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# DESSERTS

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*Cover photographs courtesy American Institute of Baking*

# Desserts

By ELIZABETH HELTON and SARA MOORE

Homemakers like to serve pretty and nutritious desserts. They seldom stop to think of the many things involved in the planning and preparation of desserts. Skill, timing and an artistic touch are important. You also need to consider desserts carefully in planning meals because they contain a wide variety of nutrients, and the number of calories in each recipe varies.

## CHOOSING DESSERTS

Your choice of what dessert to serve with a meal is based on several things:

- The individual or family who eats it.
- Other foods served in the same meal and during the day—that is, their nutritional value and their form, texture, color and flavor.
- The time you have for preparation and the money available for buying bakery desserts or prepared cake mixes. Here you pay for services that went into preparing the product.
- Cooking skill and timing so dessert might be served at its peak of perfection.

Individual and family needs vary. Usually you can serve the same dessert to everyone by adjusting the size of the serving to suit the age, work activities and calories needed by family members. Sometimes the way you serve a dessert might need to be varied. If you have small children, a cream pie might better be served as a pudding for them and as tarts filled with the pudding for the adults. A tablespoon of whipped cream might top a tart for a teenager and those who are more active, and only a teaspoon of topping may be needed for those who are less active.

As you plan for dessert, consider the other foods on the menu for the day and for the same meal. Desserts contain the same nutrients found in other foods. When a day's menu or a meal is low in a certain nutrient, the dessert can fill this need. For a meal low in protein, plan to serve a custard dessert or cheese cake. Serve a citrus fruit cup or sherbet when the daily requirement of vitamin C is not adequate. Knowing the dessert types in the four food groups is helpful in planning menus. Some desserts can be put in more than one food group; for example, lemon ice-box cake which contains milk, eggs, fruit juice and cereal, can be included in all food groups.

## DESSERTS PLACED IN THE FOUR FOOD GROUPS

Food Group	Nutrients Provided	Dessert Type
Milk and Cheese	Calcium Protein B-Vitamins	Custards Cream and custard pies Gelatin creams Frozen custards Milk sherbets Cream puddings Cheese cake Cheese with fruit or pie
Eggs, nuts and gelatin	Protein Vitamins Minerals	Whips Sponges Soufflés Custards Gelatin desserts Some cakes, cookies and pies
Fruits and Vegetables	Vitamins A and C Carbohydrates Minerals	Fruit cups Fruit cakes or cookies Fruit pies or puddings Fruit gelatin Fruit sauces Congealed fruits Pumpkin pie Sweet potato pudding
Cereals	B-Vitamins Carbohydrates Minerals Incomplete protein	Cakes and cookies Pastry shells Cereal and bread puddings

Desserts are more attractive and acceptable when their form varies from that of other foods on the menu. A contrast in color, texture or flavor is welcome. After soups, we appreciate something solid; after a hot meal, something cool; and after a bland meal, something spicy. Even within the dessert we like contrasts, such as a crisp cookie with a custard and a fruit sauce over a square of cake.

Color plays its part in various ways. Sometimes the color of the dish a dessert is served on makes it more attractive. Again, an edible garnish adds sparkle to something plain.

When you know you won't have much time to prepare a dessert, you can plan to prepare it hours or days in advance. Or you may want to choose any of a number of commercially prepared desserts. With imagination you can improve on these desserts so that they will be more nutritious and also have a home-like touch. Remember—the price you pay for these desserts is high because you pay not only for food but also for services that went into it preparing it for market.

We prefer to serve a dessert at the peak of its perfection. This takes cooking skill and also a good sense of timing. Be careful to get all measurements accurate and level.

Desserts vary greatly in the number of calories they contain. When a recipe has a high amount of fat, the number of calories in the dessert will be high. Fat as a food nutrient yields two and one-fourth times as many calories as carbohydrate and protein. The list of desserts below gives the approximate number of calories in an average serving. Since 1 tablespoon of butter or 2 tablespoons of whipped cream yields 100 calories, you can easily see how adding these to a dessert will increase its calories.

#### NUMBER OF CALORIES IN DIFFERENT DESSERTS

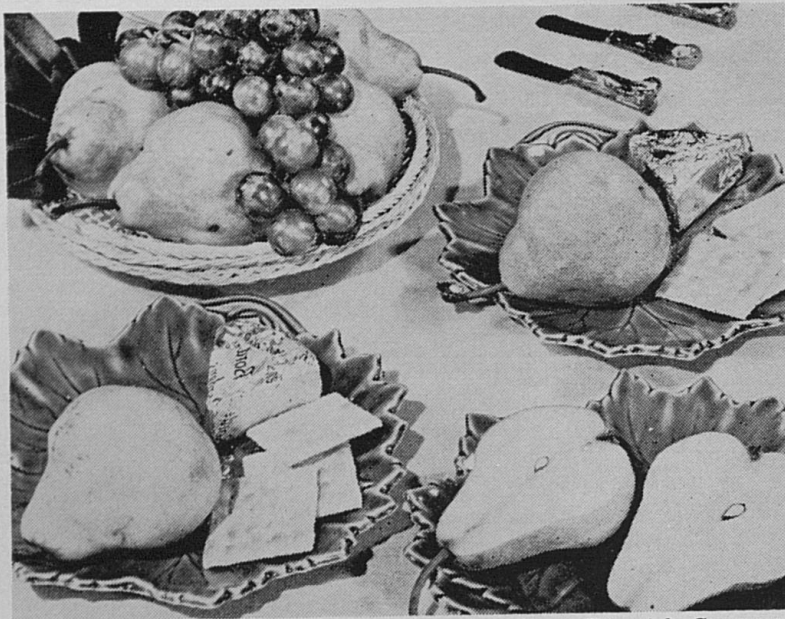
Low (50 to 100 calories)	Medium (100 to 200 calories)	High (200 to 450 calories)
Apple	Apple betty	Apple pie
Junket	Custard	Custard pie
Whip	Soufflé	Soufflé with sauce
Gelatin, plain	Gelatin, with 2 tbsp. cream	Barvarian cream
Fruit juice	Sherbet	Ice cream
Frozen fruit	Iced milk	Iced milk with frozen fruit sauce
Plain cookie (2-inch)	Plain cookie (3-inch)	Rich cookie
3 graham crackers	Plain cake—no icing	Plain cake with icing
Fresh fruits	Angelfood cake	Fruit cake
Canned fruits	Cornstarch puddings	Pastries
Dried fruits	Cereal puddings	Shortcakes
Waffle	Griddle cake/butter	Fritters
1½ tbsp. corn sirup	1½ tbsp. hard sauce	¼ cup buttered pecans
Peach	Peach, sugar and cream	Peach cobbler

#### FRUIT DESSERTS

Fresh, canned and frozen fruits can give the sweet, satisfying completeness to a meal that we expect of a dessert. In addition to flavor, color, quickness and ease of serving, fruits also contribute large amounts of vitamins A and C. This is important for us in Kentucky because research shows we do not get the recommended amounts of these two vitamins.

Homemakers who stock their freezers with homegrown fruits will be happy to know that strawberries are an excellent source of vitamin C. When you add ascorbic acid (vitamin C) during the preparation of frozen peaches to prevent darkening, your peaches contribute an appreciable amount of vitamin C to your diet. Peaches also contribute vitamin A.

Fresh fruits are at their flavorful best when served in season. Place them on a pretty serving plate with cheese—sharp cheddar, Swiss, blue



Courtesy Fruit Dispatch Company

**Fig. 1.— After a hearty meal, fresh fruit with cheese is a good dessert.**

cheese, cream cheese or any of the many other varieties of cheese makes a tasty dessert (Fig. 1). Fresh fruit cup takes a little more time to prepare because the fruit is cut into bite size and may be peeled. A combination of several fruits is good; or try the juice of one fruit over another such as orange juice over bananas or pureed berries over pears.

Frozen, canned and dried fruits allow you to have variety the year round. Adding a fresh fruit and a little lemon juice to a combination of canned fruits perks up the flavor. Fruits may be garnished with jelly, whipped cream, coconut, chopped nuts or cookie crumbs.

Make a fruit dessert more filling by adding cooked sauces, a soft custard or a cornstarch pudding. For something heartier, add cooked fruits to pastries, cookies and cakes.

### **Fruit Whips**

You can make simple fruit whips from strained or pureed fruits added to sweetened whipped egg whites. They may be eaten uncooked. If you have to wait awhile before serving these whips, you may add gelatin to keep them firm. Soak  $1\frac{1}{2}$  teaspoons of gelatin in 2 tablespoons of cold water and melt over hot water; add to the basic recipe given below and place in refrigerator until serving time. In the following basic recipe, the cup of fruit pulp may be strawberries, strained peaches, mashed bananas, pureed prunes, or other fruit.

