

## CHAPTER XV

### Desserts

#### Cold, Hot and Frozen—Dessert Sauces

THE use of some sweet food at the end of a meal gives a certain satisfaction to the appetite which seems to be lacking if desserts are omitted.

Desserts are many and varied, ranging from fresh raw fruits in season to the elaborate puddings. In planning menus it is always important to choose a dessert suited to the type of meal served. If the main part of the meal is very rich, a plainer dessert is advisable. If the meal is not heavy, a richer dessert may be used.

There is no place in the diet where one needs to "count the calories" more than in desserts. Some puddings, pies, and frozen dishes are equal to a whole meal, though rather one sided, since desserts are rich in sugars, and sometimes fats, as whipped cream.

For family service, simple desserts as fresh or stewed fruits, plain puddings and some plain pastries are more suitable, as the greater part of the diet ought to come from the other part of the meal.

#### SHORT CAKES AND FRUIT ROLLS

Bake biscuit dough in two layers or in one, which may be split after baking. Butter and put crushed fruit, as strawberries, raspberries or peaches, between. Serve with whipped cream.

The baking powder dough may also be made into individual thin biscuits, baked one on top of the other, for short cakes.

The biscuit dough may be rolled out, then covered with such fresh fruits as cherries, raspberries, blackberries or peaches, sprinkled with sugar and dotted with a little butter. Roll as a jelly roll, moistening the outer edge so as to secure firmly. Bake in a quick oven (400° F.) 30 to 40 minutes. A fruit sauce made of the juice of the fruit may be served with it, or cream.

#### CAKE PUDDINGS

Individual cakes may be steamed in molds and served as desserts. The cake mixture may be the standard cake or an angel food. Steaming develops a different flavor from baking, tho

cakes baked in oven may be used as well. Serve with any of the following sauces: lemon sauce, butterscotch sauce, caramel sauce, hard sauce, strawberry sauce, foamy sauce.

### RICE PUDDING

$\frac{1}{2}$ c. rice	$\frac{1}{2}$ tsp. salt
4 c. milk	Grated rind of $\frac{1}{2}$ lemon or
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ c. seeded raisins

Wash rice, mix with milk, sugar, salt, lemon or raisins in a pudding dish. Bake in a very slow oven (250° F.) for 3 hours. Stir occasionally with a fork during the first hour of baking.

### INDIAN PUDDING

$\frac{1}{2}$ c. cornmeal	$\frac{1}{2}$ tsp. salt
5 c. milk	2 tbsp. sugar
$\frac{1}{3}$ c. dark molasses	$\frac{1}{4}$ tsp. ginger
	1 tbsp. butter

Scald milk and stir in the cornmeal very gradually to avoid lumping. Add the remaining ingredients after milk has thickened. Pour into a buttered baking dish and bake two hours in moderate oven (300° F.). Serve with cream.

### TAPIOCA CREAM

3 c. scalded milk	1 egg
$\frac{1}{8}$ tsp. salt	$\frac{1}{3}$ c. sugar
$\frac{1}{4}$ c. quick cooking tapioca	$\frac{1}{2}$ tsp. flavoring

Scald the milk in the double boiler, add the salt, shake the tapioca in gently and cook for 15 minutes, stirring occasionally. Separate the white from the yolk of the egg and beat the yolk and sugar well together. Add to the mixture in the sauce pan and cook for 3 minutes. Remove from the fire and fold in carefully the stiffly beaten egg white and the flavoring. Serve hot or cold, plain or with cream.

### PINEAPPLE TAPIOCA

1 c. grated pineapple	$\frac{1}{2}$ c. granulated tapioca
1 tbsp. lemon juice	$\frac{1}{2}$ tsp. salt
$\frac{1}{2}$ c. sugar	1 c. water

Cook all together in top of double boiler until tapioca is clear. Cool and serve with whipped cream.

