roll out on a floured board to a thin sheet. Cut into squares about three inches wide and make two or three slits in each square. Fry in deep hot fat (375° F.) until delicately brown. Drain and sprinkle with powdered sugar when cool.

Pastry Desserts

Ideal pastry is light and flaky, crisp but very tender, and delicately browned. While very tender and light, it is neither crumbly nor difficult to handle.

Good pastry can be made with varying proportions of flour and shortening. Proper mixing, handling, and baking have much to do with the finished product.

Some prefer a flaky pastry composed of light layers or flakes, while others prefer a mealy one. The same standard pastry recipe will give you either type of crust, depending on the way you handle the mixture.

General proportions for plain pastry are $\frac{1}{4}$ to $\frac{1}{3}$ c. fat and $\frac{1}{2}$ t. salt to 1 c. flour. It seems desirable to reduce slightly the proportion of fat when using lard as shortening in pie crust. Lard tends to produce a richer pastry than vegetable oil fats.

Plain Pastry Recipe

(1 large 2-crust pie)

1½ c. flour	¾ t. salt
⅓ to ½ c. fat	cold water, about 5 to 6 tablespoons

(For large 1 crust pie with rim use 1 c. flour, ¼ to ⅓ c. fat and ½ t. salt. If baking powder is used, the usual rule is ½ t. to 1½ c. flour).

General Directions for Mixing Pastry

1. The shortening should be cut into the flour and salt mixture. It should never be creamed or rubbed in.
2. The use of two flat knives or spatulas, a fork with large cutting tines, or a pastry blender is recommended for this cutting process.
3. Moisten a portion of the flour mixture with just enough cold water to hold it together. Continue until the entire mixture has been mixed into separate portions that are neither crumbly nor sticky. Press together and flatten lightly.
4. Care should be taken to never add so much water at one time that the mixture becomes pasty, for the dough is then hard to handle and usually results in tough pastry.

When You Want a Flaky Pastry

1. Chill the shortening.
2. Cut one-half the chilled shortening into the flour and salt mixture. Work with it only enough to break up the shortening into pieces about the size of large peas.
3. Moisten with ice water.
4. Roll out the dough to a one-half inch thickness. Dot the top with the remaining shortening. Fold each side of the dough to the center over the shortening. Roll out to less than ⅛ inch thickness.

When You Want a Mealy Pastry

1. Use shortening of room temperature.
2. Cut the shortening into the flour and salt mixture until the shortening is finely broken up, resembling very coarse corn meal.
3. Moisten with cold water (not ice water).
4. If possible, chill dough before rolling it out.

Rolling

1. Division of dough before rolling—use slightly more than half of lower crust. Roll out only enough pastry for one crust at a time.

2. Handle the dough gently. Place it on a lightly floured board (about 1 T. flour is sufficient) and roll it out gently. Keep the pastry as nearly circular as possible during rolling.

3. Roll dough quite thin, less than $\frac{1}{8}$ inch in thickness. Rolled pastry should be about 1- $\frac{1}{2}$ inches larger than pan (for lower crust).

4. If the pastry sticks, loosen it with a spatula or flat knife and sprinkle a little flour underneath.

5. Do not handle the pastry any more than is absolutely necessary. Overworked pastry results in poor finished product.

Panning

1. When rolled out, fold the pastry in half and transfer into the pan, right side up.

2. Press out all air bubbles from underneath the pastry and ease it gently onto the sides of the pan. Do not stretch it.

3. For individual tart or pie shells, cut the pastry with a large round cookie cutter and shape it over inverted muffin or tart pans. Prick the shells before baking.

4. For one-crust pies, trim the pastry with scissors, leaving one inch of dough beyond the rim of the pan. Turn the surplus pastry under in a fold, all the way around. Press the folded dough into a fluted edge. Prick the bottom, sides and fluted edge thoroughly before baking. If crust is to be baked before being filled—it will often be more satisfactory if baked on the outside of the pan. (Invert the pan and use the outside).

5. For covered pies, trim the lower crust $\frac{3}{4}$ inch beyond rim of pan. Cut top crust same size as pan using gashes or other cuts to allow for escape of steam during baking. Moisten edge of lower crust with cold water. Fit top crust over the filling *without stretching* the pastry. Moisten top side of upper crust along the edge. Turn the extension of the lower crust up over the top edge. Make a neat rolled edge. Press together firmly to form sealed rim. Finish edge with fluting.

