

CELIA A. HARRISON



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THESIS
Hot Desserts for
Four Persons Graded
Celia Harrison,
1901

Beardsley

THESIS.

HOT DESSERTS FOR FOUR PERSONS GRADED

ACCORDING TO COST.

Celia A. Harrison.

1901.

(E. S.)

THESIS

Economists have stated that "about forty-five percent of a man's annual income is expended for food." It has also been said that "a well-to-do French family would live on what an American house in the same condition of life, wastes."

These statements being true it is necessary that the housewife should study economic conditions, and stop wastes in household expenses.

This has been one of the main objects of the experiment in order that the housekeeper, knowing the number of persons she is to serve, may estimate exactly the amounts necessary to prepare, and may easily increase or decrease these amounts as she may desire. Looking over the price list she sees at once what her purse can afford. These desserts are arranged in three groups, according to the cost for four persons, taking the market price of the winter months with the exception of dessert No. 24.

Group I. Five to ten cents.

I. Prune Whip. \$.0512

2 Oz. or 1 doz. Prunes	at 10 cts. per lb.	\$.0125
2, 1/2 tbsp. sugar	" 6 " per lb.	.006
2 eggs-whites	" 24 " per doz.	<u>.02</u>
		\$.0385
Sauce \$.0127		\$.0385
4 tbsp. cream	at 10 cts. per pint	\$.0124
1 tsp. sugar	" 6 " per lb.	<u>.0003</u>
		.0127
		<u>.0127</u>
Total-----		.0512

Soak and cook the prunes. Strain off the juice. Put the pulps through a strainer. Add sugar to the pulp and heat enough to dissolve the sugar. The pulp should be of the consistency of fruit marmalade.

When cool cut the pulp into the stiff whites. Bake in a buttered pudding dish in a slow oven, from ten to fifteen minutes. If the oven is too hot lay a paper over the dish to prevent a crust forming and not allowing it to rise. Serve with whipped cream or custard. Other fruits can be used in the same manner.

2.

2. Plain Rice Pudding. \$.05245.

1/4 C.rice	at 10 cts.per lb.	\$.0125.
1/2 tsp.salt	" 1 " " "	.00025.
1/2 tsp.nutmeg	" 40 " " "	.0021
2 tbsp.sugar	" 6 " " "	.0010
1/4 C.stoned raisins	" 10 " " "	.0056
2,1/2 C.milk	" 5 " per qt.	<u>.031</u>
Total-----		.05245

Wash and soak the rice in cold water for two hours. Drain off the water and add a half teaspoon of salt, nutmeg, sugar, raisins and two cups of milk. Cook in a very moderate oven for one hour, stirring twice in the first half hour. At the end of the hour add one half cup of milk, stir well, and cook a half hour longer. Serve in the dish in which it is cooked.

3. Sponge Pudding. \$.06764.

1 egg	at 22 cts. per doz.	\$.0182
1/2 c.sugar	" 6 " per lb.	.015
1/3 lemon(juice and rind)"	25 " per doz.	.0066
1/2 tsp.vanilla	" 10 " per bottle	.00074
3 tbsp.water		.000
2/3 c.sifted flour	" 2 " per lb.	.0033
1/2 tsp.baking powder	" 50 " " "	<u>.0025</u>
		.04634

\$.04634

Lemon Sauce.