### APPLE TAPIOCA

5 large apples	2 $\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ c. granulated tapioca	$\frac{1}{2}$ c. orange marmalade
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. salt

Cook tapioca in a double boiler with the boiling water, sugar and salt until the tapioca is transparent and clear, stirring often. Pare and core the apples. Place in a baking dish, pour  $\frac{1}{2}$  c. of water over them and bake for 15 minutes in a hot oven (400° F.), then pour off the water, fill the centers with marmalade,

pour over the tapioca and bake in the oven until the apples are tender. When cold garnish with whipped cream.

### CORNSTARCH PUDDING

3 c. milk ½ tsp. salt  
6 tbsp. cornstarch ½ c. sugar

Flavoring

Scald 2½ c. of the milk in the double boiler. Mix in a bowl the cornstarch, salt and sugar, then moisten with the remaining ½ c. of milk. Pour the scalding milk over this, stirring all the time to prevent lumping. Pour it carefully back into the double boiler and cook for 15 minutes. Cool slightly, add the flavoring and turn into cups or small molds. Serve with cream or caramel sauce.

### BROWN BETTY

Put a layer of pieces of dry bread cut in small pieces in a pudding dish. Over this a layer of tart apples sliced. Dot with butter or butter substitute and sprinkle with brown sugar and a little cinnamon. Repeat until dish is full. If bread is very dry, a little water may be added. Cover tightly and bake in a moderate oven (350° F.) one hour. Serve with caramel or lemon sauce.

### RICE AND APPLE PUDDING

2 c. cooked rice, or ⅓ c. sugar  
½ c. uncooked rice ⅛ tsp. nutmeg  
3 eggs 2 apples  
½ c. milk

Cook the rice in plenty of boiling salted water until tender. Drain and rinse with cold water. Add the well-beaten yolks of the eggs, sugar and nutmeg. Meanwhile, steam the pared, cored and quartered apples in a double boiler until they are tender. Add them and the milk and fold in the egg whites beaten stiff. Bake about 20 minutes in a buttered baking dish at a slow oven heat (300° F.). Serve with cream. Left over rice may be used.

### GENERAL DIRECTIONS FOR FRUIT GELATINS

To each 1 c. of any fruit juice or water to which sufficient fruit juice is added to flavor, allow 1½ tsp. of granulated gelatin soaked in 1 tbsp. of cold water and 1 tbsp. lemon juice. Heat the fruit juice and pour over the soaked gelatin. Sweeten to taste and pour into wet molds to allow to set.

#### *Variations:*

As gelatin begins to set, the stiffly beaten white of egg may be folded in, before it is molded. Unless the gelatin is quite stiff, the white of egg will separate out.

*Fruit gelatin.* Any kind of fruit in small pieces may be incorporated into the gelatin after it begins to set. However, 2 tsp. of gelatin must be allowed for each cup of fruit juice.

Gelatins may be colored with vegetable coloring matter, care being taken to use color sparingly. Gelatin desserts may be served with whipped cream or soft custard.

#### ORANGE CREAM

- |                                   |                        |
|-----------------------------------|------------------------|
| 1 tbsp. gelatin                   | $\frac{1}{2}$ c. sugar |
| 2 tbsp cold water                 | 2 tbsp. lemon juice    |
| $\frac{2}{3}$ c. orange juice     | 2 egg whites           |
| $\frac{1}{2}$ c. of boiling water | 1 c. whipping cream    |

Soak the gelatin in the cold water. Make a syrup of the boiling water and sugar. Add the orange and lemon juice and bring to the boiling point. Stir in the soaked gelatin, remove from the fire and when it begins to cool fold in the egg whites beaten stiff, and the cream, whipped. Pour into a wet mold to stiffen.