The Principal Whys of Pastry Failures

CONDITIONS CAUSING PASTRY FAILURES	RESULT
1. Too much flour on molding board 2. Too much handling 3. Too little shortening 4. Too slow an oven	Tough, leathery pastry
1. Too much shortening 2. Pastry rolled too thin	Thin, brittle pastry easily burned
1. Pastry fitted into pan too tightly 2. Too slow an oven 3. Pastry not pricked enough	Blistered pastry shell
1. Pastry stretched into pan too tightly 2. Too much handling 3. Unbalanced recipe 4. Too slow an oven	Pastry shrinks in pan
1. Too much water 2. Too slow an oven 3. Pastry rolled too thick 4. Too much baking powder 5. Too little shortening	Thick, soft, doughy pastry
1. Unevenly heated oven 2. Pie baked too high in oven 3. Filling too watery 4. Too much filling 5. Too slow an oven	Pie baked on top but not on bottom—soggy under- crust
1. Too much filling 2. Insufficient thickening—unbalanced recipe 3. Edges of pastry not properly sealed 4. Too hot an oven	“Runny” pies
1. Beating eggs incorrectly 2. Wrong oven temperature 3. Unbalanced proportion of sugar and egg white	Meringue separates from pie
1. Too hot an oven	Tough meringue; meringue that shrinks

Baking

1. Pastry shell should be baked in a hot oven (400°-450° F.) until firm, dry, and golden brown in color.

2. Filled pastry requires a hot oven (400°-450° F.) for the first few minutes of baking in order to set the crust quickly. The temperature should then be lowered so that the filling can be properly cooked. Fruit fillings require a moderate oven (350°-400° F.) while custard fillings require a slow one (250° - 350° F.).

Meringues

A meringue of poor quality can ruin a pie that is in all other respects a perfect pie. Meringue should be fluffy, tender, and fine textured. It should not become watery, separate from the pie filling, or shrink.

Procedure for Making Meringues

For a successful meringue, it is essential that the egg whites be beaten properly and the meringue baked at a moderate temperature. A hot oven toughens the meringue and causes it to shrink when cooled. The following procedure is recommended.

Allow 2 tablespoons sugar for each egg white. Two egg whites make a generous meringue for a 9-inch pie.

Beat the egg whites until foamy throughout. Add the sugar 1 tablespoon at a time and beat after each addition until the sugar is thoroughly blended. When all sugar has been added, continue beating until the mixture will stand in heavy peaks. Pile lightly on the filled pie, working from the edge to the center of the pie. Bake in a moderate oven (350° F.) for 15 minutes.

Additional Pastry Hints

1. A mixture of enough flour, salt, and shortening for several pies can be kept on hand in the refrigerator in a tightly covered jar. Then, when a pie is needed, it will take only a few seconds to measure out some of the mixture, (approximately 1 cup for each crust) and add enough cold water to make up the dough.

2. Cooked filling should always be cooled before being poured into a baked crust.

3. A soggy undercrust, as well as a "runny" pie, can be avoided in fruit pies by adding a little flour to sugar and mixing the sugar with the fruit instead of piling it on top.

4. If uncooked filling is to be poured into an unbaked pastry shell, a soggy undercrust can be prevented by brushing the pastry with unbeaten egg white and partially baking it 3 to 5 minutes to set and glaze the crust before pouring in the filling.

5. Chilling the crust or brushing it with a little melted shortening before pouring in the filling mixture also helps prevent a soaked under crust.

Apple Pie

1 recipe plain pastry (pg. 24)	½ t. cinnamon or nutmeg
6 to 8 tart apples	½ t. grated lemon rind
⅔ to 1 cup sugar	(if desired)
2 T. butter	1 t. lemon juice
¼ t. salt	

Line 9 inch pie pan with pastry and fill with apples, pared, sliced thin and mixed with sugar, salt and spice and lemon. Dot with bits of butter. Cover with top crust. Bake in hot oven (450° F.) 10 minutes; then reduce heat to moderate (350° F.) and bake 50 minutes. Yield: 2 crust pie.

Sour Cream Raisin Pie

1 c. sugar ½ t. cloves 1 c. seedless raisins ¼ t. salt
 ½ t. cinnamon 2 eggs 1 c. sour cream 2 T. vinegar

Mix the sugar and spices, add to the beaten eggs with the raisins, cream, salt and vinegar. Beat well. Pour the mixture into a deep pastry lined pie pan and bake in a moderate oven (350° F.) until the filling is set and lightly browned.

