

MARY S. KNAGGS



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THEESIS  
Cold Desserts For Four  
And Experiments  
With Batters  
Mary S. Knaggs,  
1901

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T H E S I S .

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A N D

E X P E R I M E N T S W I T H B A T T E R S .

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Michigan Agricultural College.

1901.

THESIS

C O L D D E S S E R T S F O R F O U R

G R A D E D

A C C O R D I N G T O C O S T

A N D

E X P E R I M E N T S W I T H B A T T E R S .

With the advancement of the science of cooking comes a demand for more thorough investigation into the causes and effects of certain conditions observed by those engaged in culinary art.

Having a few given receipts I have attempted to determine the best conditions for obtaining light and crisp cream puffs, the keeping properties as ingredients in warm and cold weather, and the comparative cost of popovers and pancakes.

In the first experiment with cream puffs I used the two extremes of heat, taking as a receipt:

1 c. milk,  
4 eggs,  
1 c. flour,  
 $\frac{1}{2}$  c. butter,  
 $\frac{1}{2}$  tsp. salt.

I scalded the milk and butter, added the flour, slowly stirring till it left the sides of the pan, then, when cool, added the beaten eggs and put into an oven of 180°. After thirty minutes I removed them from the oven. They were rather heavy. The oven was not hot enough and I made up my mind that there was too much butter. I next used:

1 c. milk,  
4 eggs,  
1 c. flour,  
1 Tsp. butter,  
 $\frac{1}{2}$  tsp. salt.

prepared the batter as before and put into an oven of  $460^{\circ}$ . I removed them in ten minutes. They were quite brown, but not done. On the next trial I did not cook the batter till it left the sides of the pan. I put one-half of it into an oven of  $393\frac{1}{2}$  and, while the cakes were light and crisp, the batter was so thin they did not puff. To the other half I added  $1/4$  c. of flour and dropped on hot tins, oven  $300^{\circ}$ . In thirty minutes, when done, they had puffed nicely, but were not so tender as the first batch.

To test the thickening properties of beaten eggs I took the same receipt, using but  $7/8$  c. of milk and 1 egg, prepared the batter as before, removing from the stove when quite thick. I divided it very carefully into two equal parts,  $5 \frac{3}{8}$  r.Tbs. in each. Having previously separated an egg into two equal parts I beat one half well and added it to one part of the batter, and the unbeaten egg to the other half, stirring thoroughly. There seemed to be very little difference between the two batters, that with the unbeaten eggs being, perhaps, a trifle thinner. I put them into an oven of

360°, and puffed in 26 minutes. All the puffs were alike, were nice and crisp and one could not tell the difference between the use of beaten and un-beaten egg. The 1/8 c. less of milk made the batter a little thicker than before.

I decided to try the thickening powers of egg in the cream puff receipt, as one egg was hardly a fair trial.

Cream Puffs.

1 c. of milk,  
1 c. " flour,  
1 l.Tb. of butter,  
4 eggs,  
1/4 Tsp. salt.

I made the batter as usual; divided it carefully, adding to one portion half the eggs, beaten well with a Dover beater, and to the other portion the unbeaten eggs. The batter with the unbeaten eggs was decidedly thinner than the other. Put into an over of 370° the cream puffs with the beaten eggs puffed very nicely, while those unbeaten were not so nice.

I put a cream puff and one of the puffs made with one egg away in a sweet, clean tin box to see which would keep the longer the batter with the greater or lesser number of eggs. At the end of three days I found them very mouldy. The 1 egg puffs seemed the more mouldy of the two. The weather had been exceptionally wet and warm. When it was

cooler I again made a trial, putting the cream puffs and pop-overs in separate boxes. At the end of four days I found they had both moulded, but the cream puffs the lesser of the two. Trying them exposed to the open air they seemed to mould as quickly from the moisture as in a closed box.

I again made more cakes, always trying a different temperature of oven, this time 375°. I put them away in separate boxes. At the end of eighteen hours I found them both beginning to mould. The next day I made more of each kind and baked in the same oven so that they would dry out alike. At the end of two days and a half they were both mouldy, but the cream puffs much more so than the 1 egg puffs, while eight hours previous they had been apparently free from mould.

My next trial proved to me which would keep the longer. I baked batches of each. The cream puffs were beginning to mould at the end of twenty-four hours, while the 1 egg puffs were still good. At the end of the next twelve hours these were beginning to spoil, and the cream puffs were covered with a fluffy, white mould which extended all over the bottom of the box. It is now evident that the puffs with one egg will keep about twelve hours longer than cream puffs with four eggs. I infer from these experiments that, all other things being equal,

the articles of food containing the least quantity of egg will keep the longer in warm, moist weather.

An experiment was also tried to observe the keeping properties of eggs in cold weather, when they would not be subject to mould. Left exposed to the air the cream puffs at the end of eight days were still edible, being crisp, while the long puffs were tough and hard.

After having determined the right temperature for the best cream puffs, I experimented with the quantity of flour and found that 7/8 c. or 3/4 c. of flour with 1 c. of milk gave more tender puffs than with 1 c. of flour. As the result of my work, I find the following conditions for cream puffs the best:

1 c. of milk,  
3/4 c. of flour,  
1 l.Tb. " butter,  
1/4 tsp." salt,  
4 eggs.