#### PINEAPPLE BAVARIAN CREAM

- |                              |                        |
|------------------------------|------------------------|
| $\frac{1}{2}$ box gelatin or | $\frac{1}{2}$ c. sugar |
| 2 tbsp granulated gelatin    | 1 tbsp. lemon juice    |
| 1 c. cold water              | 1 pt. cream, whipped   |
| 1 can grated pineapple       |                        |

Soak gelatin in cold water. Heat pineapple, add sugar and lemon juice and soaked gelatin; chill in pan of ice water, stirring constantly. When it begins to thicken, fold in whipped cream. Mold and chill.

#### STRAWBERRY BAVARIAN CREAM

- |                                |   |
|--------------------------------|---|
| 2 tbsp. gelatin soaked in      | $1\frac{1}{2}$ c. crushed strawberries  |
| $\frac{1}{2}$ c. cold water    | $1\frac{1}{2}$ c. whipped cream or more |
| $\frac{1}{4}$ c. boiling water | if desired                              |
| $\frac{3}{4}$ c. sugar         |   |

Make as under general directions, using the crushed fruit as cold liquid. When it begins to stiffen, beat until light, then fold in the whipped cream. Pile lightly into a serving dish or mold. Serve garnished with whipped cream and whole strawberries.

#### SPANISH CREAM

- |                                |                |
|--------------------------------|----------------|
| 1 oz. gelatin or 4 level tbsp. | 5 eggs         |
| $\frac{1}{2}$ c. cold water    | 1 tsp. vanilla |
| $\frac{1}{2}$ c. sugar         | 1 qt. milk     |
| $\frac{1}{2}$ tsp. salt        |                |

Put the gelatin to soak in the cold water. Add the sugar and salt to the milk and heat in a double boiler. Beat the 5 egg yolks and add gradually the hot milk to them. Mix well and pour back into the double boiler. Cook until the mixture thickens like a soft custard. Add the softened gelatin to this hot mixture

and mix thoroly before cooling. Beat the whites of the eggs until light and fold into the custard after it has begun to set. Add 1 tsp. of vanilla and pour into individual molds or large mold previously wet with cold water and set away to become firm. Serve with whipped cream.

## ORANGE-BANANA CHARLOTTE

1 tbsp. gelatin	2 tbsp. lemon juice
1 c. granulated sugar	2 c. whipped cream, or 3 egg whites
$\frac{1}{2}$ c. boiling water	
1 c. orange juice and pulp	Lady fingers
Tiny pinch salt	Bananas
	Powdered sugar

Soak gelatin in cold water to cover for 5 minutes, then dissolve in the boiling water. Stir in the granulated sugar, and when it has dissolved add the lemon juice. Strain, let cool, but not stiffen, then add the orange juice and pulp, reserving 2 or 3 tbsp. of the juice. Beat the mixture with egg beater until light, then beat in either the whipped cream or the whipped egg whites. Line a dish or mold with lady fingers. Cover bottom with the fingers, put browned side downward. Put in a little of the gelatin mixture, then a deep layer of sliced bananas, sprinkled with the remainder of the orange juice and powdered sugar. Pile high with the gelatin whip and serve very cold. The orange cream may be used without the bananas. Or a cup of well-sweetened strawberries or raspberries may be used instead of the orange, later in the year, and the bananas omitted.

## DATE PUDDING NO. 1

$\frac{1}{3}$ c. butter	$\frac{1}{2}$ tsp. baking powder
1 c. granulated sugar	1 c. milk
3 eggs	1 c. dates
3 tbsp. flour	1 c. walnuts

Cream butter, add sugar slowly, then add eggs well beaten, flour mixed with baking powder, milk, dates cut in pieces and walnuts, finely cut. Bake slowly for 1 hour. Serve with whipped cream.

## DATE PUDDING NO. 2

4 egg whites	2 c. chopped dates
1 c. sugar	1 c. chopped nuts
4 tsp. baking powder	1 tsp. vanilla

Beat whites until stiff, then add sugar gradually, beating all the time. Fold in the dates and nuts over which the baking powder has been sprinkled. Add vanilla. Pour into well oiled pan to depth of 1 inch. Bake as meringue in a very moderate oven (250° F.) for one hour. Cut in squares and serve with whipped cream.