### BASIC FRUIT WHIP

3 egg whites	6 tablespoons sugar
¼ teaspoon salt	1 cup fruit pulp
1 teaspoon lemon juice	

Beat egg whites and salt until a froth is formed. Add lemon juice and beat until stiff but not dry. Add sugar 1 tablespoon at a time. When a stiff meringue is made, fold in the cup of fruit pulp. Yields 6 servings.

### Fruit Souffles

Soufflés are steamed or baked desserts in which a cream sauce or fruit pulp is stirred into a meringue. Use the recipe given above for fruit whip to fill a greased baking dish or small molds three-fourths full. Place these in a pan of water and bake at 375° until firm. You can make a good soufflé by steaming the recipe in the top of a double boiler over boiling water for about 45 minutes. Time soufflés so you serve them as soon as they are done. They shrink as they cool. For variety use a cup of applesauce, persimmon pulp or drained crushed pineapple. Serve with a topping of whipped cream, lemon sauce or a soft custard.

### Fruit Brown Betty

Many fruits are delicious baked in a moderate oven with sugar, butter and spices. For a brown betty, pare, slice, and layer fruit in a greased baking dish with bread, cracker or cake crumbs. Use sugar, butter and seasonings in various amounts according to the tartness of the fruit and individual taste. Try sweetening each cup of fruit with 3 to 4 tablespoons of sugar and add a dash of spice. Brown about ½ cup of crumbs in 1 or 2 tablespoons of butter or margarine. Begin with a layer of fruit and end with crumbs on top. Serve warm with cream or a lemon sauce.

### Fruit Shortcakes, Rolls, and Cobblers

You can make fruit shortcakes, rolls and cobblers with the same rich biscuit dough. For each dessert, however, the dough is handled differently.

### RICH BISCUIT DOUGH

2 cups flour	½ cup fat
½ teaspoon salt	⅔ cup milk
4 teaspoons baking powder	1 beaten egg

Sift together flour, salt, and baking powder. Cut fat in until mixture is crumbly. Add milk and stir about 25 times. Form into ball and roll out on floured board or pastry cloth.

### SHORTCAKE

Many sweetened fruits can be served between layers of shortcake—all kinds of berries, peaches, rhubarb, or cheerries. Divide rich biscuit dough in half; roll or pat out to fit 8-inch round cake pans. For individual shortcakes, roll dough  $\frac{1}{2}$  inch thick and cut with large biscuit cutter. Bake in hot  $425^{\circ}$  oven until light brown.

### FRUIT ROLLS

Roll dough about  $\frac{3}{8}$  inch thick. Spread with softened butter, then with about  $1\frac{1}{2}$  cups of well drained sweetened fruit. Roll up as you would a jelly roll. Cut slices 1 inch thick. Place cut side down in a well greased baking dish. Bake in hot  $425^{\circ}$  oven for about 20 minutes. Serve with 1 cup of fruit juice if you used canned fruit, or make a sirup from 1 cup water and  $\frac{3}{4}$  cup sugar. You may pour sirup over rolls before baking. Then serve dessert with cream.

### FRUIT COBBLER

A cobbler is baked fruit with a top crust of rich dough. Sprinkle pared and sliced fruit with a mixture of sugar and flour (or tapioca). Dot with butter and season with lemon juice and/or spices before placing the crust over it. To 2 cups of fruit use  $\frac{1}{2}$  to  $\frac{3}{4}$  cups of sugar, 2 tablespoons flour (or 1 tablespoon tapioca), 1 tablespoon butter and 1 tablespoon lemon juice. Omit egg in dough recipe and use only half of recipe. Roll crust  $\frac{1}{8}$  inch thick and cover fruit. Bake for 30 minutes in hot  $425^{\circ}$  oven. Serve with cream or ice cream.



Courtesy Corn Products Company

Fig. 2.— Baked custard is pretty with a meringue topping.



## CUSTARDS

Many Kentuckians, both old and young, need extra amounts of milk and eggs in their diets. Custards provide a good way to meet this need. This dessert comes in two forms—baked custard and soft custard which is sometimes called boiled custard.

Custards are a combination of milk and eggs that are sweetened, salted and flavored. For most custards 1 egg to 1 cup of milk is a satisfactory proportion. This makes a thin soft custard or a delicate baked custard. To make a custard that will hold its shape when turned from individual molds, use 1½ to 2 eggs to 1 cup of milk. A smooth, fine-grained custard can be made by using 2 egg yolks for each cup of milk. Too much heat or overcooking causes a custard to curdle or get watery.

### PLAIN CUSTARD

4 eggs	1 quart milk, scalded
½ cup sugar	1 teaspoon vanilla
¼ teaspoon salt	Nutmeg (optional)

#### **Baked Custard:**

Beat together slightly eggs, sugar, salt and vanilla. Scald milk and add slowly to egg mixture. Strain and pour into buttered custard cups. Sprinkle with nutmeg. Put cups in warm water and bake in slow 325° oven for 45 to 60 minutes. Bake just until silver knife inserted into center of custard comes out clean. Cool thoroughly. Serves 8 to 10.

#### **Variations:**

Chocolate custard—Dissolve 1 square of unsweetened chocolate in milk and proceed as for plain custard.

Lemon custard—Use lemon flavoring or grated rind of lemon.

Rice custard pudding—Use half of recipe. Add 2 cups cooked rice mixed with ½ cup seedless raisins and 3 tablespoons sugar. Increase cooking time about 30 minutes.

Serve plain custard with sauces—chocolate, butterscotch or fruit.

#### **Soft Custard:**

Use plain custard recipe. Scald milk in top of double boiler. Beat together the eggs, sugar and salt. Add hot milk slowly to egg mixture. Mix and return to top of double boiler. Cook over simmering, not boiling, water. Stir constantly until mixture coats a silver spoon. Remove from hot water immediately. Cool and add vanilla.

#### **Variations:**

Floating island—Make meringue using a red jelly (apple or currant) for sugar and float on top of custard. Or add whipped cream and coconut or nuts.

Serve as a sauce—Over fresh, canned or frozen fruits, over sponge or butter cakes.

Foundation for frozen desserts—Freeze custard to mush state, then stir in whipped cream and/or fruits.

Serve with sparkling cubes of red or yellow gelatin.



**Fig. 3.— Dress up a simple custard or pudding with miniature marshmallows.**

Courtesy Kraft Foods

## PUDDINGS

A pudding is a combination of a cereal (flour, cornstarch, rice, tapioca or bread) milk, sugar and flavoring. Fruit, eggs, cream and leavening agents may be added. Puddings may be cooked on top of stove, baked or steamed. An icebox pudding usually contains gelatin and may need no cooking.

Packaged puddings come in many varieties. You will want to know the difference between a cooking-type pudding and an instant pudding.

*Cooking-type* pudding and pie filling mixes contain raw cornstarch and must be cooked to a full boil. Firmer puddings result if the full boil is reached quickly, in about 5 minutes over medium heat, than if cooked for a longer time.

*Instant pudding mixes* are made with pre-cooked starch and require no cooking. Be accurate when following instructions given on the package. This pudding cannot be unmolded. Fresh whole milk gives the firmest pudding. Fresh skim milk and reconstituted dry milk that has been chilled at least 2 hours in advance, make a good pudding. Evaporated milk results in a soft pudding.

You can make your own cooking-type cornstarch pudding and vary it in many ways.

### BASIC CORNSTARCH PUDDING

3 tablespoons cornstarch  
 ½ cup sugar  
 ⅛ teaspoon salt

2 cups milk, divided  
 1 tablespoon butter  
 ½ teaspoon vanilla

Stir together cornstarch, sugar and salt. Blend with 2 tablespoons of milk. Scald remaining milk; add to mixture and bring to a full boil over medium heat. Add butter and vanilla. Pour into molds rinsed in cold water. Chill thoroughly and unmold.

**Variations:**

Unmolded pudding—Add  $\frac{1}{2}$  cup more of milk.

Butterscotch pudding—Substitute brown sugar for white and add 3 tablespoons butter.

Caramel pudding—Add 2 tablespoons sirup made from caramelized sugar.

Chocolate pudding—Mix 2 or 3 tablespoons cocoa with cornstarch and sugar, or melt 1-ounce square of unsweetened chocolate in milk. Use  $\frac{1}{2}$  cup more of milk.

#### GINGER-ORANGE REFRIGERATOR PUDDING

Cornstarch pudding (basic recipe or boxed pudding)	2 eggs, separated
1 tablespoon gelatin	1 cup orange juice
2 tablespoons cold water	2 tablespoons grated orange rind
	2 cups crumbled gingersnaps

Make cornstarch pudding. Soak gelatin in water. Beat egg yolks; gradually add small amounts of hot pudding until you can combine the two. Return to heat, stir constantly for 30 seconds. Remove from heat. Add soaked gelatin, orange juice and orange rind. Chill until thick. Beat egg whites until stiff and fold into pudding. Line serving dish with gingersnaps, then alternate layers of pudding and ginger snaps. Chill for several hours. Garnish edge of serving dish with gingersnap halves. Yields 8 servings. (See cover picture.)