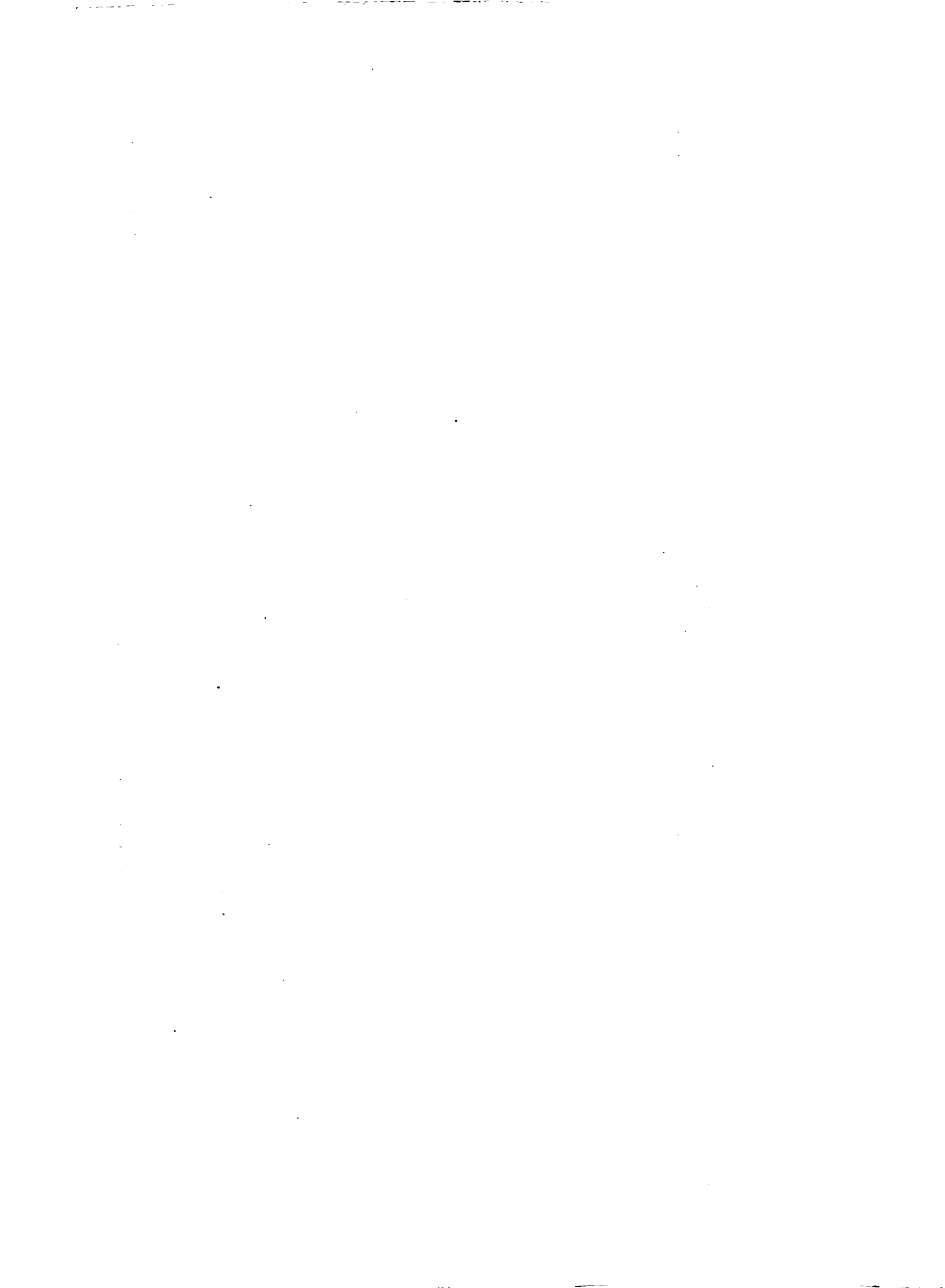
2/3 c water		.0000
1/3 c.sugar	at 6 cts. per lb.	.01
1 tsp.cornstarch(heaping)"	8 " " "	.0006
1/3 lemon(rind and juice)"	25 " " doz.	.0066
1/3 tbsp.butter	" 20 " " lb.	<u>.0041</u>
		.0213

.0213

Total----- .06764

Beat the egg and sugar together until light and frothy, then add the lemon juice and grated rind, and cold water. Mix the sifted flour with the baking powder. Cut and fold into the first mixture. Beat well. Bake from twenty to thirty minutes. Serve with vanilla or lemon sauce.

Sauce. Boil the water and sugar three minutes and add the cornstarch, wet in a little cold water. Cook six or eight minutes and add the lemon juice and rind and the butter. If the sauce is too thick, add more hot water until of the right consistency.



4. Queen of Puddings. \$.071616

1 c. fine grated breadcrumbs	at 5 cts. per lb.	\$.002
2 tbsp. chopped raisins	" 9 " " "	.0004
1 egg	" 24 " " doz.	.02
pinch of salt		.000016
1 tbsp. sugar	" 6 " " lb.	.005
1 c. milk (scant)	" 5 " " qt.	.0125
1/2 tsp. nutmeg	" 40 " " lb.	<u>.0021</u>
		.042016
		\$.042016

Meringue.

6 tsp. jelly or jam	at 15 cts. per glass	\$.006
2 eggs (whites)	" 24 " " doz.	.02
4 tbsp. pulverized sugar	" 10 " " lb.	<u>.0036</u>
		.0296
		<u>.0296</u>
Total-----		.071616

Stone and chop the raisins; soak the bread in sufficient cold water to cover until soft. Then squeeze out the water through a sieve. Make a custard of the egg, sugar, salt and milk and pour over the bread. Stir in the raisins, grate in the nutmeg and pour the mixture into a greased pudding dish. Bake in a moderate oven from twenty to thirty minutes, or until brown and firm on top. Whip the whites stiff, add the sugar and a little lemon juice if desired. Spread a layer of jelly over the pudding, pour the whites of the eggs over this, replace in the oven and brown slightly.