## APRICOT SOUFFLE

Soak  $\frac{1}{2}$  lb of apricots over night after they have been washed. Cook in this liquid and sweeten. Drain from syrup, reserving this

to use as sauce in serving. Arrange apricots in a pudding dish. Over this pour the souffle mixture, made as follows: Melt 3 tbsp. of butter in a sauce pan and stir in  $\frac{1}{4}$  c. of flour mixed with  $\frac{1}{2}$  c. of sugar. Add gradually 1 c. scalded milk and allow to come to a boil. Remove from fire and stir in well beaten yolks of 4 eggs. Allow to cool slightly, then fold in the stiffly beaten whites of the eggs. Pour over the apricots in the baking dish and bake in a moderate oven ( $350^{\circ}$  F.) for 40 minutes. This needs to be eaten at once, for the mixture falls on standing. Serve with whipped cream.

#### DATE TAPICOA

1½ tbsp. minute tapioca	1 c. milk
3 tbsp. sugar	1 egg
½ tsp. salt	¼ c. dates

Mix tapioca, salt and sugar. Scald the milk and cook with tapioca, salt and sugar in a double boiler 15 minutes. Add the egg yolk beaten, cook three minutes and add dates. Make meringue of the white of egg and brown delicately in the oven.

Serve cold with cream. Serves 3 persons. Use  $\frac{1}{4}$  tbsp. sugar to white of 1 egg.

#### ICE-BOX CAKE

In the upper part of a double boiler put 1½ c. of grated sweet chocolate, 3 tbsp. of sugar and 5 tbsp. of water. Mix these ingredients, then add, one at a time, the yolks of 5 eggs, beating the mixture well after each yolk is added. Cook until the mixture is smooth, then add 5 egg whites, beaten dry. Line the sides and bottom of a 7 or 8 inch spring cake mold with lady fingers. Cover the bottom layer of lady fingers with the chocolate filling; then place a layer of lady fingers above the filling and alternate filling and cakes until the pan is full. Place in the ice-box and let stand over night. Serve with whipped cream, sweetened and flavored with vanilla.

#### PINEAPPLE DELIGHT

8 whites of eggs	1 c. shredded pineapple
1½ c. sugar	¼ c. candied cherries, diced
¼ tsp. cream of tartar	½ c. shredded almonds
½ tsp. salt	Whipping cream
1 tsp. vanilla	

Add the salt to the whites of the eggs and beat until foamy, then add cream of tartar and continue beating until stiff. Add gradually the sugar and lastly vanilla. Spread in a well oiled baking pan or in two square cake pans. Bake in a slow oven ( $250^{\circ}$  F.) for 1 hr. Remove meringues from pan and just before serving put together the layers with whipped cream to which has been added the cup of shredded pineapple, which has been thoroly drained, the almonds and the cherries. Cut in squares for serving and top with whipped cream and a cherry. The

cream may also have a few drops of red coloring added to it for the garnish.

## CHERRY PUDDING

- |                         |                         |
|-------------------------|-------------------------|
| 2 c. cherries           | 2 eggs                  |
| $\frac{1}{2}$ c. butter | $2\frac{1}{2}$ c. flour |
| 1 c. sugar              | 4 tsp. baking powder    |
| 1 c. milk               |                         |

Cream butter and sugar and add the beaten eggs. Sift together flour and baking powder and add to mixture alternately with the milk. Stone cherries and drain off juice. Stir the cherries into the dough, turn into individual molds and steam 1 hour. Serve with cherry sauce.