Add the butter and salt to the milk and heat till the milk coats the spoon, then add the flour slowly, stirring well all the time. When the batter leaves the sides of the pan set off to cool. When cool, add the eggs, well beaten. Drop on hot tins and put into an oven from 370° to 380°. Leave in oven 25 to 30 minutes, then remove and quickly put in closed warming oven for five minutes, or more, to keep them from falling. I find that the oven

heat has much to do with the making of good cream puffs.

On comparing my receipts with the different numbers of eggs, in baking in the same oven, the puffs with four eggs browned much more quickly under high temperature than those with one egg.

The cost as compared with cream puffs is as follows:

Pop-overs.

1 c. milk	- - - - -	-\$ .015
3/4 c. flour	- - - - -	.01125
1 l.Tb. butter	- - - - -	.0004
1/4 T. salt	- - - - -	.000039
1 egg	- - - - -	.015
	Total-	<u>\$.041689</u>

Sift the flour and salt together; beat the egg, add the milk to it and stir gradually into the flour to make a smooth batter. Beat with an egg beater until full of air bubbles. Fill hot greased pans 2/3 full and bake in a hot oven from 20 to 30 minutes until brown and popped over. Serve hot as a breakfast muffin or serve with a hot pudding sauce as a dessert. This receipt makes about ten fair sized popovers.

Cream Puffs.

1 c. milk at 6 ¢ per qt.	- - - - -	\$.015
3/4 c. flour " 3 ¢ "	lb. - - - -	.011
4 eggs " 15 ¢ "	doz. - - - -	.06
1 l.Tb. butter " 20 ¢ "	lb. - - - -	.005
	Total-	<u>\$.086</u>

Makes one dozen cream puffs. This receipt has three

eggs more than the receipt for popovers; the quantity of batter is about the same.

Cream puffs- - - \$ .036

Popovers- - - - -  
\$ .041  
-----  
\$ .037

As the cream puff receipt does not make a much larger batch and is almost double the cost of popovers, it is not economical to use the cream puff receipt. Although the cream puffs will keep, and may be used as a dessert with a filling of whipped cream or soft custard. About a cup of cream whipped would be sufficient, making an additional cost of \$.055.

The cost of pancakes and popovers for a breakfast dish I found to be as follows:

Pancakes.

1 c. flour	at 75¢ per 25 lbs.	- - - - -	\$ .015
1 c. milk	" 6 ¢ " qt.	- - - - -	.015
1 Tsp. Baking pd.	25 ¢ " $\frac{1}{2}$ lb.	- - - - -	.003
1 egg	" 15 ¢ " doz.	- - - - -	.012
$\frac{1}{2}$ Tsp salt			
		Total-	<u>\$ .045</u>

I found that it takes about 2 Tbs. of butter for the popovers, of which there will be about ten. This will make their cost at breakfast:

Popovers - - - \$ .041  
Butter- - - - - .01  
Total cost-\$ .51

The pancake batter will make one dozen pancakes, and, taking 1 Tsp. each of good syrup at \$1.25 per gallon, it would cost \$.015 for syrup used; butter

$\frac{1}{2}$  T. to each cake:

Syrup - - -	\$ .015
Butter - - -	.01
Cakes - - -	.046
Total cost -	<u><math>\frac{.071}{\\$ .071}</math></u>

Popovers - - -	\$ .056
Pancakes - - -	<u>.071</u>
Total -	<u><math>\frac{.015}{\\$ .015}</math></u>

Giving the cost of the pancakes \$.01 above that of popovers. There is little difference between these receipts; the pancakes taking 2 Tbs. more of butter together with the syrup have a greater nutritive value.

On comparing the cream puffs and popovers I find the receipts very similar except a greater number of eggs in the cream puffs. The popovers are of thin batter; put in tins in a hot oven, they raise very nicely; have not quite as glossy an appearance as the cream puffs and are of a rather coarse, glutinous texture. If a spoonful of the batter is dropped on a hot tin, it will spread out and when baked be not much thicker than a pancake. The batter of pancakes and popovers are much the same only butter is often used in popovers and baking powder in pancakes. The high oven heat makes the popovers raise. If the temperature is too low they are heavy and of a more sticky texture.

One experiences some difficulty with the large

receipts found in the old books. A young house-keeper, especially, is often unable to judge how many she will be able to serve from those rules and what she can afford. I have carefully worked out a number of desserts, experimenting with the receipts until the correct quantities to serve four persons have been found. Then, taking the market prices of my locality during the summer months, I have averaged the exact cost of each receipt, grouping them accordingly into four groups. By this method the housewife is able to see readily which receipts her purse can afford and she can easily increase or decrease the quantities as may be necessary.

In making my dessert receipts for four, I have not estimated the cost of heat, ice, salt or labor. The quantity of ice, I found, depends somewhat on the weather, while the quantity of salt depends on the amount of ice; the greater quantity of salt the more rapid the freezing. Then the use of the range was not confined entirely to my desserts. Owing to the fractional quantity of salt and flavoring the cost has, in many cases, been omitted.

I have graded these desserts, of which there are thirty, according to cost, arranging them from five to ten cents, ten to fifteen, fifteen to twenty

nd twenty up as follows:

Desserts from \$.05 to \$.10.

1.                   Strawberry Ice- - - \$.055

4/5 pt. water  
4/5 c. sugar at 6¢ per lb. - - \$.024  
1 1/4 c. strawberries 10¢ per qt..031  
\$.055

Pour the sugar over the berries- let stand a little while, then crush and add the water. Place in cold place until time to freeze.