Ginger-orange refrigerator pudding shows how you can change the basic pudding recipe or a boxed pudding by adding other ingredients, such as cookies, whipped egg whites, gelatin and fruit juice. You can make simple changes in puddings by adding coconut, fruits or nuts. For a creamier pudding, stir in a half cup of whipped cream.

#### CHOCOLATE UPSIDE-DOWN PUDDING

This upside-down pudding is like a rich chocolate cake baked with a delicious sauce. Serve it slightly warm with whipped cream or mint ice cream.

$1\frac{1}{4}$ cups sifted cake flour	$\frac{1}{2}$ cup broken nuts (pecans or walnuts)
2 teaspoons baking powder	
$\frac{1}{4}$ teaspoon salt	
$\frac{3}{4}$ cup granulated sugar	
2 tablespoons butter	
1 square (1 ounce) unsweetened chocolate	
$\frac{1}{2}$ cup milk	
1 teaspoon vanilla	

##### Topping

$\frac{1}{2}$ cup granulated sugar
$\frac{1}{2}$ cup brown sugar
2 tablespoons cocoa
1 cup boiling water

Sift together flour, baking powder, salt and the  $\frac{3}{4}$  cup sugar. Melt butter and chocolate together; mix with milk and vanilla. Stir well into flour mixture. Add nuts and pour into buttered  $1\frac{1}{2}$ -quart round baking dish. For topping, mix granulated sugar, brown sugar and cocoa; sprinkle over pudding batter. Pour the cup of boiling water over all. Bake in moderate oven ( $350^{\circ}$ ) for about 1 hour. Yields 6 to 8 servings.

## PIES

Pies are made of luscious fillings on flavorful crusts. Crusts may be crumb crusts, hard meringue, or flaky pastries. Choose the fillings from a wide variety of fruit, pudding, cheese, chiffon fillings or a combination of these. Toppings may be meringue, pastry, crumb, cheese or whipped cream.

### Crusts

#### CONVENTIONAL PASTRY

This recipe makes two crusts for a 9-inch pie.

2 cups sifted all-purpose flour  
1 teaspoon salt  
 $\frac{2}{3}$  cup hydrogenated shortening or  $\frac{1}{2}$  cup lard  
4 tablespoons cold water

1. Sift flour and salt into bowl.
2. Using two knives or a pastry blender, cut in half of the shortening until mixture looks like meal. (This makes pastry tender.)
3. Cut in rest of shortening until particles look like peas. (This makes pastry flaky.)
4. Sprinkle water, 1 tablespoon at a time over different parts of mixture, tossing quickly with fork. (Too much water makes dough sticky. Extra flour added to overcome stickiness toughens pastry.)
5. Stir lightly until a ball forms. (Air caught in dough makes pastry light.)
6. Gather dough in cupped hands and press together gently. (Do not knead for that pushes out the air.)
7. Push dough into two flattened balls with their edges higher than center. (Chill dough if it is warm.)
8. Place dough on lightly floured board or pastry canvas. A stockinet cover over the rolling pin helps prevent dough's sticking. Roll lightly from center of ball to edges until pastry is  $\frac{1}{8}$  inch thick or 1 inch larger than inverted pie pan.
9. Fold pastry loosely in half or fourths. Lift gently into ungreased pan and unfold. Let rest for 5 minutes. (Helps control shrinkage.)
10. Trim pastry, leaving  $\frac{1}{2}$  inch overhang. Turn this edge under to form a raised rim.
11. *For one-crust pie in which filling is baked*, flute raised rim by placing the tip of the right index finger against the inside edge of rim; with left thumb and index finger pinch pastry to form flute. Repeat every  $\frac{1}{4}$  inch.
12. *For pie shell which is baked before filling is added*, use tines of fork to prick shell thoroughly on bottom and sides. (This lets steam out so blisters won't form.) Bake in hot oven ( $450^{\circ}$ ) for 10 minutes or until brown.
13. *For a two-crust pie*, roll other ball of dough; cut design or slits so steam can escape; lay over filled bottom crust; tuck edge under raised rim; and pinch both crusts together. (This helps keep the juices from spilling out. If you wet the raised rim of the bottom crust, it will seal better.)
14. *For top crust glazes*, brush unbaked crust evenly with butter, cream, or milk to give an even golden brown finish. For a shiny glaze, brush with egg yolk or egg white that has been beaten with 1 tablespoon cold water. Granulated sugar sprinkled over a glaze makes it glisten.

Pastry made with oil is often referred to as stir-and-roll pastry because it is so easily made. This method makes a mealy pastry that is tender but not flaky.

### OIL PASTRY

Makes two crusts for 9-inch pie.

2 cups sifted all-purpose flour  
1½ teaspoons salt

¼ cup cold milk  
½ cup oil

Sift flour and salt into bowl. Pour oil and milk into a measuring cup (don't stir). Add all at once to flour, stirring with a fork until a ball is formed. Divide. Roll each half between two sheets of waxed paper. Remove top paper and turn pastry into pie pan. Remove other paper and fit pastry to pan. Cut even with rim. Add filling. Roll out top crust as you did the bottom crust. Place over filling and fold edges under bottom crust. Seal by pressing with a fork or fluting. Slit near center for steam to escape. Bake as directed in filling recipe.

### CRUMB CRUST

1¼ cups graham cracker crumbs  
⅓ cup softened butter or shortening

2 tablespoons sugar  
¼ teaspoon cinnamon

Mix ingredients in pie pan. Press evenly to bottom and sides. Bake in hot oven (400°) for 8 to 10 minutes. Cool. Use for cream or chiffon pies.

#### Variations

Nut-crust—Use only 1 cup crumbs; add ½ cup finely chopped walnuts, pecans, almonds, Brazil nuts or coconut.

Cereal crusts—Substitute crushed corn flakes, crisp rice or other cereal, and dry toasted bread crumbs for graham crackers.

Wafer crusts—Crush vanilla, chocolate or ginger cookies for crumbs. Omit sugar and cinnamon. Arrange halves of wafers around side of pan for attractive edge.

Vary sugar or spice in crusts to accent filling flavor.



Courtesy Kellogg Company

Fig. 4.— Crumbs are used here as crust and topping.



Courtesy Kraft Foods

**Fig. 5.—** Crispness of meringue crust is a contrast to strawberry ice cream filling.

#### HARD MERINGUE CRUST

4 egg whites       $\frac{1}{4}$  teaspoon cream of tartar      1 cup sugar

Have egg whites at room temperature. Beat until foamy; add cream of tartar and continue beating until soft peaks form. Gradually add sugar, beating until very stiff and grains of sugar are dissolved. Butter 9-inch ovenware pie pan and dust lightly with flour. Pour meringue into pan and shape with spoon to make edges and so the crust will be about  $\frac{1}{3}$  inch thick. Bake in very slow oven ( $275^{\circ}$ ) for  $1\frac{1}{2}$  hours. Cool. Meringue may crack, but this is to be expected. Fill with ice cream, fruit or cream fillings.

#### Variations:

Chocolate cookie torte (pictured on cover)—Add  $1\frac{1}{2}$  cups coarsely broken chocolate cookies and  $\frac{1}{2}$  cup chopped nuts to meringue. Bake in oblong pan and cut in squares.

Tinted individual shells—Add a few drops of vegetable coloring. Drop eight individual mounds on brown paper placed on a baking sheet. With back of teaspoon, shape mounds into hollowed circle.

In shells tinted a delicate pink use peach ice cream with a spoonful of fresh blueberries.

In pale green shells use lemon custard with finely shaved semi-sweet chocolate curls.

Raspberries or strawberries are luscious in meringues, either white or tinted, with ice cream or whipped cream.

## Fillings

### ANGEL PIE FILLING

4 egg yolks	1 cup cream, whipped
3 tablespoons lemon juice	2 tablespoons confectioners' sugar
1/2 cup sugar	1/2 ounce semi-sweet chocolate, grated
1/8 teaspoon salt	
1 tablespoon grated lemon rind	

Beat egg yolks, lemon juice, 1/2 cup sugar and salt in top of double boiler. Cook until thick. Add grated rind. Cool thoroughly. Add powdered sugar to whipped cream. Season with vanilla or almond extract if desired. Stir 1/4 whipped cream mixture into custard. Pour into hard meringue shell. Cover with remaining whipped cream. Garnish with grated chocolate. Refrigerate for at least 12 hours.