## NORWEGIAN PRUNE PUDDING

Soak  $\frac{1}{2}$  lb. prunes in two cupfuls of cold water and cook until soft. Remove the stones and add 1 c. of sugar, a small piece of stick cinnamon, and  $1\frac{1}{2}$  c. of boiling water. Cook together 10 minutes. Remove the cinnamon and add 1 tbsp. of lemon juice. Mix  $\frac{1}{3}$  c. of cornstarch with a little cold water, and stir into the prunes, pour in a mold to chill. Serve with cream. The prune pits may be cracked and the meats added to the pudding for flavor.

## PRUNE PUDDING

Soak  $\frac{3}{4}$  lb. prunes in cold water to cover, cook until soft, then remove stones and cut into small pieces. Beat the whites of 4 eggs until stiff and add gradually the prunes over which  $\frac{1}{2}$  c. of sugar has been sprinkled.

Pour into a buttered baking dish and bake in a moderate oven 25 minutes. Serve cold with whipped cream or with soft custard made from the egg yolks.

## CHRISTMAS PLUM PUDDING

- |   |                                 |
|---|---------------------------------|
| $\frac{1}{2}$ c. flour                    | $\frac{1}{4}$ lb chopped figs   |
| $\frac{1}{2}$ lb soft bread crumbs—       | 2 tsp. salt                     |
| about 4 c. lightly packed                 | 1 grated nutmeg                 |
| $\frac{1}{2}$ lb beef suet                | $\frac{1}{2}$ tsp. cinnamon     |
| 1 pt. milk                                | $\frac{1}{2}$ tsp. cloves       |
| $1\frac{1}{4}$ c. brown sugar             | 2 tsp. baking powder            |
| $\frac{1}{2}$ lb seeded and chopped       | Juice of 1 lemon                |
| raisins                                   | 1 c. cider, grape juice, orange |
| $\frac{1}{2}$ lb cleaned currants or      | juice or juice from canned      |
| seedless raisins                          | fruit                           |
| $\frac{1}{4}$ lb citron, shaved fine      | 8 eggs                          |
| $\frac{1}{4}$ lb blanched and chopped al- |                                 |
| monds                                     |                                 |

Pour the scalded milk over the bread crumbs and let it cool. Add sugar, seasonings and the suet chopped fine (suet may be put thru meat grinder). Mix thoroly. Allow to stand over night to season thoroly. Have fruit and nuts prepared and floured,

using the  $\frac{1}{2}$  c. of flour for this purpose. In the morning, add beaten egg yolks to the mixture which has stood over night, the fruit juices and the floured fruits and nuts. Finally fold in the stiffly beaten whites of eggs and baking powder. Have ready covered baking powder cans or coffee cans. Fill  $\frac{2}{3}$  full of the pudding mixture and arrange in steamer. If small cans are used, 3 or 4 hours is long enough to steam. Large ones require 6 to 8 hours.

This pudding keeps for a long time during cold weather and makes excellent gifts at holiday time as tins may be sent thru the mail.

If two or three times the recipe is made, cans may be steamed in wash boiler by stacking on a rack, such as used in canning. Water may be only 3 or 4 inches deep and may be replaced as it boils away. Long steaming improves the flavor.

Before serving, boil can for 1 hour or longer to insure heating all thru. Serve with hard sauce.

#### STEAMED FIG PUDDING

1 c. beef suet	$1\frac{1}{2}$ tsp. baking powder
2 c. bread crumbs	2 eggs
2 c. figs, chopped	$\frac{2}{3}$ c. sugar
$\frac{1}{2}$ c. flour	$\frac{2}{3}$ c. milk
$\frac{1}{4}$ tsp. salt	

Chop the suet finely, add to it the bread crumbs, figs and flour, salt and baking powder sifted together. Beat the eggs and sugar together, add the milk and use these to moisten the dry ingredients. Turn into a well-greased mold and steam 3 hours. Serve with hard sauce or lemon sauce, or both.

#### FROZEN DESSERTS

Ice cream, water ices, sherbets and frappe are stirred as they are frozen. Parfait and mousse are packed in ice without stirring.