2.                   Orange Souffle- - - \$.065

1 c. milk at 6¢ per qt.- - - - - \$.015  
1 egg       " 15¢ " doz.- - - - .012  
1 Tb. cornstarch 10¢ " lb. - - - .002  
1/4 c. sugar " 6¢ " - - - - .007  
2 oranges     " 35¢ " doz.- - - .029  
1/2 T. Vanilla " 10¢ " bottle- - - .000  
Cost- \$.065

Make a custard as in receipt 3, then add the fruit cut up. This may also be made with chocolate custard and bananas by using one-half ounce of chocolate and two bananas in place of the oranges. Chill.

3.                   Cornstarch Pudding, - - - \$.054

3/4 pt. milk at 6¢ per qt.- - - - - \$.022  
1 1/2 hp.Tb.Cornstarch 10¢ pkg.- - - .003  
2 1/4 Tb. Sugar " 6¢ per lb. - - - .003  
3/8 T. Vanilla " 10¢ " bottle- - - .000  
Whites of 2 eggs" 15¢ " doz.- - - .012  
Custard.  
Yolks of 2 eggs at 15¢ per doz.- - - .012  
1 1/2 Tb. sugar " 6¢ " lb.- - - .002  
1/16 Tb. salt " 10¢ " 5 lbs.- .000  
1/4 T. Vanilla " 10¢ " bottle- - - .000  
Cost- \$.054

Pudding.

Scald the milk in a double boiler. Mix the sugar and salt, moisten with hot water and stir over the fire until smooth, then pour into the hot milk. Mix the cornstarch with a little cold milk, add to the other ingredients, cook fifteen minutes, or until mixture is smooth and thick, stirring constantly. When done stir in the whites of eggs, well beaten, and flavor, then pour into cold, wet cups or moulds.

Soft custard.

Scald the milk in a double boiler. Beat the yolks of eggs a little and add the sugar and salt, pour the hot milk over the mixture and return to the double boiler; stir until it thickens. Strain and when cool, flavor. When the custard is done it will coat to the spoon. This is nice with one-half cup of coconut in the cornstarch pudding.

4. Snow Pudding, - - - \$ .075

1/8 box gelatine at 15¢ per box- - -	\$ .012
1/8 c. cold water	
5/8 c. boiling water	
1/2 c. sugar at 6¢ per lb.- - - - -	.007
1/3 c. lemon juice at 20¢ per doz.- -	.016
Whites of 2 eggs at 15¢ per doz.- - -	<u>.013</u>

Custard.

Yolks of 2 eggs at 15¢ per doz. - - -	.012
2 Tb. sugar " 6¢ per lb. - - - - -	.001
1 c. hot milk " 6¢ " qt. - - - - -	.015
1/4 T. vanilla " 10¢ " bottle - - -	.005
Cost- - - - -	<u>\$ .075</u>

Soak the gelatine in cold water; add boiling water, sugar and lemon juice. Strain into a granite pan and stir. Beat whites of eggs stiff and add gelatine, when it is like thick molasses. Beat hard with an egg beater until nearly stiff then pour into moulds and serve with soft custard, prepared as in receipt 3.

5. Spanish Italian Cream,--- \$.072

3/4 pt. milk	at 6¢ per qt.	-. - -. .022
3/16 box gelatine	at 15¢ per box	.013
1/4 c. sugar	" 6¢ per lb.	-. .007
3/8 T. Vanilla	" 10¢ " bottle	.000
3/16 c. cold water		
2 eggs	" 15¢ " oz.	-. .025
		Cost-\$.072 —

Soak the gelatine in cold water. Heat the milk. Beat yolks of eggs and sugar until light. Add the milk and cook until the spoon is coated. Add the gelatine and strain. When cool but not stiff add beaten whites of eggs and vanilla. Turn into a mould and chill.

6. Caramel Custard in Cups,--- -.082

2 2/3 Tb. sugar	at 6¢ per lb.	-. - -. .004
2 eggs	" 15¢ per doz.	-. .025
2 Tb. sugar	" 6¢ " doz.	-. .003
1 cream	" 10¢ per pint.	-. .05
2/3 T. Vanilla	" 10¢ " bottle	-. .000
		Cost-\$.082

2 2/3 Tb. sugar melt to a light brown and pour into custard cups, cooling quickly so like spoon with the caramel. Beat the two eggs without separating a 1/2 cup 2 Tb. sugar and 1 cup of cream, separating a 1/2 cup 2 Tb. sugar and 1 cup of cream, adding a few drops of vanilla and pour mix-  
ing well over the top. Add some vanilla and pour mix-

To the milk add 1 cup of the orange juice. Add 1/2 cup of sugar and 1/2 tbs. gelatin which has been dissolved in 1/2 cup of cold water. Boil until thick.

7. Orange With Whipped Cream, - - - \$.085

4 good sized oranges	at 35¢ per doz.	- - -	\$.053
4 Tbs. sugar	" 6¢	" lb.	- - - .002
1/2 c. cream	" 10¢	" pt.	- - - .025
			Cost - \$.085

Cut a slice from the end of each orange, scrape the pulp and juice into a bowl. Cut up the pulp. Add four tablespoonfuls of sugar, dissolve and return pulp and juice to the oranges. Place on individual plates, taking a very thin slice from base of orange to make stand squarely. Fill the tops of the oranges with whip of cream. May use a little gelatine with the orange mixture and chill thoroughly. Is nice with an orange-ice filling.