Custard Pie

2 eggs ¼ t. salt ¼ t. nutmeg
 4 T. sugar ¾ c. coffee cream ¾ c. water

Beat the eggs. Add the sugar, salt, cream which has been mixed with the water and nutmeg. Pour into an unbaked pie crust and bake in a hot oven, (400° F.) for 10 minutes. Reduce temperature to a slow oven, (250° F.) and finish baking until the custard has set. 1½ c. rich milk may be used in place of the cream and water, if desired.

Pumpkin Pie

1½ c. cooked pumpkin 1 t. cinnamon
 ½ c. sugar, white or ½ t. salt
 light brown ½ t. ginger
 2 eggs ¼ t. nutmeg
 1½ c. milk ¼ t. cloves

Sift all dry ingredients. Stir together the eggs, milk, and pumpkin. Combine the two mixtures. Pour into a pastry lined pan and bake in a moderate oven (350° F.) for 45 to 50 minutes.

Sweet Potato Pie

1 c. sweet potato ½ t. salt
 1 c. buttermilk ½ t. cinnamon
 2 eggs, well beaten 1 T. melted butter
 2 T. flour ½ c. chopped nut meats
 1 t. ginger ¾ c. brown sugar

Boil potato, peel and mash, add sugar, butter and nuts. Then add eggs, dry ingredients, and milk. Bake like pumpkin pie.

Lemon Pie

1 c. sugar 2 egg yolks
 2 T. flour 1½ c. water (hot)
 2 T. cornstarch 1 lemon, juice and rind
 ¼ t. salt

Blend together sugar, salt, flour, and cornstarch. Stir in hot water and cook until thick. Remove from fire and add slowly the slightly beaten yolks. Resume cooking over a slow fire for a minute. Stir in lemon juice and grated rind. Cool and pour into a baked pastry shell. Cover with meringue and return to a slow oven (325° F.) until delicately brown.

Butterscotch Pie

2 T. butter ½ t. salt
 ½ c. flour 2 c. milk (hot)
 3 egg yolks Meringue—3 egg whites
 1½ c. brown sugar 6 T. sugar

Mix together the sugar, flour and salt; add the milk and cook in double boiler until mixture thickens. Just before removing from the stove, stir in the beaten egg yolks and butter. Cool. Pour filling into baked crusts, top with meringue and brown in the usual manner.

Pecan Pie

1 c. nuts	2 T. cream
1 c. white sugar	4 eggs
1 c. white corn syrup	½ t. salt

Break the eggs into a bowl and beat until well blended together. Add the sugar, syrup, cream, salt and one-half the nuts. Mix well.

Line muffin pans with pie crust. Fill two-thirds full with filling and sprinkle the remaining nuts over the top. Bake in a moderate oven. (Makes 12 individual pies.)

Whipped cream may be added just before serving, if desired.

Peach Cobbler

2 c. sliced fresh peaches	1 T. lemon juice	1 T. butter
½ to ¾ c. sugar	2 T. flour	1 recipe shortcake (pg. 36)

Place peaches in greased baking dish; sprinkle with mixture of sugar and flour, then lemon juice; dot with butter. Drop dough in 6 mounds over peaches. Bake in hot oven (425° F) 30 minutes. Serves six.

Frozen Desserts

The name ice cream is often given to frozen desserts that are not ice creams. To be ice cream, the frozen dessert must be made of a sweetened flavored cream or custard mixture. Sweetened fruit juices combined with water, milk or cream form the base for ices, sherbets, and frappes. Ices and sherbets are frozen until firm like ice cream, but frappes are frozen only to a mush. Mousses and parfaits are frozen whipped cream desserts.

The ingredients used, the way in which they are combined, and the method of freezing varies with the type of dessert. All are important and help determine the success or the failure of the desserts.

Whether a frozen dessert is made in a crank type freezer, the tray of a mechanical refrigerator, or in a can packed with ice, the finished product must have certain qualities if it comes up to standard. It should be a smooth, light textured product which does not melt down immediately when served. It should be neither too rich nor too sweet; neither should it be actually stiff and pasty.

Freezing

Finely chopped ice makes turning easier and helps to freeze the mixture more evenly. If the ice is put into a gunny sack and pounded with a mallet or crushed by pounding upon a cement or rock floor, it is easily made fine enough for packing into the freezer.