Ice cream may be cream alone frozen, after adding flavoring and sugar or a custard frozen or a combination of the two. Sherbets are water ices to which either the white of egg or a small quantity of gelatin is added, to help them retain their shape. Water ices and sherbets often accompany the meat course at dinner as well as serving for desserts. Frappe is a water ice frozen to a mushy consistency. This may be eaten with a spoon or drunk as a punch. Parfaits are made with a cooked foundation containing eggs and whipped cream added, while mousse is made of whipped cream alone. All frozen dishes seem less sweet and less highly flavored after freezing.



*General Directions for Freezing.*

*Ice Cream, Water Ices and Sherbets.* Be sure the freezer is freshly scalded and cool and all parts adjusted so that there will be no loss of time after freezer is packed. Pack freezer can only two-thirds full, as frozen dishes expand on freezing.

Ice is better broken in very small pieces as that condition insures more uniform and faster freezing. Coarse salt should be mixed with the ice in the proportion of one part of salt to eight parts of ice. A larger proportion of salt takes the mixture less time to freeze, but produces a product of coarser texture.

After the dasher becomes difficult to turn, the chopped fruits or nuts are added and the freezing continued until it is too stiff to turn. The dasher is then removed from the can, the contents packed down with a heavy spoon and the can covered first with wax paper then with cover, being sure the dasher hole is stopped by a cork.

Drain the tub, and repack with fresh salt and ice mixture, using 1 part salt to 5 parts ice. Ice creams, etc., are better packed several hours before using as ripening improves the flavor.

*Mousse and Parfait.* Mousse and parfait are packed in tight containers as molds, or tin cans with tight covers. Always put wax paper over the can before putting on cover.

Pack in salt and ice mixture in the proportion of 1 part salt to 5 parts ice. It takes from 4 to 6 hours to freeze these dishes.

## PLAIN ICE CREAM

1 qt. thin cream	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ tbsp. vanilla	$\frac{3}{4}$ c. sugar

Mix ingredients, making sure sugar is dissolved. The cream may be scalded first and sugar added. Let this get cold, before adding flavoring. Turn into a freezer, pack with salt and ice and proceed as under general directions.

## CUSTARD ICE CREAM

2 c. milk	2 c. thin cream
2 egg yolks	$\frac{1}{2}$ tbsp vanilla
$\frac{1}{4}$ tsp. salt	$\frac{3}{4}$ c. sugar

Scald milk in double boiler and pour over egg yolks, mixed with sugar and salt. Return to double boiler and cook until it coats the spoon. Let this get cold, add the cream and flavoring and freeze.

## VARIATIONS IN ICE CREAM

**Fruits**—To either of the above, fresh fruits either thoroly crushed or pressed thru a sieve may be added in proportion of 2 c. of fruits to 1 qt. ice cream. 1 c. of sugar is added to the fruit before it is mixed with ice cream.

Canned fruits, as apricots, peaches, etc., may be used. In this case, juice may or may not be used and the additional sugar need not be added. Dried fruits, as candied pineapple and cherries, make pleasing additions.

**Nuts**—Chopped nuts in the proportion of 1 c. of nuts to 1 qt. cream may be added, either alone or with the dried fruits.

**Grape Nuts**—Use 1 c. grape nuts, soaked in  $\frac{1}{2}$  c. of cream, before adding to frozen mixture.

**Macaroons**—Use the crushed macaroons instead of grape nuts.

## FOUNDATION RECIPE FOR WATER ICE OR SHERBET

Use any fruit juice alone or with part of the chopped pulp. Add the juice of 1 lemon to 1 qt. of fruit juice, as nothing brings out flavor so much as lemon juice. Sweeten and freeze. Water ices should be about the strength of strong punch before freezing and a little sweeter.

For sherbets add the stiffly beaten white of egg when mixture begins to turn hard. 1 tsp. gelatin may be substituted for white of eggs. Soak gelatin in  $\frac{1}{4}$  c. of cold water, then melt thoroly over hot water before adding to fruit mixture. Gelatin is added before freezing.