### CHIFFON FILLINGS

Chiffon fillings are a combination of a sauce made from egg yolks, gelatin dissolved in water, and a meringue made from egg whites and other foods for flavor, such as fruits, pumpkin, or chocolate.

### LEMON CHIFFON FILLING

3 egg yolks	1/4 cup cold water
1/3 cup sugar	1 teaspoon grated lemon rind
1/2 cup lemon juice	3 egg whites
1/2 teaspoon salt	6 tablespoons sugar
1 tablespoon gelatin	

Beat egg yolks slightly in top of double boiler; add 1/3 cup sugar, lemon juice and salt. Cook, stirring over hot water, until mixture coats metal spoon. Stir gelatin that has been softened in 1/4 cup water and lemon rind into sauce. Chill until mixture begins to thicken. Beat egg whites until stiff; gradually beat in sugar. Fold into chilled mixture and pour into baked pie shell or crumb crust. Chill until firm. Garnish with whipped cream if desired.

#### Variations:

Orange or lime filling—Substitute orange or lime juice and grated rind for the lemon. Or use half lemon and half orange.

Pineapple filling—Substitute 1 1/4 cups canned crushed pineapple and sirup and 1 tablespoon lemon juice for the 1/2 cup lemon juice. Omit the 1/3 cup sugar.

Pumpkin chiffon filling—Substitute 1 1/4 cups canned pumpkin, 1 teaspoon pumpkin pie spices, and 1/4 cup milk for the lemon juice. Add 3 tablespoons sugar.

Chocolate chiffon filling—Omit lemon juice, rind and 1/3 cup sugar. Make recipe of chocolate cornstarch pudding; add a little hot pudding to beaten egg yolks, then combine. Add gelatin; chill until it begins to thicken and fold in meringue. Fill pie shell and chill until firm.

Eggnog chiffon filling—Substitute 2 cups light cream or rich milk for the lemon juice and rind. Add 1 teaspoon vanilla or sherry extract.

## FRUIT FILLINGS

Fruit fillings may be made from fresh, canned, frozen or stewed fruits. Sweeten fruits to taste ( $\frac{1}{2}$  to  $\frac{3}{4}$  cup of sugar to 2 cups fruit), and add 2 or 3 tablespoons of flour, cornstarch or tapioca to thicken the juices. Lemon juice may be added to increase tartness, butter added for richness and spices for additional flavor.

Fruits are most often baked between two crusts made from conventional or salad oil pastry. When you make the filling from fresh fruit, place the pie on the bottom rack in a hot oven ( $425^{\circ}$  to  $450^{\circ}$ ) for 15 minutes, then cook for 30 minutes in a moderate oven ( $350^{\circ}$ ). When the pie is filled with pre-cooked fruit, bake it for 25 to 30 minutes in a hot oven ( $425^{\circ}$  to  $450^{\circ}$ ).

Fresh or frozen fruits may be served on hard meringue shells with ice cream or a filling made from cream cheese. Use peaches, raspberries, rhubarb, or strawberries.

### STRAWBERRY CREAM CHEESE FILLING

1 pint fresh strawberries, or 10 ounces frozen sliced strawberries, thawed and drained	1 cup light corn sirup
8-ounce package cream cheese	1 cup milk
	1 teaspoon vanilla

Blend cream cheese and corn sirup until smooth. Stir in milk, vanilla and strawberries. Freeze. Remove from freezer and spoon into a baked 9-inch meringue shell.

## CREAM FILLINGS

The recipes for constarch puddings may be used for cream pie fillings with a topping of whipped cream or meringue. This basic recipe uses flour and is cooked in a double boiler.

### COCONUT CREAM FILLING

$\frac{1}{2}$ cup flour	3 egg yolks
$\frac{2}{3}$ cup sugar	2 tablespoons butter
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ teaspoon vanilla
2 cups milk, divided	1 cup coconut, divided

Mix flour, sugar, salt and  $\frac{1}{4}$  cup of milk in top of double boiler. Scald remaining milk and add to mixture. Cook over hot water until thick. Beat the egg yolks slightly and add a little of hot mixture. Stir egg mixture into cream filling. Cook 2 minutes longer. Add butter and vanilla. Spread  $\frac{3}{4}$  cup coconut in bottom of baked pie shell. Pour cream filling over it. Cover with meringue and sprinkle the remaining  $\frac{1}{4}$  cup coconut over its top before browning.

#### Variations:

Banana—Omit coconut. Put half of filling in pie shell. Slice two bananas over filling. Add rest of filling. Cover with meringue. Garnish with border of sliced bananas.



## Toppings

### MERINGUE TOPPING

3 egg whites (at room temperature)

$\frac{1}{4}$  teaspoon cream of tartar

Dash of salt

6 tablespoons sugar

Beat eggs as rapidly as possible until foamy. Add salt and cream of tartar; continue beating until soft peaks form when beater is lifted. Add sugar gradually and beat rapidly until stiff peaks form. Spoon meringue onto hot or very warm filling. (Meringue is less likely to "weep" than when baked on cold filling.) Bake in hot oven ( $425^{\circ}$ ) for 4 to  $4\frac{1}{2}$  minutes. (High temperature is best for tenderness and preventing stickiness and shrinkage.)

### OTHER TOPPINGS

Be original when you choose a topping for your pie.

- Cut fancy designs from pastry to top fruit pies. A bottle cap will cut polka dots. A dozen  $\frac{1}{2}$ -inch wide pastry strips may be woven across pie top for lattice effect.
- Save part of crumb crust mixture to scatter attractively on top.
- Sprinkle Streusel over fruit pies. To make Streusel, mix  $\frac{1}{4}$  cup flour,  $\frac{1}{4}$  cup sugar and 2 tablespoons butter until crumbly.
- Balls or wedges of sharp or mild cheese.
- Cream cheese, whipped and flavored.
- Cream—plain, whipped, commercial sour cream or ice cream.



Courtesy American Institute of Baking

Fig. 6.— Special toppings give an exciting touch to pumpkin pie.

Some busy homemakers buy fruit, pumpkin or mince pies and give them a special topping for an exciting touch. Try these new ideas and make some of your own.

**Apple cream topping**—Into 1 cup of whipped cream fold 1 tablespoon sugar and 2 tablespoons apple butter. Top a slice of pumpkin pie and garnish with a banana slice and pecan half.

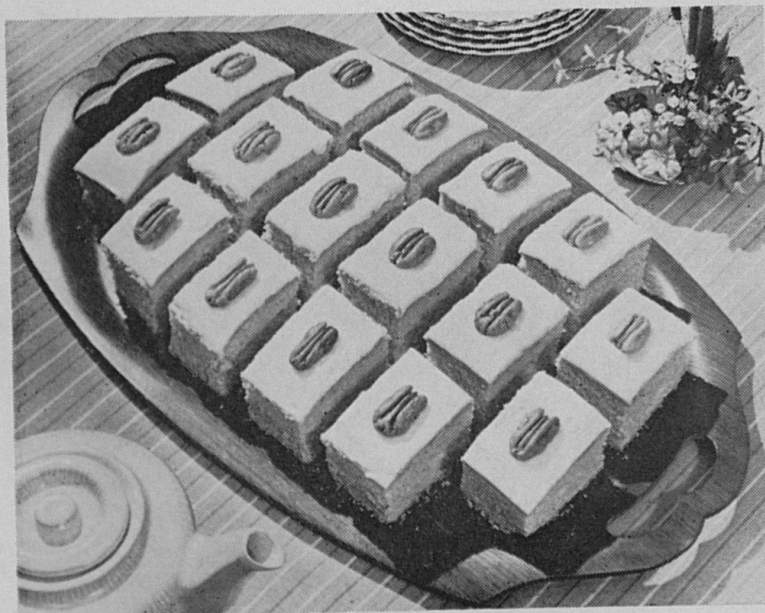
**Walnut crunch topping**—Combine  $\frac{1}{2}$  cup brown sugar, 1 tablespoon each of milk and honey, and  $\frac{1}{2}$  cup chopped walnuts. Spread over pumpkin pie and bake 10 minutes in a moderate oven ( $350^{\circ}$ ).

**Orange-cheese topping**—Make a meringue of 1 egg white, 2 tablespoons brown sugar and a dash of salt. Blend  $\frac{1}{4}$  cup orange marmalade, 3-ounce package cream cheese and  $\frac{1}{8}$  teaspoon cinnamon. Fold into meringue. Spread over top of pumpkin pie. Swirl 1 tablespoon of orange marmalade through topping. Refrigerate until served.