The proportion of salt to ice is very important since it not only affects the freezing but also the smoothness and volume of the frozen mixture. A large amount of salt quickens the freezing, but produces a coarse grained texture. One part of salt to five or six parts of ice is a good proportion for home use when using a crank type freezer.

The freezer can, with the dasher inserted, should be filled two-thirds full (this allows room for expansion of the mixture to be frozen). The freezer pail should be filled with alternate layers of measured ice and salt. It should be well packed up to the top of the can, making certain of course that no salt water can get into the inside can. The crank should be turned slowly and steadily.

If nuts, fresh fruits or crushed candy are to be used, they should be added when the cream is half frozen. This keeps them from sinking to the bottom or collecting on the dasher.

If the dessert is to be served immediately, the crank should be turned as long as the dasher can be turned without too much strain. Most frozen desserts, however, improve in flavor if packed and allowed to stand several hours before using. In this case, the dasher should be removed carefully, the frozen mixture scraped down from the sides of the can, the dasher hole stopped up with a cork, the salt water drained off, the freezer can be repacked with salt and ice (about one part of salt to three parts of ice).

To be suitable for freezing without stirring a mixture must be fairly rich. It may be frozen in salt and ice or in a mechanical refrigerator. Best results can be obtained by following directions given for the refrigerator used.

When freezing a mixture in salt and ice, without stirring, the best proportions are about three parts of crushed ice to one part of salt. The container used for the mixture to be frozen should not be too thick. The cover should fit very tightly since the container must be buried in ice and salt. After packing, it should be allowed to stand for several hours. The length of time required for freezing will depend on the shape and size of the mold or inside container.

Vanilla Ice Cream

$\frac{7}{8}$ c. sugar	2 t. vanilla
3 T. flour (slightly rounded)	$\frac{1}{4}$ t. salt
3 eggs	1 c. whipping cream
3 c. milk	

Mix sugar, salt and flour; add 2 cups scalded milk; cook in double boiler 10 or 15 minutes; add beaten egg yolks and cook 5 minutes longer. Take from stove and add the other cup of milk. When cold, add beaten egg whites and whipped cream. Freeze. (Makes $\frac{1}{2}$ gallon.)

Pumpkin Ice Cream

1 c. sugar	1 c. cooked pumpkin (pureed)
1 pt. milk	1 t. cinnamon
1 pt. whipping cream	$\frac{1}{2}$ t. salt
2 eggs	

Scald the milk in a double boiler and add the sugar. Beat the egg yolks, and pour the hot milk over them, stirring constantly. Return the mixture to the boiler and cook it until it coats a spoon. Cool it, and add the pumpkin, cinnamon, and salt. Whip the cream until it is stiff, and fold into it the well beaten egg whites. Combine this with the custard, and freeze the mixture in a freezer.

Frozen Fruit Salad

1 c. heavy cream	½ c. diced orange
½ c. sugar	(membrane removed)
¼ c. orange juice	½ c. diced peaches (canned)
1 c. pineapple cut fine	1 c. diced bananas
1 c. white cherries (cut up)	1 c. boiled salad dressing

Drain all the fruit well. Whip the cream until stiff, add the sugar, the salad dressing and the orange juice and fruit. Put in trays and freeze in electric refrigerator or into molds and freeze in ice and salt. Will serve 18 or 20.

Cinnamon Candy Mousse

1 t. gelatin	½ c. milk
3 T. cold water	Few grains salt
½ c. red cinnamon candies	2 T. sugar
½ c. hot water	1 c. heavy cream

Soak the gelatin in cold water for five minutes. To the red cinnamon candies add the hot water, salt, and sugar. Heat over a low fire until candies are completely dissolved and add soaked gelatin. Stir well and add milk. Chill.

When slightly thickened, beat until foamy and light. Then fold in the cream that has been whipped, and freeze without stirring. (Serves 6.)

Fruit Sherbet

4 oranges	4 c. sugar
About 2 qts. whole milk	⅛ t. salt
2 lemons	2 c. fruit pulp

Mix orange and lemon juice and fruit pulp with 4 cups sugar, let stand, preferably 3 or 4 hours in the ice box. If pineapple is used the crushed fruit, not drained is best. Apricots should be run through sieve to remove skins. When ready to freeze add enough milk to fill the freezer $\frac{2}{3}$ full. Freeze and pack. (This will curdle when the fruit and milk are combined but the mixture will make a creamy sherbet when frozen.)