5. Fig Pudding. \$.081925

1 c. flour	at 2 cts. per lb.	\$.005
3/4 tsp. baking powder	" 40 " " "	.0031
1/2 c. chopped suet	" 5 " " "	.0062
1 egg	" 24 " " doz.	.02
1/4 tsp. salt	" 1 " " lb.	.000125
1/8 # figs	" 15 " " "	.01875
1/2 c. milk	" 5 " " qt.	.0062
1/2 tsp. sugar	" 6 " " lb.	<u>.00125</u>
		.060625
		\$.060625
Lemon sauce		.0213
		<u>.0213</u>
Total-----		.081925

Mix the flour and baking powder together, add finely chopped suet, egg, salt, the figs and mix it with the milk into a stiff batter; add the sugar, put the mixture into a buttered pudding mould and boil from one and a half to two hours. Serve with lemon sauce, prepared the same as sauce No. 3.

6. Chocolate Puff. \$.097306.

1 tbsp. butter	at	20 cts. per lb.	\$.0124
2 tbsp. flour	"	2 " " "	.00055
1/4 c. milk	"	5 " " qt.	.0031
pinch of soda			
2 eggs-yolks-beaten light	"	24 " " doz.	.02
2 tbsp. sugar	"	6 " " lb.	.0010
4 tbsp. grated chocolate	"	50 " " "	.017856
3 egg-whites	"	24 " " doz.	<u>.03</u>
			.084906
			\$.084906
4 tbsp. cream(whipped)	"	10 " " pt.	.0124
			<u>.0124</u>
		Total-----	.097306

Add sugar to melted chocolate and beat into the eggs. Add thickened milk; beat for five minutes. When cool add to the three beaten whites and bake in a moderate oven. Serve hot with whipped cream.

7. Prune Pudding. \$.076940.

2 oz. prunes (12)	at	10 cts. per lb.	\$.0125
2 eggs-whites	"	24 " " doz.	.02
2 tbsp. pulverized sugar	"	10 " " lb.	.0065
1/4 tsp. salt	"	1 " " "	.000125
1/10 tsp. cream tartar	"	60 " " "	.00192
5 or 6 marsh mallows	"	10 " " "	<u>.001</u>
			.042045
			\$.042045

Yellow Sauce.

2 eggs-yolks	at	24 cts. per doz.	.02
2 tbsp. sugar	"	6 " " lb.	.005
3/4 c. milk	"	5 " " qt.	.0094
1/4 tsp. salt	"	1 " " lb.	.000125
1/4 tsp. vanilla	"	10 " " bottle	<u>.00037</u>
			.034895
			<u>.034895</u>
		Total-----	.076940

Remove the stones from the cooked prunes; cut each prune into small pieces. Heat the sugar, cream-of-tartar and salt lightly into the beaten whites of the eggs. Butter a pudding dish slightly and add the mixture and prunes alternately. Cover with marsh mallows. Bake in a very moderate oven. Serve with yellow sauce.



Sauce. Add to the heated milk the beaten yolks of eggs and sugar. Cook in a double boiler until it begins to thicken.

8. Apple Tapioca. \$.07835.

2/5 c. or 1 tbsp. tapioca	at 10 cts. per lb.	\$.0177
1/2 tsp. salt	" 1 " " "	.00025
4 apples	" 10 " " doz	.0333
4 tbsp. sugar	" 6 " " lb.	<u>.01</u>
		.06125
		\$.06125

Sauce.

1/2 c. cream	at 10 cts. per pt.	.0125
4 tsp. sugar	" 6 " " lb.	.0025
1/2 tsp. nutmeg	" 40 " " "	<u>.0021</u>
		.0171
		<u>.0171</u>
Total-----		.07835

Soak the tapioca over night in cold water. Cook it until transparent. Stir often and add the salt. Core and pare four apples, and fill the cores with sugar and lemon juice. Pour over them the tapioca and bake until the apples are soft. Serve with sugar and cream. Variation can be made by using half pears or canned quinces.