## CAKES

Cakes are often served with cream-rich frozen desserts or with fruits and custards topped with ice cream or whipped cream. This dessert combination is high in calories. Too often the cake is a rich one covered with a thick butter frosting which makes the number of calories very much higher. This dessert is best used with a meal low in calories, such as soup and salad. If you wish to serve it with a meal including meat, vegetable, hot bread and rich gravy, be sure to make the servings small and to slice the cake thin.

Cakes are classified as butter and sponge cakes. Fruit cakes, jam cakes, spice and nut cakes are all butter cakes. Angel food and chiffon cakes belong to the sponge group.



**Fig. 7.—Frost butter cakes with a thin icing. Decorate with nuts or cherries.**

Courtesy Wheat Flour Institute

## Butter Cakes

Butter cakes may be made by the conventional or by the quick-mix method. The conventional method yields a fine-textured, velvety cake and is usually recommended for rich cakes and cakes that are not eaten right away. The quick-mix method saves effort and time. Cake mixes are prepared this way. The cake made like this is best served fresh. It has a flaky crumb but lacks fineness of grain.

### BASIC BUTTER CAKE

1/2 cup shortening or butter	2 1/2 teaspoons baking powder
1 1/2 cups sugar	1 teaspoon salt
2 eggs	1 cup milk
2 1/3 cups sifted cake flour or	1 teaspoon vanilla
2 1/4 cups sifted all-purpose flour	

#### Conventional Method:

1. Assemble utensils and ingredients. Grease pans and either sprinkle with flour or cut paper to fit bottom.
2. Heat oven to 350° so that temperature will be correct when batter is ready to bake.
3. Cream shortening, gradually adding sugar until mixture is light and fluffy. (Thorough creaming makes cake even-grained and moist.)
4. Beat in eggs thoroughly.
5. Sift together flour, baking powder and salt. Add vanilla to milk.
6. Add flour mixture to creamed mixture alternately with milk. Begin and end with the flour mixture. Stir after each addition just until batter is smooth and blended. (Overmixing at this point reduces volume and causes poor texture.)
7. Pour into two 9-inch layer pans, one 3 x 9-inch oblong pan or 24 muffin cups.
8. Place pans of batter on rack in oven so that they do not touch each other, the sides, or the back of the oven.
9. Bake for about 35 minutes in moderate oven (350°). At end of 30 minutes test cake. It is done when it shrinks slightly from sides of pan, springs back when pressed lightly with finger, or when cake tester or tooth pick comes out clean when placed in center of cake. Cupcakes cook in 18 to 20 minutes.
10. Allow cake to stand in pans for 2 minutes so that it will come out easier. Loosen edges with knife or spatula and turn cake out on a cooling rack. Allow it to stand until cool. Frost if you wish.

You get better results from this method when you use a shortening having a good creaming quality, such as vegetable shortening. Batter mixed by the quick-mix method is thinner than that mixed by the conventional method.

#### Quick-mix Method:

1. Assemble utensils and ingredients. Grease or line pans.
2. Heat oven to 350°.
3. Stir shortening in large bowl to spread and soften. Sift all the dry ingredients over shortening. Add milk.
4. Stir mixture until smooth batter is formed. If mixing by hand, use 200 around-the-bowl quick strokes. With electric mixer, beat 2 minutes at medium speed.

5. Add eggs and beat another 200 strokes or 2 minutes in mixer.
6. Pour in prepared pans and bake about 35 minutes in moderate oven.

**Variations:**

- Caramel—Add  $\frac{1}{4}$  cup of caramelized sugar to milk.  
 Chocolate—Add 6 tablespoons cocoa or 1 to 2 squares of melted unsweetened chocolate. Increase milk to  $1\frac{1}{4}$  cups as chocolate thickens the batter.  
 Spice—Add 1 teaspoon cinnamon,  $\frac{1}{2}$  teaspoon allspice, and  $\frac{1}{2}$  teaspoon nutmeg.  
 White—Use 4 egg whites in place of whole eggs. Stiffly beaten whites may be folded into batter last.  
 Yellow—Use 4 egg yolks in place of whole eggs.  
 Other flavors—Change liquid from milk to coffee, orange juice or pineapple juice.

### Sponge Cakes

The quality of sponge cakes depends on several factors. Use good fresh eggs. Allow them to come to room temperature so they will hold more air when beaten. Follow mixing and baking instructions carefully for these control the tenderness of the cake. For best results: Never grease the sides of the pan. Fill the pan no more than  $\frac{2}{3}$  full of batter. Run knife through batter to release large air bubbles and leave a slight depression in center of batter so cake will rise evenly. Turn sponge cakes upside-down to cool in pans in which they are baked.

#### TRUE SPONGE CAKE

- |                          |                              |
|--------------------------|------------------------------|
| 6 eggs, separated        | 2 tablespoons water          |
| 1 cup sugar, divided     | 1 teaspoon grated lemon rind |
| 1 cup cake flour         | $\frac{1}{4}$ teaspoon salt  |
| 1 tablespoon lemon juice |                              |

Beat egg yolks until thick (about 5 minutes). Beat in  $\frac{1}{2}$  cup sugar gradually. Fold in cake flour alternately with lemon juice, water and lemon rind. Make a meringue by beating egg whites and salt until stiff and gradually adding other half cup of sugar. Fold meringue into yolk mixture. Pour into ungreased 10-inch tube pan. Bake in  $375^{\circ}$  oven for 30 minutes or until cake shrinks slightly from sides of pan and springs back quickly when pressed lightly with finger. Turn upside down on wire rack. When cake is cold, remove from pan with aid of spatula or knife.

#### HOT MILK SPONGE

- |                             |                           |
|-----------------------------|---------------------------|
| 2 cups cake flour           | 2 cups sugar              |
| 2 teaspoons baking powder   | 2 teaspoons lemon extract |
| $\frac{1}{2}$ teaspoon salt | 1 cup milk                |
| 4 eggs                      | 2 tablespoons butter      |

Sift flour, baking powder and salt. Beat whole eggs until thick and light (about 5 minutes). Gradually beat in sugar. Add extract. Fold

in flour. Bring milk and butter just to a boil. Very quickly stir into the flour mixture. Pour quickly into 13 x 9 x 2 inch pan which has been greased and floured ONLY on bottom. Bake at once in moderate oven (350°) for 30 minutes. Cool in pan upside down. Serve with fruit and whipped cream on top.

**Variation:**

Chocolate—Substitute  $\frac{1}{4}$  cup cocoa for  $\frac{1}{4}$  cup of flour. Omit almond extract.

**Fig. 8.—** Peaches, coconut and whipped cream frost this chiffon cake.



Courtesy American Institute of Baking

#### CHIFFON CAKE

$2\frac{1}{4}$ cups sifted cake flour or 2 cups sifted all-purpose flour	6 egg yolks
$1\frac{1}{2}$ cups sugar	$\frac{3}{4}$ cup water
1 tablespoon baking powder	2 teaspoons vanilla
1 teaspoon salt	2 teaspoons grated lemon rind
$\frac{1}{2}$ cup vegetable oil	1 cup egg whites (about 8)
	$\frac{1}{2}$ teaspoon cream of tartar

In a bowl sift together flour, sugar, baking powder and salt. Make a "well" in flour and add in order, vegetable oil, egg yolks, water, vanilla and lemon rind. Beat until smooth. In a large bowl, whip egg whites and cream of tartar until very stiff peaks form. Pour egg yolk mixture gradually over egg whites, fold in gently until just blended. Pour into ungreased pan. Bake in 325° oven for 55 minutes. Increase heat to 350° and bake 10 to 15 minutes or until top springs back when touched lightly. Turn upside down until cool. Remove from pan with aid of spatula or knife.

**Variations:**

Caramel—Omit sugar and lemon rind. Add 2 cups brown sugar.

Orange—Substitute orange juice for water and grated orange rind for lemon rind.

Pineapple—Substitute pineapple juice for water. Add  $\frac{1}{2}$  cup well drained crushed pineapple to egg yolk mixture.

Spice-nut—Add 2 teaspoons of mixed spices and omit lemon rind. Add  $\frac{1}{2}$  cup chopped nuts just before pouring batter into pans.

### ANGEL FOOD CAKE

1 cup sifted cake flour  
1½ cups sugar—divided  
1½ cups egg whites (about 12)  
1½ teaspoons cream of tartar

¼ teaspoon salt  
1 teaspoon vanilla  
½ teaspoon almond extract

Sift cake flour and ½ cup sugar together three times. Make a meringue by beating egg whites and salt to a froth; add cream of tartar and beat until stiff; add cup of sugar gradually (2 tablespoons at a time) until meringue holds stiff peaks. Sift flour and sugar mixture over meringue a little at a time and fold in gently until flour mixture completely disappears. Pour batter into ungreased 10-inch tube. Gently cut through batter with knife to break large air bubbles. Bake in 375° oven for 30 to 35 minutes until cake springs back when pressed lightly. Turn pan upside down and cool cake 1 to 2 hours. Remove cake with aid of spatula or knife.