8. Angel Parfait, - - - - - \$.089

Whites of 2 eggs	at 15¢ per doz.	- - - .012	
2 Tbs. sugar	" 6¢	" lb.	
3/4 pt. thick cream	" 10¢	" pt.	- - - .075
3/4 T. Vanilla	" "	" ozile	- - .001
			Cost - \$.089

Two whites beaten stiff and sweetened with about two Tbs. sugar cooked to a ball stage. Flavor with vanilla, - particularly nice with almond. When that is cool add 1/2 pt. cream, whipped stiff. Do not let any thin cream go into it. Pack in any sort of dish. It will chill in from 1 1/2 to 2 hours.

9.

Strawberry Whip, - - - \$ .081

1c. strawberries	at 10¢ per qt.- - -	\$ .025
2 1.Tb. sugar	" 6¢ " lb.- - -	.003
Whites 3 eggs	" 15¢ " doz.- - -	<u>.018</u>

Soft Custard.

Yolk 1 egg	at 15¢ per doz.- - - -	.006
½ c. milk	" 6¢ " qt.- - - - -	.001
Salt. pepper	" 2¢ " lb.- - - -	.000
5 to 6 drops	flavoring " 10¢ " bottle- - -	.000
Whip from 1/4 pt. cream at 10¢ per qt.-	<u>.025</u>	
	Cost-	<u>\$ .063</u>

dash the berries fine and sweeten to taste. Add the beaten whites, beat again and set on ice.

Prepare the custard as in receipt 3.

Desserts from \$ .10 to \$ .15.

10.

Orange Cream,- - - - - \$ .10

2/3 c. cream	at 10¢ per pt.- - - -	\$ .023
1 c. milk	" 6¢ " qt- - - -	.015
Juice and pulp:		
1 lemon	" 20¢ " doz.- - -	.029
½ c. sugar	" 6¢ " lb.- - -	.015
1 banana	" 20¢ " doz.- - -	.016
	Cost-	<u>\$ .103</u>

Cut pulp of orange in small pieces; add juice and sliced banana; pour sugar on it. Add all to the scalded cream and milk. Freeze.

11.

Moonshine Pudding, - - - \$ .10

3/4 c. cream(whipped)	at 10¢ per pt.- - -	\$ .037
3 eggs,whites	" 15¢ " doz.- - -	.018
½ c. sugar	" 6¢ " lb.- - -	.015
½ c. peaches	" 12½¢ " qt.- - -	.031
	Cost-	<u>\$ .10</u>

Prepare as in receipt 9, adding the whipped cream.

12. Apple Charlotte,- - - - - \$ .120

4 large sweet apples - - - - - \$.05  
4 Tb. sugar at 6¢ per lb.- - - .001  
1/3 box gelatine 10¢ " Box- - - .012  
1/8 c. cold water  
1/8 c. scalded cream 10¢ per pt.- - .006  
3/4 T. Vanilla at " " bottle-.001  
Whip from 1c. thick cream  
at 10¢ per pt.- - - .05  
Cost- \$ .120 --

Core the apples. Pour 1 Tb. of sugar into each core hole. Put 1 Tb. of water for each apple in the baking pan. Bake; chill, and fill cores with russe mixture.

13. Tea Frappe,- - - - - \$ .119

3/4 r.T tea at 35¢ per lb. - - - .003  
1/3 c. boiling water  
3/4 c. pineapple at 20¢ per can- - - .075  
1 lemon (juice) " 10¢ " oz.- - .016  
1/2 c. sugar " 6¢ " lb.- - - .015  
Cost- \$ .109

Prepare the tea and water, dissolve the sugar in it. Add the fruit and juice. Freeze to a mush.

14. Chocolate Parfait,- - - - - \$ .135

4 yolks of eggs at 15¢ per doz.- - - - \$.025  
1 1/2 c. thick cream " 10¢ per pt. - - - .075  
4 Tbs. Syrup (sugar) 6¢ " lb. - - - .002  
1 oz. melted chocolate 25¢ " lb.- - - .031  
Cost- \$ .133

Beat the yolks of eggs well. Add the whipped cream and then the melted chocolate; then the syrup may be added hot, stirring well all the while. This may be put into a can, packed and chilled, without turning. Will chill in from 1 1/2 to 2 hours.

15. Chocolate Bavarian Cream, - - - \$ .132

1 c. milk	at 6¢ per qt.	- - - - -	\$ .015
1 c. cream	" 10¢ per pt.	- - - - -	.05
3/8 c. sugar	" 6¢ " lb.	- - - - -	.011
1/4 box gelatine	at 15¢ per pkg.	- - - - -	.025
1 oz. chocolate	" 25¢ per $\frac{1}{2}$ lb.	- - - - -	.031
1/4 c. cold water			
$\frac{1}{2}$ T. Vanilla	" 10¢ " bottle	- - -	.000
	Cost-		\$ .132

Soak the gelatine in cold water. Cut up the chocolate and cook with the sugar and enough milk to moisten, stirring until it is quite smooth.

Add the rest of the milk to this mixture, then the gelatine. Strain and chill. When it is as thick as molasses add the whipped cream. Pour into moulds and serve cold.

16. Maple Parfait, - - - - \$ .114

$\frac{1}{2}$ c. maple syrup	at 1.25 per gal.	- - -	\$ .039
$\frac{1}{2}$ pt. cream	" 10¢ per pt.	- - - - -	.05
Yolks of 4 eggs	" 15¢ " doz.	- - - - -	.025
		Cost-	\$ .114

Beat the yolks of eggs light; add the syrup. Cook until the custard coats the spoon. Beat until cold and very light; add whip of cream; mix and pack in a mould for 4 hours.