9. Steamed Dried Cherry Pudding. \$.087225.

1/2 c. sour milk	at 5 cts. per qt.	\$.0062
4 tbsp. or 1/4 cream	" 10 " " pt.	.0124
1 tbsp. sugar	" 6 " " lb.	.005
1/4 tsp. salt	" 1 " " "	.000125
1 c. flour	" 2 " " "	.0049
1/2 tsp. soda	" 8 " " "	.0003
2/3 c. dried cherries	" 20 " " "	<u>.0333</u>
		.062225
		\$.062225

Sauce.

1/2 c. brown sugar	" 5 " " "	.025
3 tbsp. water		<u>.000</u>
		.025
		<u>.025</u>
Total-----		.087225

Prepare the mixture as for any batter and lastly stir in the fruit. (Most any fruit may be used.) Steam from one to one and half hours. Serve with sugar and water boiled to a syrup.

10. Cranberry a'la Neige (Rice Balls.) \$.090916.

1/2 c. rice	at 10 cts. per lb.	\$.025
1 c. boiling water		
1/4 tsp. salt	" 1 " " "	.000016
1 c. cranberries	" 10 " " qt.	<u>.025</u>
		.050016
		\$.050016
Sauce		
1 c. cranberry juice	" 10 " " qt.	.025
1/2 c. sugar	" 6 " " lb.	.015
3/4 tsp. cornstarch	" 8 " " "	<u>.0009</u>
		.0409
		<u>.0409</u>
	Total-----	<u>.090916</u>

Boil or steam the rice until tender. Ring small pudding clothes out of hot water and place over a bowl. Spread the rice until about one third inch thick over the cloth. Put the cranberries, with the juice drained off, in the center. Draw the cloth around until the cranberries are covered with the rice. Tie, and steam ten minutes. Remove the cloth, turn the rice balls on a platter or individual dishes and serve with the sauce. This makes a very attractive and palatable dessert. Any fruit can be used.

Sauce. Boil the cranberry juice and sugar five minutes, and add the cornstarch, wet in a little cold water. Cook four or five minutes or until the right consistency.

11. Bride's Pudding. \$.091101.

1, 1/3 c. milk	at 5 cts. per qt.	\$.0166
1, 2/3 tbsp. cornstarch	" 8 " " lb.	.0002
3 tbsp. cold milk	" 5 " " qt.	.002
1, 1/2 egg, yolks	" 24 " " doz	.015
1/3 tsp. salt	" 1 " " lb.	.000166
1/2 tsp. vanilla	" 10 " " bottle	<u>.00074</u>
		.034706
		\$.034706
Meringue.		
1, 1/2 eggs, whites	" 24 " " doz.	.015
2 tbsp. pul. sugar	" 10 " " lb.	<u>.0065</u>
		.0215
		.0215
Yellow Sauce.		
		.034895
		<u>.034895</u>
		.091101

Heat one cup of milk in a double boiler. Mix the cornstarch to the one third cold milk, and add the yolk of eggs and salt. Stir this mixture into the boiling milk and cook about four minutes, stirring occasionally. Pour the mixture into a buttered pudding dish and bake in a moderate oven for ten minutes. Let cook, cover with a meringue, and place in a moderate oven again. Serve with yellow sauce, prepared the same as No. 7.

12. Uncle Tom's Pudding. \$.09125.

2/3 tsp. baking powder	at 40 cts. per lb.	\$.0028
1 c. sifted flour	" 2 " " "	.005
1/4 tsp. salt	" 1 " " "	.00025
1/3 c. molasses	" 40 " " gallon	.0083
1/3 c. finely chopped suet	" 5 " " lb.	.0041
2/3 tbsp. sugar	" 6 " " "	.0033
1/3 tsp. ginger	" 40 " " "	.0014
1/2 tsp. cinnamon	" 40 " " "	.0021
1/6 tsp. cloves	" 40 " " "	.0007
1/6 tsp. nutmeg	" 40 " " "	.0007
1/3 c. butter milk	" 5 " " qt.	.0041
1 egg	" 22 " " doz.	<u>.0183</u>
	\$.	.05105
Brandy Sauce.		05105
1 tbsp. butter	" 20 " " lb.	.0124
4 tbsp. sugar	" 6 " " "	.02
2 tbsp. brandy	" 50 " " pt.	<u>.0078</u>
		.0402
		<u>.0402</u>
Total-----		.09125

Mix the baking powder and salt with the sifted flour, add the molasses, suet, and the rest of the dry ingredients; then add the buttermilk and egg. Butter a pudding mould and boil forty five minutes. Serve with brandy sauce.

Sauce. Rub the butter to a cream in a warm bowl; add the sugar gradually, then the brandy.