### Frostings

Frostings add beauty, flavor, and calories to cake and cookies. They also keep cakes fresh and moist longer. Choose a suitable frosting that complements the flavor of your cake. Cakes and cookies may be filled with fruit paste, sauce or a cream filling. They may be frosted with confectioners' sugar frosting, a cooked frosting or a frosting broiled on top of the cake.



Courtesy Corn Products Company

Fig. 9.— A nosegay and 7-minute frosting adorn this birthday cake.

### CONFECTIONERS' SUGAR FROSTING

3½ cups (1 pound) sifted confectioners' sugar	⅛ teaspoon salt
½ cup butter or margarine	1 teaspoon vanilla
	3 to 4 tablespoons milk

Blend 1 cup sugar and shortening. Gradually stir in remaining sugar, salt, extract and milk until desired consistency is reached.

#### Variations:

Chocolate-mocha—Omit milk and vanilla. Melt 3 squares of unsweetened chocolate in 5 or 6 tablespoons of strong coffee.

Orange—Substitute orange juice and 1 teaspoon orange rind for milk and vanilla.

Cream frosting—Omit butter and use cream instead of milk.

Egg yolk—Reduce butter to ⅓ cup. Add 2 egg yolks.

Cream cheese—Substitute 3 ounces of cream cheese for butter. Reduce milk to 1 tablespoon and use it to soften cream cheese. Reduce sugar to 2½ cups.

### 7-MINUTE FROSTING

1½ cups sugar	2 egg whites
¼ teaspoon cream of tartar	1 teaspoon vanilla
⅓ cup water	

Stir together in the top of a double boiler the sugar, cream of tartar, water and egg whites. Place over boiling water and beat with a rotary beater or electric mixer at high speed until mixture holds its shape (about 7 minutes). Remove from water, add vanilla and continue beating until cool or ready to spread.

#### Variations:

Sea Foam—Substitute 1½ cups of brown sugar for white. Vary this frosting by sprinkling coconut, nuts, crushed peppermint candy, or cut gum drops over cake after it is frosted.

### FUDGE FROSTING

2¼ cups sugar	3 squares unsweetened chocolate
¾ cup milk	2 tablespoons butter
1 tablespoon corn sirup	1 teaspoon vanilla
¼ teaspoon salt	

Stir together sugar, milk, corn sirup, salt and cut-up chocolate in a saucepan. Cook without stirring to soft ball stage (sirup dropped in cold water forms soft ball), or to 234° on candy thermometer. Keep covered the first three minutes to avoid graininess. Add butter, cool until you can feel no heat on bottom of pan. Add vanilla. Beat until creamy and stiff enough to spread. If frosting becomes too thick to spread, add a little cream. If it gets too thin, add sifted confectioners' sugar.

### BROILED FROSTING

⅓ cup brown sugar	2 tablespoons cream
3 tablespoons soft butter or margarine	½ cup chopped nuts
	½ cup shredded coconut

Mix ingredients and spread over warm 8-inch square cake. Place about 3 inches under broiler at low heat until mixture bubbles and browns slightly (about 3 to 5 minutes).

#### LEMON BUTTER GLAZE

1½ tablespoons milk	Yellow vegetable coloring
1 tablespoon butter	1 tablespoon lemon juice
1¼ cups sifted confectioners' sugar	½ teaspoon grated lemon rind

Heat milk and butter. Stir in sugar until smooth. Add a few drops of vegetable coloring, lemon juice and lemon rind. Beat until smooth. Yields 1½ cups or enough to glaze top of 10-inch tube cake or an 8- or 9-inch square cake.

#### Variations:

Coffee—Omit lemon juice, rind and coloring. Add 1 teaspoon of instant coffee.

Sweet chocolate—Omit lemon juice, rind and coloring. Increase milk to 3 tablespoons. Add ¼ pound of melted sweet chocolate.

#### Fillings

Fillings for cakes may be the same cornstarch or cream fillings used for pies. Half of the recipe fills a 9-inch layer cake. Add toasted nuts or ½ cup dates to vary the fillings. A wide variety of fillings can be made from fruit and nut combinations. Mincemeat pie filling is also good in cakes and cookies.

#### CLEAR LEMON FILLING

1 cup sugar	½ cup lemon juice
¼ cup cornstarch	2 egg yolks, beaten
½ teaspoon salt	2 tablespoons grated lemon rind
1 cup hot water	1 tablespoon butter

Mix sugar, cornstarch, salt, hot water and lemon juice in heavy saucepan. Bring to a rolling boil and boil for 2 minutes. Stir a little hot mixture into beaten egg yolks, then add yolks to cooked mixture. Boil for 1 more minute, stirring constantly. Add lemon rind and butter. Cool before using.

#### DATE-NUT FILLING

2 cups dates, chopped	2 tablespoons lemon juice
½ cup sugar	½ cup nuts, chopped
½ cup water	

Mix dates, sugar, water and lemon juice in saucepan. Stir and cook slowly until thickened (about 5 minutes). Add nuts. Cool before using.

#### Variations:

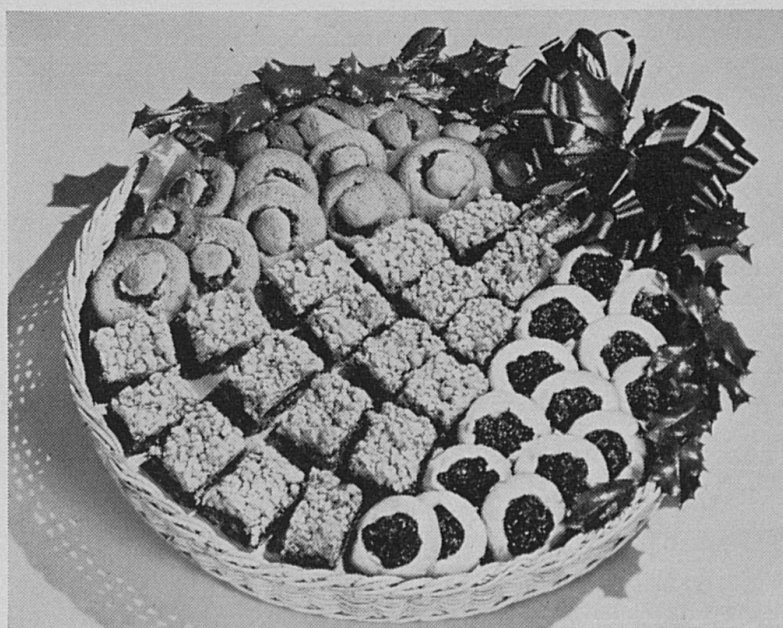
Use figs, raisins or a mixture of these and dates. One-half teaspoon of cloves or other spices may be added.



## COOKIES

Cookies give you a chance to express your personality. There is no end to the kinds and shapes that you can make and the ways you can decorate them. Most recipes fall into one of these five groups:

1. *Dropped cookies* are made from doughs too soft to handle. The stiffer the dough, the drier the cookie.
2. *Bar cookies* are made from a soft dough that can be poured or pressed into a pan. After baking they are cut into squares or bars.
3. *Molded and pressed cookies* are made from moderately soft doughs. They are soft enough to be shaped by hand or in a cookie press.
4. *Refrigerator cookies* are made from a moderately stiff dough that is shaped into rolls and chilled thoroughly in the refrigerator. The roll is cut into thin slices which are baked.
5. *Rolled cookies* are made from a firm dough which handles easier if chilled for a few hours in the refrigerator. Roll only a small amount of dough at a time so extra flour will not be worked into the dough. (This causes the cookies to be dry and hard.) For crisp cookies roll the dough thinner than for soft cookies.



Courtesy Swift and Company

**Fig. 10.**— Date-filled drop cookies, cranberry bars and fruit-filled sugar cookies are attractively placed in a Christmas basket.

To cool cookies, place them separately on a wire rack. Stacking warm cookies will make them stick together. Store crisp and soft cookies separately in a metal, glass or pottery container. Cover crisp cookies loosely and soft or chewy cookies tightly. If bar cookies tend to dry out, add a piece of apple, orange or bread, replacing it often. If crisp cookies soften, heat them in a 300° oven for about 5 minutes.

### DATE-FILLED DROP COOKIE

2 sticks (1 cup) margarine	1 teaspoon soda
2 cups brown sugar	½ teaspoon baking powder
2 eggs	⅛ teaspoon cinnamon
3½ cups sifted flour	½ cup milk
½ teaspoon salt	1 teaspoon vanilla

Cream together margarine and brown sugar. Add eggs and blend thoroughly. Stir in remaining ingredients. Mix well. Drop by teaspoonfuls onto cookie sheet. With a spoon form a well in each mound of dough. Place about 1 teaspoonful of cooled date filling in each well. (See recipe for date-nut filling, page 24.) Drop another small portion of dough over the filling of each mound. Bake in a moderate oven (375°) for 12 to 15 minutes. Yields about 48 cookies 2½ inches wide. See Fig. 10.