17. Ginger Cream, - - - - \$ .128

1/8 box gelatine	at 15¢ per pkg.	- - -	\$ .018
1/8 c. cold water			
3/8 pt. milk	" 6¢ " qt.	- - - - -	.011
Yolk 1 egg	" 15¢ " doz.	- - - - -	.006
Spk. salt	" 10¢ " 5 lbs.	- - - - -	.000
1/8 c. gr. sugar	" 6¢ " lb.	- - - - -	.003
(1 1/4 Tb. ginger syrup			
(1/8 canton ginger at 50¢ " pt. jar	(cut small)	- - -	.04
I c. thick cream	at 10¢ per pt.	- - -	.05

Soak the gelatine in cold water; make a custard of the eggs, salt, milk and sugar. Add the gelatine to the hot custard. Scald and chill in cold water. Add flavoring. When set thick add molasses and whip of cream and pour into moulds.

18. French Ice Cream, - - - \$ .129

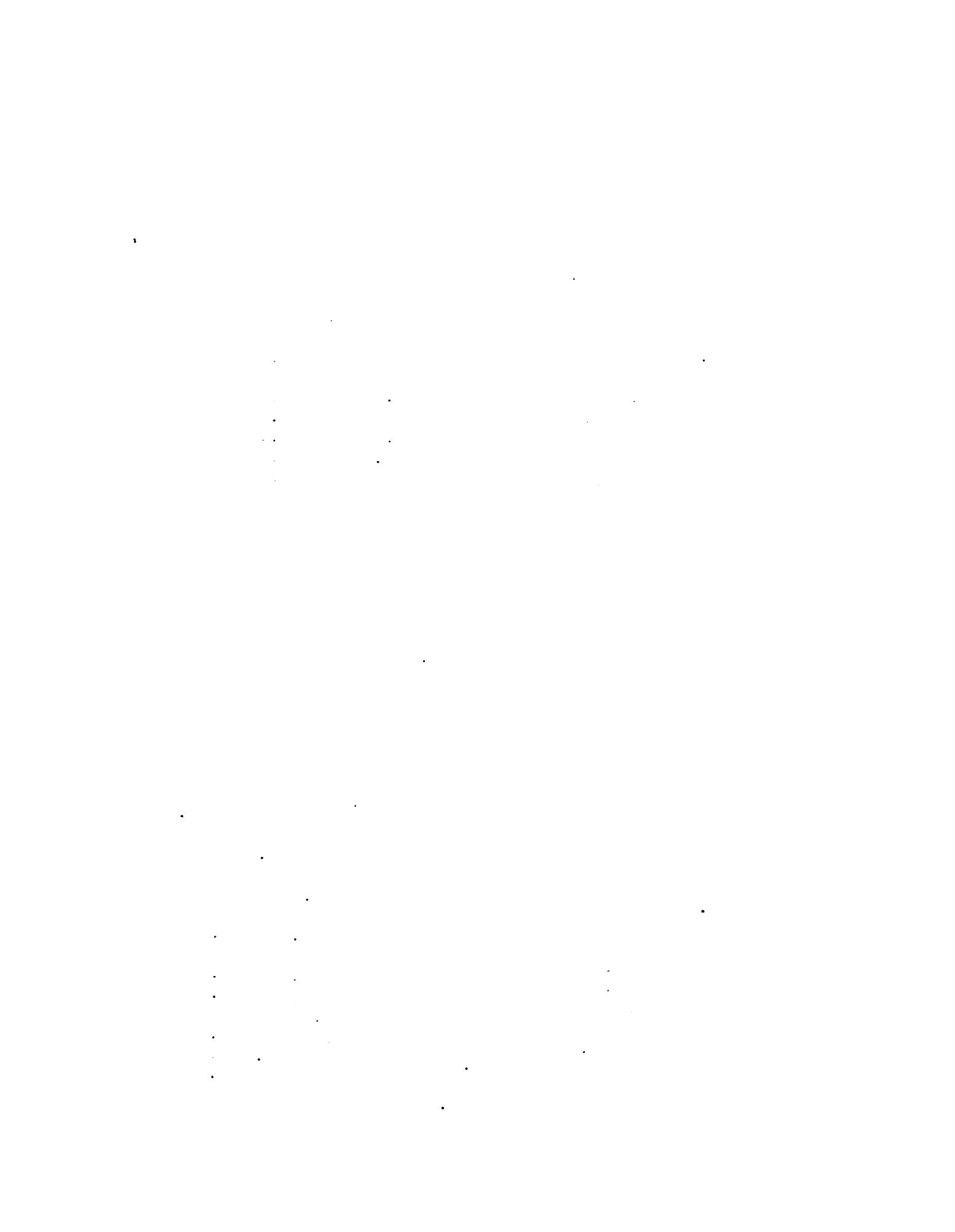
1 c. milk at 6¢ per qt.	- - -	\$ .018
1 1/4 c. cream 10¢ per pt.	- - -	.062
5/8 c. sugar at 6¢ " 10.	- - -	.018
Yolk's 3 eggs " 15¢ " doz.	- - -	.031
5/8 Tb. Vanilla-10¢ per box	le-	.009
Cost-		<u>\$ .129</u>

Scald the milk. Blend the flour with the sugar, beat the eggs, then add the flour and sugar to them and beat again; stir all into the hot milk and cook 20 minutes, stirring often. Set away to cool, and when cold add cream and flavoring, then freeze. For "Panachee" or Neapolitan freeze and when frozen add vanilla to one-third of the cream, nuts to another third, if preferred, or coloring after. Then put into a mould in layers and pack.