Buttermilk Sherbet

1 can (No. 2 size) crushed pineapple	1½ c. powdered sugar
1 qt. buttermilk	¼ t. salt

Add sugar, salt and buttermilk to the pineapple, beat well. Freeze in a hand freezer. Add one beaten white of egg if desired. Makes 1¼ quarts sherbet.

Lemon Sherbet

¾ c. sugar	½ c. lemon juice
Few grains salt	2 egg whites
1 c. water	¼ c. sugar
½ c. top milk	

Combine $\frac{3}{4}$ cup sugar, salt and water; cook 5 minutes. Cool. Add milk, then lemon juice. Freeze firm in refrigerator tray. Turn into chilled bowl; beat thoroughly. Beat egg whites; gradually add remaining sugar; continue beating until stiff and sugar is dissolved. Fold into frozen mixture, return to tray, freeze until firm. Serves 6.

Miscellaneous Desserts

Many of the most nutritious, attractive, and easily prepared desserts are inexpensive and can be made almost entirely from products produced on the farm. It is a wise homemaker who uses an abundant supply of these products—eggs, milk, cream, butter, molasses, and fruit in preparing wholesome food for her family.

A bulletin of this size does not permit a description or even a mention of all the types of desserts that might be prepared in the home. But, an attempt has been made to include a variety of the favorites.

Perhaps the best way to make fruit desserts is to serve the fruit plain—fresh or canned. Fruit contains many elements needed by the body and should be served in some form each day. Since some years bring an abundance of one or two kinds of fruits and berries and a scarcity of others, it is well to become acquainted with recipes calling for fruits and berries, so that the family will not tire of the food that is so abundant. This bulletin contains several such recipes. Different fruits or berries can be substituted for those called for and so give even greater variety.

Lemon Souffle

4 eggs	4 T. lemon juice
$\frac{2}{3}$ c. sugar	

Beat yolks until lemon colored. Add sugar and lemon juice. Fold in stiffly beaten whites. Pour into glass baking dish. Set in pan of water and bake in a slow oven (275° F.) for 45 minutes. (Serves 4.)

Baked Custard

4 cup scalded milk	$\frac{1}{4}$ t. salt
4 eggs	1 t. vanilla
$\frac{1}{2}$ c. sugar	$\frac{1}{8}$ t. nutmeg

Beat the eggs slightly, add sugar and salt. Stir until sugar is dissolved and add flavoring. Pour into cups or into large baking dish. Sprinkle with nutmeg. Set the cups or baking dish in a pan of hot water and bake in a slow oven (250° F.) for about 1 hour or until a knife piercing it will come out clean. Do not allow the water in the pan to boil. Serve cold with or without whipped cream.

Cream Puffs

1 c. boiling water	1 c. flour
$\frac{1}{2}$ c. butter	3 eggs

Add fat to boiling water. When the fat is melted, stir in the flour all at once. Continue heating and stirring until the mixture is smooth and thick; but avoid overcooking. Remove from the fire, cool the mixture slightly, and add the eggs, unbeaten, one at a time and beat the batter thoroughly after each addition of egg. A stiff shiny batter should be the result. Drop by spoonfuls about 2 inches apart on an ungreased baking sheet (this amount makes 12 large puffs). Bake in a hot oven (425 to 450° F.) for 10 to 15 min-

utes, then reduce temperature to moderate (350° F.) and continue baking until puffs are thoroughly dried out inside. The total time of baking should be 45 to 60 minutes

When puffs are done, cool, cut an opening near the top and fill with cream filling. Whipped cream sweetened and flavored may be used instead of cooked filling if preferred.

Filling for Cream Puffs

¾ c. sugar	¼ t. salt
⅓ c. flour	2 c. milk
2 eggs	1 t. vanilla

Mix dry ingredients and add enough milk to form a smooth paste. Beat eggs slightly and add to the remainder of the milk. Combine with the first mixture and cook in a double boiler until thick, stirring constantly. Cover and cook 5 minutes longer, remove from fire, cool, and add vanilla.

Cherry Pudding

4 T. butter	2 c. flour
1 c. sugar	2 t. baking powder
1 c. milk	¼ t. salt
2 c. fresh cherries heated with 1½ c. sugar and ½ c. warm water, or 1 No. 2 can cherries	

Cream butter and sugar; sift flour and baking powder together. Add flour and milk alternately and beat hard for a minute or two. Pour this into a well-buttered glass baking pan. Pour the cherry mixture on top of this batter and bake in a moderate oven (350° F.) for about 30 minutes. May be served hot with rich cream or cold with whipped cream. (Serves 10 or 12.)