#### Variations:

Hermits—Add 2 cups chopped seedless raisins, 1½ cups broken nuts and 1 teaspoon nutmeg to batter. Drop from teaspoon and bake for 10 to 12 minutes in 400° oven.

Oatmeal and apple—Add 2 cups oatmeal, 2 cups diced fresh apple, 1 cup raisins and 1 cup broken nuts to batter. Add ½ cup margarine. Drop from teaspoon and bake.

### CHOCOLATE SOUR CREAM DROPS

1 cup butter, melted	½ cup sour cream
2 squares unsweetened chocolate, melted	½ teaspoon soda
1 cup brown sugar	1½ cups flour
1 egg	⅛ teaspoon salt

Mix in order given. Drop by teaspoon on greased cookie sheet. Bake in 350° oven for about 10 minutes. When cool spread with half recipe of chocolate confectioners' sugar frosting (see page 23). Yields 4 to 5 dozen 1½-inch cookies.

### CRANBERRY-FILLED BARS

1½ cups sifted flour	1 cup cranberries
¾ teaspoon soda	¼ cup seedless raisins
¾ cup light brown sugar	¼ cup honey
1½ cups uncooked rolled oats	¼ cup water
⅔ cup melted butter	2 teaspoons flour

Sift together the 1½ cups flour and the soda. Add sugar and oats. Stir in melted butter. Pat half of mixture into bottom of greased 8 x 8 x 2 inch pan. Make filling by cooking cranberries, raisins, honey, and water together until cranberries are soft. Sprinkle the 2 teaspoons of flour over top, stir and cook until thickened. Cool and spread over oat mixture in pan. Pat remaining oat mixture over top. Bake in moderate oven (350°) for 30 minutes. Cool. Cut into 20 bars. See Fig. 10.



Courtesy The Best Foods, Inc.

**Fig. 11.— Brownies are a favorite cookie with everybody.**

#### BROWNIE BARS

$\frac{3}{4}$ cup sifted flour	1 cup sugar
$\frac{1}{2}$ teaspoon baking powder	2 eggs, beaten
$\frac{1}{2}$ teaspoon salt	1 teaspoon vanilla
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup chopped nuts
2 squares unsweetened chocolate	

Sift together flour, baking powder and salt. Melt together butter and chocolate. Add sugar and beaten eggs. Stir in flour mixture and nuts. Bake in a greased 8 x 8 x 2 inch pan in a moderate oven ( $350^{\circ}$ ) for 30 to 35 minutes. When top is touched lightly with finger, a slight dent will be left. Cool 10 minutes before cutting into bars. Yields 15 bar cookies.

#### Variations:

- Cocoa brownies—Omit chocolate. Add 5 tablespoons cocoa and 1 tablespoon butter.
- Oatmeal brownies—Omit nuts. Add  $1\frac{1}{2}$  cups uncooked rolled oats and  $\frac{1}{4}$  cup more of butter.

#### COCONUT PECAN SQUARES

$\frac{1}{2}$ cup sifted flour	$\frac{3}{4}$ cup finely shredded coconut
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup chopped pecans
$\frac{3}{4}$ cup light brown sugar	$\frac{1}{8}$ teaspoon baking powder
1 egg, beaten	1 tablespoon flour

Cream together the  $\frac{1}{2}$  cup flour and the butter. Spread evenly in a buttered 8 x 8 x 2 inch pan. Cook for 10 minutes in  $350^{\circ}$  oven. Mix together remaining ingredients and spread over partially baked mixture. Continue baking for 25 more minutes. Cool. While cookies are slightly warm you may spread over them a frosting made from 1 cup confectioners' sugar, 1 tablespoon melted butter and 1 tablespoon milk. Yields 25 squares.

### MOLDED COOKIES

1 cup butter, softened	1 teaspoon vanilla
$\frac{1}{3}$ cup sugar	2 cups flour
2 egg yolks	$\frac{1}{2}$ teaspoon salt

Cream butter, sugar and egg yolks. Add vanilla and stir in flour sifted with salt. With hands roll dough into 1-inch balls and place on ungreased cookie sheet. Flatten balls of dough with bottom of glass dipped in granulated sugar. Bake in 375° oven for 10 to 12 minutes. Yields 4 to 5 dozen cookies.

#### Variations:

Thumbprint cookies—Roll dough into balls. Flatten slightly as you put thumb on each ball. When baked fill thumbprint with bright jelly or colored confectioners' sugar frosting.

Sesame cookies—Dip balls into slightly beaten egg white. Roll in sesame seed. Place on cookie sheet and flatten slightly.

Pecan crescents—Omit egg yolks. Use only  $1\frac{2}{3}$  cups flour. Add  $\frac{2}{3}$  cup finely chopped pecans. Chill dough. Roll in hands to pencil thickness. Form into crescents on cookie sheet. Bake for 15 minutes in 325° oven until set, not brown. Carefully dip in confectioners' sugar.

### REFRIGERATOR COOKIES

$\frac{1}{2}$ cup butter or margarine	$1\frac{1}{2}$ cups sifted flour
$\frac{3}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{8}$ teaspoon soda
1 teaspoon vanilla	

Melt butter or margarine in a  $1\frac{1}{2}$ -quart saucepan. Remove from heat. Add sugar, egg and vanilla and beat until smooth (about 1 minute). Sift flour, salt and soda over mixture and blend thoroughly. Place pan with dough in refrigerator for 30 minutes. Divide chilled dough in half and shape each half in a roll  $1\frac{1}{2}$  inches in diameter. Wrap in waxed paper and return to refrigerator for at least 1 hour. Slice  $\frac{1}{4}$  inch thick and place on greased cookie sheet. Decorate with pecan halves. Bake in moderate oven (350°) for 10 to 12 minutes. Yields about 4 dozen cookies.

#### Variations:

Chocolate—Melt  $1\frac{1}{2}$  squares unsweetened chocolate with butter.

Spice—Add  $\frac{1}{4}$  teaspoon each of cinnamon, ginger and allspice.

Fruit—Add  $\frac{1}{4}$  cup sliced candied cherries and citron.

### ROLLED SUGAR COOKIES

$\frac{1}{2}$ stick butter or margarine	3 cups sifted flour
1 cup sugar	3 teaspoons baking powder
1 egg	$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla	$\frac{1}{2}$ cup milk

Cream butter. Add sugar and continue creaming. Add egg and vanilla and beat well. Sift flour, baking powder and salt together and add with milk. Divide dough into four parts and wrap each part in waxed paper. Chill thoroughly. Work with one part of dough at a

time, leaving the other parts in the refrigerator. Roll out each part  $\frac{1}{8}$  inch thick on lightly floured pastry cloth or board. Cut out in various shapes with floured cutter. Brush with milk and sprinkle with tinted sugar or garnish with raisins or chopped nuts. Bake on lightly greased baking sheet at  $400^{\circ}$  for about 10 minutes. Yields about 4 dozen cookies.

**Variation:**

Fruit-filled sugar cookies—Cut out half the rounds with a  $2\frac{1}{2}$ -inch biscuit cutter. Cut the top rounds of dough with a  $2\frac{1}{2}$ -inch doughnut cutter so the filling will show through. Chill any leftover dough again before rerolling. Place bottom rounds on cookie sheet. Mound 2 teaspoons of fruit filling on top of each round. Cover with "doughnut" round, pressing edges together. Sprinkle with sugar, if desired. Bake in a moderate oven ( $375^{\circ}$ ) for 15 minutes. Yields 3 dozen. See Fig. 10.

#### DATE PINWHEELS

1 cup shortening	4 cups sifted flour
2 cups brown sugar	$\frac{3}{4}$ teaspoon salt
1 teaspoon vanilla	$\frac{1}{2}$ teaspoon soda
3 eggs, well beaten	

Cream shortening and sugar. Add eggs and vanilla, beating well. Sift flour, salt and soda into creamed mixture. Blend and divide into four parts. Wrap each part in waxed paper and chill. Roll thin and spread each part with half the recipe for date-nut filling (see page 24). Roll like a jelly roll. Chill at least 1 hour. Slice and bake in  $400^{\circ}$  oven for 10 to 12 minutes. Yields around 5 dozen cookies.

#### GELATIN DESSERTS

Gelatin desserts are often used to balance the scales when counting the calories in a menu. A heavy meal should be followed by a light dessert. You can plan a wide variety of gelatin desserts for weight-reducing menus; but remember, a few rich cookies and a whipped cream topping can increase the number of calories greatly. Extra calories are hidden in two types of gelatine desserts—chiffon pies and gelatin creams.