19. Velvet Cream, - - - \$ .146

1/4 box gelatine at 15¢ per pkg.	- - -	\$ .037
1/4 c. cold water		
1/4 c. Sherry wine at 50¢ per qt.	- - -	.031
1 T. lemon juice " 15¢ " doz.	- - -	.012
1/2 c. sugar " 6¢ per lb.	- - -	.015
1 1/4 c. creamy milk 6¢ " qt.	- - -	.018
Serve with 1/3 pt. cream 10¢ per pt.		.033
Cost-		<u>\$ .146</u>

Prepare as in receipt 20.



20.

Yale Pudding, - - - - - \$ .102

1/2 c. sugar at 6¢ per lb. - - - - -	\$ .015
1/4 b. gelatine- 15¢ per pkg.- - - - -	.037
1 c. berries at 10¢ per pt. - - - - -	.025
1/4 pt. cream " 10¢ per pt. - - - - -	.025
1/4 c. cold water	
1 c. hot water	
	Cost- \$ .102

Sink the gelatine in the cold water, then dissolve in hot water. Add sugar. When it dissolves, strain, cool, and when the jelly is as thick as molasses place strawberries in the bottom of the mould. Chill and serve with whipped cream.

21.

Philadelphia Ice Cream,- - - - \$ .143

1 1/4 pt. cream at 10¢ per pt. - - - - -	\$ .125
5/8 c. sugar " 6¢ per lb.- - - - -	.018
1 1/4 tsp. Vanilla at 10¢ per bottle- - -	.000
	Cost-\$ .143

Lay add juices and crushed fruits to taste after the cream is frozen. If chocolate is used take:

1 7/8 Tb. water	
5/8 oz. chocolate - - - - - - - - -	-\$ .019
7/8 Tb. sugar- - - - - - - - -	.002
	Tot l cost- \$ .164

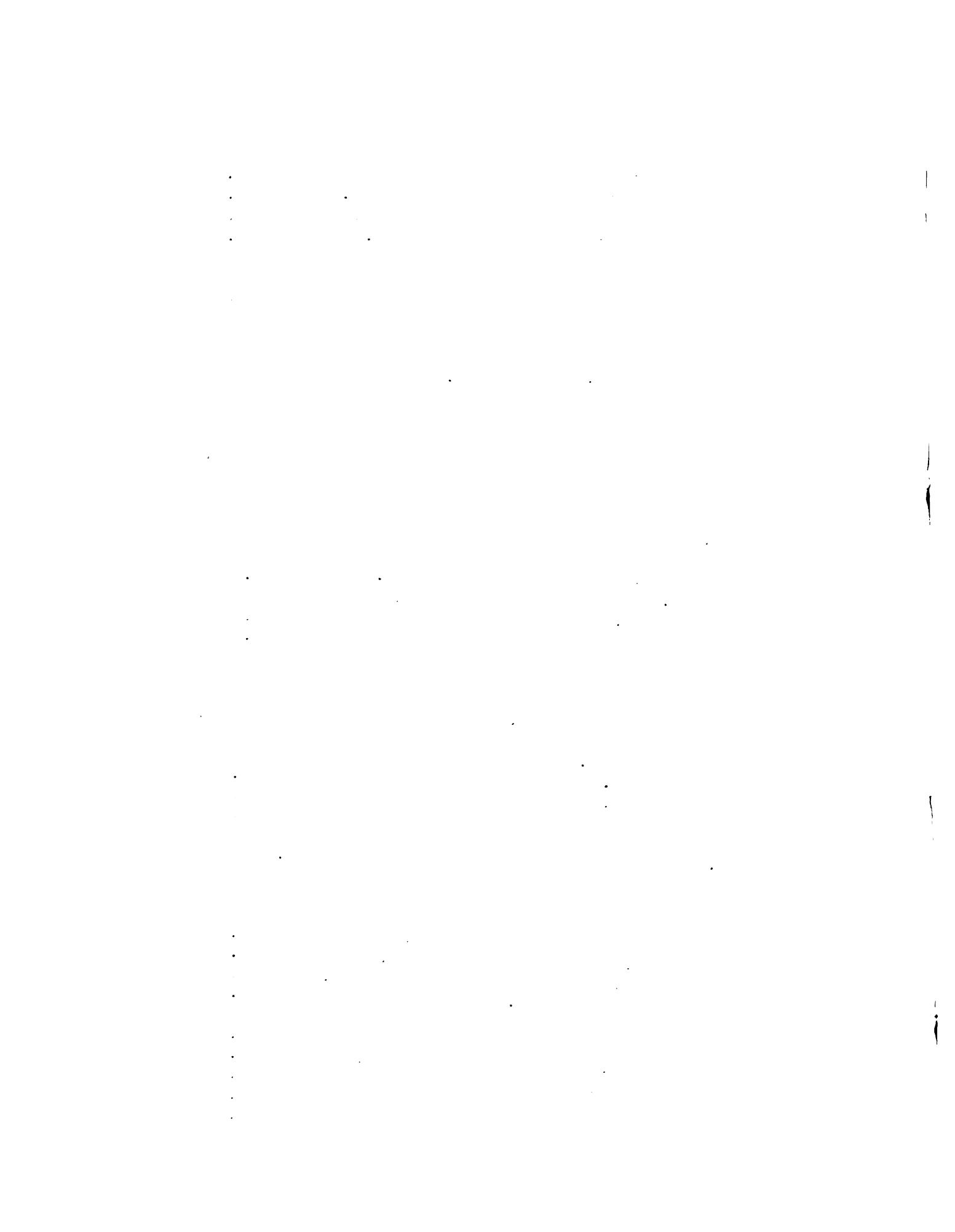
22.