## CHERRY SHERBET

Run the canned cherries thru the food chopper and return to the juice you had drained off. Allow 2 tbsp. of lemon juice to each quart of cherries. Sweeten if necessary and freeze. Just before repacking, stir in the white of 1 egg. Mix thoroly before repacking.

## RHUBARB FRAPPE

Boil 3 c. of water and 2 c. of sugar 10 minutes; add the juice of 1 lemon and 1 qt. of cooked rhubarb, strained thru a colander; cool and freeze. Pour 1 c. of boiling water over  $\frac{1}{2}$  c. of seedless raisins; let stand 30 minutes; strain, cool and pour over the frappe just before serving. Rhubarb frappe is delicious served with shad or other fried fish.

## MILK SHERBET

To 1 qt. of milk add  $1\frac{1}{2}$  c. of sugar and the strained juice of 3 lemons or 1 c. of shredded pineapple and 1 tbsp. lemon juice. Freeze as other sherbets or ices.

## PINEAPPLE ICE CREAM

Mix a can of grated pineapple,  $\frac{3}{4}$  c. of sugar and the juice of a lemon and turn into the can of the freezer, packed for freezing; add 3 c. of thin cream and freeze as usual. Some prefer

to boil the pineapple with 2 c. of water for 15 minutes, add the sugar and let cook 5 minutes, then cool; add the lemon juice and freeze. Also, if preferred, strain the whole thru a cheese cloth just before freezing.

### CHOCOLATE ICE CREAM

Scald 1 qt. of milk over boiling water; beat the yolks of 6 eggs; add  $2\frac{1}{2}$  c. of sugar and 1 tsp. of salt and beat again; then gradually pour on the hot milk and return the whole to the double boiler with two or more squares of melted chocolate as is desired. Beat until smooth, then when cold add 2 tsp. vanilla and 1 qt. of cream and freeze. In hot weather add the cream with the chocolate and let stand over boiling water until hot thruout.

### CARAMEL PARFAIT

$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. boiling water	$\frac{1}{4}$ tsp. salt
2 or 3 egg yolks	2 c. whipping cream

Cook the  $\frac{1}{2}$  c. of sugar to caramel; add the boiling water and stir, and let cook until the caramel is dissolved and thickened slightly. Beat the egg yolks (three are better than two); add the sugar and salt and beat again, then gradually pour on the caramel syrup while stirring in a double boiler. Cook until the mixture thickens, then let chill. Beat the cream until it is quite firm thruout. Have a quart mold lined with paper thruout and thoroly chilled in salt and ice. Fold the whipped cream and the caramel syrup together, and turn into the prepared mold to fill it to overflowing. Cover the cream with paraffin paper and press the tin cover down over it on all sides. Pack in equal measures of salt and crushed ice. Let stand about 3 hours. When unmolded sprinkle with blanched almonds, sliced and browned in the oven.

### PINEAPPLE PARFAIT

Cook 1 c. of grated pineapple with 1 c. of sugar 5 or 6 minutes; add the juice of half a lemon and let cool. Fold together  $1\frac{1}{2}$  c. of double cream, beaten very light, and the chilled pineapple. Turn into a chilled quart mold, filling it to overflowing. Let stand packed about 3 hours.

### MOUSSE

1 pt. whipping cream	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ c. sugar	1 tsp. vanilla

Beat cream until thick, adding sugar, salt and flavoring. Turn into chilled mold. Pack in ice and salt and freeze for 4 hours. 1 c. of any fruit juice or crushed fruit may be added to the cream if gelatin is also used. Soak 1 tbs. gelatin in 1 tbs. cold water. Add fruit juice and melt gelatin over hot water. Cool and add to cream after whipping. The tartness of the fruit may necessitate using more sugar.