Here are some ways to lower the calories in rich desserts:

1. In a crumb crust the fat may be reduced from  $\frac{1}{3}$  cup to 3 tablespoons and the sugar omitted. This reduces the calories in the crust by 380; that is around 60 calories less in each serving of crust.
2. Low-calorie toppings may replace heavy cream. Compare these sweetened whipped toppings: heavy cream—65 calories per serving; evaporated milk—35; and nonfat dry milk—25.
3. No-calorie tablet or liquid sweeteners may replace sugar. In gelatin desserts crush and dissolve tablets in a little of the liquid or moist ingredients called for in the recipe; add just before molding. Be sure to add extra liquid—the same quantity as the amount of sugar called for in the recipe. For example, replace  $\frac{1}{4}$  cup sugar with 12 no-calorie sweetening tablets and  $\frac{1}{4}$  cup liquid (water, milk or fruit juice).

You can vary gelatin desserts in many ways. Here are the most common types of gelatin desserts.

1. Plain gelatin—A mixture of gelatin, sugar, flavoring and liquid that is congealed. For variation, fold in fruit when mixture reaches the consistency of egg whites.
2. Whip—A plain gelatin mixture chilled until slightly thicker than unbeaten egg whites, then beaten until light and fluffy. Chill until firm.
3. Snow—A gelatin whip that has unbeaten egg whites whipped into it.
4. Chiffon—A gelatin and custard mixture which is partially congealed then beaten into a meringue made of egg whites and sugar.
5. Cream—A chiffon with whipped cream folded into it.

Directions for preparation and recipes are included in the box of granulated gelatin or on the box of flavored gelatin. After you have learned the basic rules for preparation, you may make your own variations to please your family and your guests.

#### FRUIT JUICE SNOW

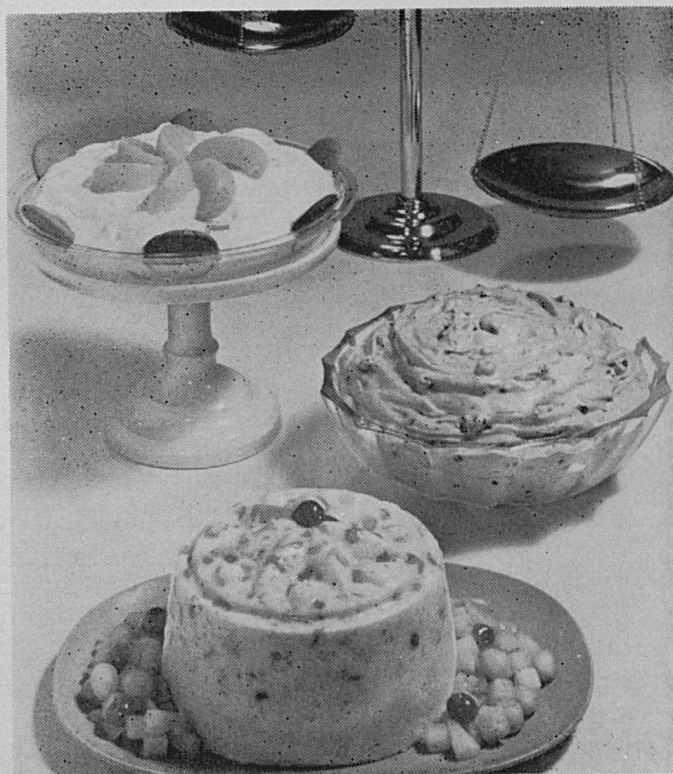
- |                                    |   |
|------------------------------------|---|
| 1 tablespoon unflavored gelatin    | 1 can (6 ounces) frozen concentrated fruit juice of your choice |
| $\frac{1}{2}$ cup sugar            | 2 unbeaten egg whites   |
| $\frac{1}{8}$ teaspoon salt        |   |
| $1\frac{1}{4}$ cups water, divided |   |

Mix gelatin, sugar and salt in a small saucepan. Add  $\frac{1}{2}$  cup of the water. Place over low heat, stirring constantly until gelatin is dissolved. Remove from heat and stir in remaining  $\frac{3}{4}$  cup water and frozen fruit juice. Chill until slightly thicker than unbeaten egg white consistency. Add unbeaten egg whites and beat until mixture is light and fluffy. Spoon into dessert dishes and chill until firm. Yields 8 servings.

#### LOW-CALORIE CHEESE CAKE

- |                                  |   |
|----------------------------------|---|
| 2 tablespoons unflavored gelatin | 1 teaspoon grated lemon rind            |
| $\frac{3}{4}$ cup sugar, divided | 3 cups creamed cottage cheese           |
| $\frac{1}{4}$ teaspoon salt      | 1 tablespoon lemon juice                |
| 3 eggs, separated                | 1 teaspoon vanilla                      |
| $1\frac{1}{2}$ cups skim milk    | $\frac{1}{3}$ cup graham cracker crumbs |

Mix together gelatin, 6 tablespoons sugar and salt in the top of a double boiler. Beat egg yolks and skim milk; add to gelatin mixture. Place over boiling water and cook, stirring constantly until gelatin is dissolved and mixture thickens slightly (about 6 minutes). Remove from heat; stir in lemon rind. Chill to consistency of unbeaten egg white. While mixture is chilling, beat cottage cheese on high speed of electric mixer for 3 minutes or strain to make particles fine. Stir in lemon juice and vanilla. Fold in gelatin mixture. Beat egg whites until stiff, but not dry. Gradually add remaining 6 tablespoons of sugar, and beat until very stiff. Fold into gelatin mixture. Turn into an 8-inch spring form pan. Sprinkle top with graham cracker crumbs. Chill until firm. Yields 12 servings.



**Fig. 12.— Three - way fruit chiffon makes totaling calories a pleasure.**

Courtesy Knox Gelatin Company

#### THREE-WAY FRUIT CHIFFON

1 tablespoon unflavored gelatin	6 tablespoons lemon juice
½ cup sugar, divided	½ cup ice water
1 can (1 pound) fruit cocktail, blueberries or peach slices cut into small pieces	½ cup nonfat drymilk crystals

Mix together unflavored gelatin and ¼ cup of the sugar in saucepan. Drain sirup from fruit into saucepan. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat; add 4 tablespoons of the lemon juice and drained fruit. Chill, stirring occasionally, until mixture is the consistency of unbeaten egg white. While mixture is chilling, whip nonfat dry milk crystals in a bowl containing the ½ cup ice water. After soft peaks form (3 to 4 minutes), add remaining 2 tablespoons lemon juice and continue whipping until stiff (3 to 4 minutes longer). Add remaining ¼ cup sugar. Fold in gelatin mixture.

Ways to serve: Turn peach mixture into a 9-inch pie plate and put vanilla wafers around sides and peach slices in center for garnish. Turn fruit cocktail mixture into a 6-cup mold and garnish with fruit. Blueberry mixture may be served in a large bowl or individual compotes. Yields 6 servings.

## Whipped Toppings

Cream should be thick (30 to 40 percent fat), cold and at least 24 hours old when you whip it. In hot weather chill the beaters and the bowl as well as the cream. Overbeating will cause cream to curdle. If cream is thin, you can gradually add  $\frac{1}{2}$  teaspoon of lemon juice to aid in whipping.

### WHIPPED CREAM

$\frac{1}{2}$  cup heavy whipping cream  
2 tablespoons sugar

$\frac{1}{8}$  teaspoon vanilla

Thoroughly chill cream in a deep bowl. Beat with rotary beaters until cream begins to thicken. Gradually add sugar and flavoring. Beat until cream just holds shape. Yields 8 servings of 2 tablespoons each, or 1 cup.

### WHIPPED EVAPORATED MILK

$\frac{1}{3}$  cup evaporated milk  
 $\frac{1}{4}$  teaspoon unflavored gelatin

2 teaspoons lemon juice  
2 tablespoons sugar

Chill evaporated milk in can or ice cube tray until soft ice crystals form. Dissolve gelatin in lemon juice and melt over low heat. Place in small, deep bowl; add milk and beat until peaks form. Fold in sugar. Yields 1 cup or 8 servings of 2 tablespoons each.

### WHIPPED NONFAT DRY MILK

$\frac{1}{4}$  cup ice water  
 $\frac{1}{4}$  cup nonfat dry milk crystals

2 tablespoons sugar  
2 teaspoons lemon juice

Place water and lemon juice in small, deep bowl. Sprinkle dry milk crystals on top. Beat until stiff with a rotary beater (about 10 minutes). Gradually beat in sugar until stiff enough to hold soft peaks (about 5 minutes). Yields 1 cup or 8 servings of 2 tablespoons each.