Charlotte Vanite,- - - - \$ .123

Cake-

1 egg at 15¢ per doz.- - - - -	-\$ .012
1/4 c. sugar at 6¢ per lb.- - - - -	.007
2/3 c. flour at 65¢ per 25 lbs.- - -	.008
1/2 T. Baking pd. at 46¢ per lb.- - -	.001
1/8 T. salt at 10¢ per 5 lbs.- - -	.000
1/2 T. Vanilla at 10¢ per bottle- - -	.000
3/4 pt. cream at 10¢ per pt.- - - - -	.075
1/2 c. pd.sugar " " 1b.- - - - -	.025
3/4 T. Vanilla " " bottle- - - - -	.000
	Cost- \$ .123

Mix the dry ingredients for the cake, then the wet, mix and bake; whip the cream, split the cake; fill



With cream and keep cream over the top.

Desserts from \$ .15 to \$ .20.

23.

Charlotte Russe, - - - \$ .180

3/16 box gelatine at 10¢ per pkg. - - -	\$ .018
3/16 c. cold water	
3/16 c. scalded milk at 6¢ per qt. - - -	.009
1/4 c. pd. sugar " 10¢ " lb. - - - -	.008
1/2 T. Vanilla " " " bottle - -	.000
2 1/4 c. thin cream " " " pt. - - - -	.112
or 1 1/2 c. thick cream	
1/2 doz. lady fingers " 25¢ " lb. - - - -	.043
Cost -	<u>\$ .180</u>

Soak the gelatine in cold water. Dissolve in scalding cream; strain into a granite or tin pan. Add sugar and vanilla. Surround the pan with cold water, salt and ice. Stir until it is as thick as molasses, then fold into the whip of cream. If gelatine becomes too thick, thin over hot water. Line a mould with lady fingers, crust side out. Cut off ends of the fingers to make stand up straight. Pour mixture evenly into the mould and chill.

24.

German Trifle,- - - - \$ .161

(3 eggs at 15¢ per doz. - - - - -	\$ .037
(2 Tbs. sugar at 6¢ " lb. - - - - -	.002
(2/3 pt. milk " " " qt. - - - - -	.02
(2/3 T. Vanilla" 10¢ " bottle - - -	.000
1 1/2 c. strawberries 10¢ per wt. - - -	.037
1/2 c. sugar at 6¢ per lb. - - - - -	.015
1/4 c. macaroons at 20¢ per lb. - - -	.05
Cost -	<u>\$ .161</u>

Put a layer of strawberries in the bottom of a dish; cover the fruit; put a layer of macaroons next and pour over it, about thirty minutes before serving.

ing, a cold custard made of 3 yolks of eggs, 2 Tbs. sugar, 2/3 pt. scalded milk, and 2/3 T. vanilla. Serve cold.

25. Pudding Glacé, - - - - - \$ .174

3/4 c. milk at 6¢ per qt.- - - - -	\$ .011
1/8 c. raisins" 10¢ per lb.- - - - -	.006
(Strained out)	
1/4 c. sugar at 6¢ per lb. - - - - -	.007
1/4 c. " 15¢ " doz.- - - - -	.003
1/4 l. Tb. flour at 65¢ per 25 lbs. -	.000
1/2 T. salt at 10¢ per 5 lbs.- - - - -	.000
1/4 c. thin cream at 10¢ per pt.- - - -	.075
1/8 c. almonds at 27¢ per lb.- - - - -	.012
(Blanched, ground and chopped)	
1/8 c. candied pineapple at 50¢ per lb.	.037
1/16 c. Canten ginger at 50¢ per jar	.02
Cost- - - - -	\$ .174

Stir the flour and sugar together, then put into hot milk, gradually. It is not good unless the flour is well cooked.

26. Orange Charlotte, - - - \$ .191

1/8 lb. lady fingers at 25¢ per lb.- - -	\$ .033
3/4 Tb. gelatine at 15¢ per box- - - - -	.029
4 Tb. cold water	
4 Tb. boiling water	
2/3 c. sugar at 6¢ per lb.- - - - -	.02
2/3 c. orange juice at 30¢ per doz.- - - -	.037
and pulp	
Whites 2 eggs at 15¢ per doz. -- - - - -	.012
Cost- - - - -	\$ .191

Lime the mould with orange sections or lady fingers. Soak the gelatine in cold water till soft. Pour on boiling water, add sugar and lemon juice; strain and add orange juice and pulp, when cool. When the orange jelly begins to harden beat it until light. Add the beaten whites and beat all till stiff enough to drop. Pour in mould.

2/3 pt. of whipped cream may be used in place of the eggs, or cream may be served with the dessert.