## SAUCES FOR PUDDINGS AND ICE CREAM

## LEMON SAUCE

- |                         |                               |
|-------------------------|-------------------------------|
| 2 tbsp. cornstarch      | Juice and grated rind 1 lemon |
| 1 c. water              | $\frac{1}{4}$ c. sugar        |
| $\frac{1}{4}$ tsp. salt | 2 tbsp. butter                |

Mix sugar, salt and cornstarch and add gradually the boiling water. Boil 3 minutes and remove from fire, add lemon juice grated rind and butter bit by bit.

## CARAMEL SAUCE

- |                         |                    |
|-------------------------|--------------------|
| 1 c. sugar              | 2 tbsp. cornstarch |
| $1\frac{1}{2}$ c. water | 2 tbsp. butter     |
| $\frac{1}{4}$ tsp. salt | 1 tsp. vanilla     |

Put the sugar in a sauce pan and let it brown slowly, as it is stirred. When it melts and turns a good brown, add 1 c. boiling water. Allow to boil up until caramel is melted. Melt butter, stir in cornstarch and salt and gradually add the caramel liquid. Allow to boil 3 minutes. Remove from fire and add vanilla.

## HARD SAUCE

- |                         |                |
|-------------------------|----------------|
| $\frac{1}{2}$ c. butter | 1 white of egg |
| 2 c. powdered sugar     | 1 tsp. vanilla |

Cream butter and add the powdered sugar gradually. When well creamed, stir in the white of an egg and vanilla, being sure to incorporate it thoroly. Chill before serving. Hard sauce may be molded into fancy shapes to serve with puddings.

## STRAWBERRY SAUCE

To the recipe for hard sauce, add 1 c. of crushed strawberries. Mix well and serve on steamed cake mixtures.

## RASPBERRY SAUCE

Use red raspberries instead of strawberries.

## BUTTERSCOTCH SAUCE 1

Put in top of double boiler, 1 lb brown sugar,  $\frac{1}{4}$  lb butter and  $\frac{1}{2}$  pt. heavy cream. Place over hot water over slow heat and cook 1 hour, stirring occasionally. This sauce is equally good on vanilla ice cream or pudding.

## BUTTERSCOTCH SAUCE 2

Turn 1 c. of cream, 1 c. of brown sugar and 1 c. of dark corn syrup into a double boiler. Mix thoroly and let cook over boiling water 1 hour; then beat in 1 dessertspoonful of butter and  $\frac{1}{2}$  tsp. vanilla extract.

## SABAYON SAUCE

- |                        |                     |
|------------------------|---------------------|
| 2 eggs                 | $\frac{1}{2}$ lemon |
| $\frac{1}{3}$ c. sugar | Flavoring           |

Put egg yolks in a small saucepan with sugar and grated rind and juice of  $\frac{1}{2}$  lemon and stir vigorously over fire until it thick-

ens, using a wire whisk or wooden spoon. Remove as soon as it reaches the boiling point, add flavoring and pour onto egg whites beaten until stiff. Mix gently and serve cold. For flavoring,  $\frac{1}{2}$  tsp. vanilla may be used.

#### RAISIN SAUCE

$1\frac{1}{2}$  c canned pineapple juice       $\frac{2}{3}$  c. sugar  
Grated rind 1 orange               $\frac{2}{3}$  c. seedless raisins

Boil together the pineapple juice, orange rind and sugar until quite thick, add the raisins and allow them to stand in the hot syrup for 5 minutes to plump. Pour a spoonful over ice cream or use as a sauce for gingerbread, cottage pudding or other plain puddings.

#### CHOCOLATE SAUCE

4 squares chocolate               $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{2}$  c. sugar                               $\frac{1}{4}$  tsp. salt  
 $1\frac{1}{2}$  c. water

Boil sugar, salt and water together until syrup is slightly thick. Melt chocolate over hot water and stir into syrup. Add vanilla and keep over hot water until ready to serve.