Sour Milk Gingerbread

½ c. sugar	½ t. salt
½ c. melted fat	½ t. soda
½ c. molasses	1 t. ginger
1 egg	2 t. cinnamon
½ c. sour milk	¼ t. nutmeg
1¼ c. flour	

Stir together the sugar, melted fat, molasses and beaten egg. Sift the dry ingredients together and add to the first mixture alternately with the milk. Bake in a moderate oven (350 - 375° F.) until done, about 30 minutes. Serve hot with cream cheese or hard sauce.

Baked Rice Pudding

2 c. coffee cream	½ c. sugar
2 c. water	½ t. vanilla
⅔ c. dry rice	½ t. salt

Combine all ingredients. Bake in a hot oven (450° F.) for 1 hour. Stir occasionally. Serve hot or cold. (Serves 8.)

Vienna Tarts

½ c. cottage or cream cheese	1 c. flour
½ c. butter	jelly or preserves

Mix the cheese, butter and flour to a smooth paste. Chill. Cut in small pieces and roll each piece into a square. Place a spoonful of jelly or preserves in center and pick up the corners and pinch together. Bake in a quick oven (450° F.) until brown.

Apple Crisp

5 apples	$\frac{1}{2}$ c. water
1 t. cinnamon	1 c. sugar or $\frac{1}{2}$ c. white and $\frac{1}{2}$ c. brown
1 t. lemon juice	$\frac{1}{4}$ c. flour
$\frac{1}{4}$ t. nutmeg	
$\frac{1}{2}$ c. butter	

Slice peeled apples into buttered baking dish. Sprinkle with the spices, add the water and lemon juice. Work together the sugar, flour and butter until crumbly. Spread over the apples. Bake uncovered for 45 minutes in a moderate oven (375° F.) or until apples are tender. Serve cold with whipped cream or hot with plain cream or hard sauce. (6 servings.)

Short Cake

2 c. flour	1 T. sugar
4 t. baking powder	$\frac{3}{4}$ c. milk
$\frac{1}{2}$ t. salt	$\frac{1}{3}$ c. butter

Mix dry ingredients, sift twice, cut in butter, and add milk gradually. Toss on lightly floured board, divide in two parts. Pat, roll out, cut into desired shape and bake 10 to 12 minutes in a hot oven. Split, and spread with butter.

Sweeten fruit to taste, crush slightly, and put between and on top of short cakes. Serve warm with cream, plain or whipped

Lemon Sponge Pudding

1 c. sugar	Rind and juice of 1 lemon
2 T. flour	1 T. butter
Pinch of salt	2 egg whites, stiffly beaten
2 egg yolks	3 T. grapes (if desired)
1 c. milk	

Sift the sugar, flour and salt and blend with the beaten yolks. Add the milk, lemon juice, and rind, beating thoroughly. Melt butter and add. Fold in the stiffly beaten egg whites and bake in pudding dish set in a pan of hot water $\frac{3}{4}$ hour in moderate oven (350° F.) Serve cold. Serves 6.

Tapioca Cream

4 c. milk	4 eggs
5 T. tapioca	$\frac{2}{3}$ t. vanilla
5 T. sugar	$\frac{1}{8}$ t. salt

Scald milk in top of double boiler. Add the tapioca and cook until the tapioca is clear (about 20 min.), stirring enough to keep the grains separated. When the tapioca is thoroughly cooked, remove from the fire. Separate the eggs and beat the egg yolks. Add sugar and salt. Pour some of the hot mixture slowly over the egg yolk mixture stirring well. Turn this mixture to the double boiler and cook about 5 minutes. Add vanilla. Beat egg whites and beat in the hot mixture until smooth. (May be served plain or with milk or cream, whipped cream, fruit, chocolate or caramel sauce, etc.)

Scoring Our Desserts

Score cards offer the homemaker a quick means of criticizing the food that she prepares. They help her in checking the weak and strong points in her products and should prove valuable to her as she works toward the quality of her products nearer the 100 point standard.

The following score cards are taken from Farmers Bulletin No. 1775, "Homemade Bread, Cake and Pastry," U. S. Department of Agriculture.