27. Liquid Charlotte, - - - \$ .173

1/6 box gelatine at 15¢ per pkg.- - -	\$ .038
1/6 c. cold water	
1/6 c. scalded cream at 10¢ per pt.- - -	.004
2 T. Vanilla at 10¢ per bottle- - -	.000
1 1/3 c. cream " " pt.- - - - -	.053
3/4 c. pineapple" 20¢ per can- - - - -	.075
1/6 lb. lady fingers at 25¢ per lb.- - -	.033
Cost- - -	\$ .173

Line a dish with lady fingers. Upon this bottom, in the center of the dish, put the round pineapple; cover with Charlotte Russe mixture. May pour a little whipped cream over the top after it is turned out of the mould.

Desserts from \$.20 to \$.50.

28. Royal Diplomatic Pudding, - - - - \$ .264

Lemon Jelly.

3/8 pkg. gelatine at 15¢ per pkg.- - -	\$ .037
3/8 c. cold water	
1 1/2 c. boiling water	
3/4 c. sugar at 6¢ per lb.- - - - -	.032
2 lemons (juice) at 30¢ per doz.- - - -	.033
Charlotte Russe.	

3/32 box gelatine at 15¢ per box - - -	.014
3/32 c. cold water	
3/32 c. scalded milk at 6¢ per qt.- - - -	.001
3/32 c. sugar " 10¢ per lb.- - - -	.006
3 Tb. pd. sugar " " bottle- -	.001
3/4 T. Vanilla " " " pt.- - - -	.05
Whip 1 c. cream	
Cost- - - - -	\$ .214
conserves at 50¢ per lb. - - - - -	.05
Total cost- - - - -	\$ .264

When the jelly is as thick as thin molasses pour into a mould to 1/2 inch thickness. Decorate the bottom with conserve fruits, cut in any desired design. Then place a smaller mould in the center, fill up the rest of the mould with jelly. When stiff remove the inner mould, fill up the hole with the Busse mixture. Fresh fruits, as peaches or strawberry ries may be used as a design.

29.                   Mousse Parrot, - - - -\$ .253

1 pt. vanilla ice cream- - - - -	\$ .115
1 egg, white, at 15¢ per doz,- - -	.006
1/4 c. sugar " 6¢ per lb.- - - -	.007
1/4 c. cream " 10¢ per pt.- - -	.012
1 Tb. gelatine- -15¢ " pkg.- - -	.008
3/4 c. chopped almonds 25¢ per lb.-	.105
or prepared French Chestnuts.	
1/4 Tb. Vanilla at 10¢ per bottle- -	.000
1½ Tb. Boiling water	
Cost- -	<u>\$ .253</u>

Use the Philadelphia ice cream. Cook the sugar and water together for five minutes, pour on the beaten whites of eggs. Mix cold the gelatine in boiling water; add both eggs and syrup. Stir until cold, then add the almonds or chestnuts and the whip of cream. Flavor. Line a mould with the vanilla ice cream; fill it with the mousse mixture. Cover, pack, and set on ice for four hours.

30.

Charlotte a la Parisienne, - - - \$ .266

Sponge cake (stale)

4 eggs at 15¢ per doz.- - - - -	.05
1 c. sugar at 6¢ per lb.- - - - -	.015
1 c. flour at 65¢ per 25 lbs.- - - - -	.013
½ T. cream of tartar at 27¢ per oz.- - - - -	.000
1/4 T. soda - - - - - at 6¢ per ptg.- - - - -	.000
1/4 T. salt at 10¢ per 5 lbs.- - - - -	.000
1 T. lemon (juice) at 20¢ per doz. - - - - -	.003
Cost- - - - -	<u>.061</u>

Beat the yolks and whites separately; add the sugar to the beaten yolks, lightly stir in the flour, then the soda, dissolved in a little cold water, and, lastly, cut in the whites. Bake in a moderate oven, 360°.

Crustard:

Yolks 1 egg at 15¢ per doz.- - - - -	.007
3/4 Tb. sugar at 6¢ per lb.- - - - -	.000
1/6 T. salt at 10¢ per 5 lbs.- - - - -	.000
2 c. milk at 6¢ per qt.- - - - -	.007
Cost- - - - -	<u>.014</u>

1 c. cream at 10¢ per pt. - - - - -	.05
½ c. grated cocoanut at 15¢ per ptg.- - - - -	.037
1/4 lb. almond paste at 27¢ per lb.- - - - -	.067
Whites 2 eggs, at 15¢ per doz.- - - - -	.012
3/4 Tb. pd. sugar at 10¢ per lb.- - - - -	.003
1 Tb. rose water at 27¢ per oz.- - - - -	.012
Cost- - - - -	<u>.161</u>

Cut the cake in horizontal slices the whole length of the loaf, and about one-half an inch thick; divide the egg into two portions; into one stir the cocoanut and rose water; into the other the almond paste. Spread the slices with these mixtures, half with cocoanut, half with the almond. Replace them in their original form, laying aside the top

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together until the cake may not slip, and with a sharp knife cut a deep cut out of the centre down to the bottom slice, which must be left entire.

Take off the pounds you have cut, leaving the wall an inch thick. Soak the part removed in a bowl with the custard. Rub it to a smooth batter and whip into it one-half the ship of cream. Then it is a rich, stiff cream fill the cavity of the cake with it; put on the lid; pipe on the top the rest of the whipped cream, which has been prepared with:

$\frac{1}{2}$ tsp. vanilla- at 10¢ per lb. to tie- - -	\$ .000
3/4 Tb. ld. sugar at 10¢ per lb.- - -	.001
Cost- \$ .001	

Sponge cake - - - - -	\$ .081
Mixture - - - - -	.185
Total cost- \$ .266	

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