13. Coconut Pudding. \$.08944.

1, 1/3 c. milk	at 5 cts. per qt.	\$.0165
2 eggs, yolks	" 24 " " doz.	.02
1/3 c. coconut	" 10 " " lb.	.0166
1/3 c. bread crumbs	" 5 " " "	.0006
1/2 tsp. vanilla	" 10 " " bottle	.00074
1/4 c. sugar	" 6 " " lb.	<u>.0075</u>
		.06194

Meringue.

1/4 c. sugar	at 6 cts. per lb.	\$.0075
2 eggs, whites	" 24 " " doz.	<u>.02</u>
		.0275
		\$.0275
		<u>.06194</u>
	Total-----	.08944

Mix the ingredients in the order given. Bake one half hour, then spread over it the meringue. Put in a moderate oven to brown.

I4. Apple Dumpling. \$.097825

1/2 c. sour milk	at 5 cts. per qt.	\$.0062
1/4 c. cream	" 10 " " pt.	.0124
1 tbsp. sugar	" 6 " " lb.	.005
1/4 tsp. salt	" 1 " " "	.000125
1, 1/4 c. flour	" 2 " " "	.006
1/2 tsp. soda	" 8 " " "	.0003
4 good sized apples	" 10 " " doz	<u>.0333</u>
		.063325
		\$.063325

Hard Sauce.

1 tbsp. butter	" 20 " " lb	.0124
4 tbsp. sugar	" 6 " " "	.02
1/2 tsp. nutmeg	" 40 " " "	<u>.0021</u>
		.0345
		<u>.0345</u>
	Total-----	.097825

Slice the apples into a shallow tin and pour over the batter. Bake in a moderate oven. Serve with hard sauce, which is prepared the same as No. 12.

Group II. Ten to fifteen cents.

I5. Chocolate Pudding. \$.10472

7 tbsp. chocolate	at 50 cts. per lb.	\$.03125
3/4 tbsp. flour	" 2 " " "	.0015
1/4 c. milk	" 5 " " qt.	.0031
2, 1/4 tbsp. butter	" 20 " " lb	.0013
2 eggs	" 22 " " doz.	.0364
2, 1/4 tbsp. sugar	" 6 " " lb.	.0110
1/4 tsp. vanilla	" 10 " " bottle	<u>.00037</u>
		.08492

Yellow Sauce.

2/3 c.milk	at 5 cts.per qt.	\$.0082
1/3 c.sugar	" 6 " " lb.	.01
1 tsp.cornstarch(heaping)	" 8 " " "	.0006
1 egg,yolk	" 22 " " doz.	<u>.001</u>
		.0198

\$.0198

.08492

Total-----I0472

Mix the grated chocolate and flour with the milk,beat smooth, add fresh butter,melted and cook until it loosens from the pot. Add the yolk of one egg, stir all together and let it cool. In the mean time mix the yolk of one egg with sugar,adding first the cold dough,then the beaten whites of eggs and vanilla. Put the whole mixture into a buttered mould and boil and hour. Serve with yellow sauce,which is prepared the same as No.7.

16. Apple Custard Pudding. \$.1238

1,1/2 c.apples	at 10 cts.per doz.	\$.0333
1 c.grated bread crumbs	" 5 " " lb.	.002
3 tbsp.sugar	" 6 " " "	.015
1 tbsp.flour	" 2 " " "	.0021
1 tbsp.butter	" 20 " " "	.0124
1 egg	" 24 " " doz.	.02
1/3 lemon	" 25 " " "	<u>.0066</u>
		.0914

Hard Sauce.

\$.0914

1 tbsp.butter	" 20 " " lb.	.0124
4 tbsp.sugar	" 6 " " "	<u>.02</u>
		.0324

.0324

Total----- .1238

Cook the apples until they will mash easily,then add the sugar, butter,and the juice and rind of lemon. Mix the flour and bread crumbs,and stir into the mixture. Beat the egg until light; add the ingredients. Bake in a buttered pudding dish in a moderate oven for about thirty minutes. Serve with hard sauce or cream and sugar. Sauce is prepared the same as No.12.

17. Graham Pudding. \$.1226125.

1/4 c. molasses	at 25 cts. per gal.	\$.004
1/4 c. milk	" 6 " " qt.	.0031
1/2 egg	" 20 " " doz.	.0083
1, 1/4 tbsp. butter	" 22 " " lb.	.0166
1/2 lemon, juice	" 25 " " doz.	.01
1/2 c. raisins	" 10 " " lb.	.025
3/4 c. graham flour	" " " " "	.0037
1/8 tsp. salt	" 1 " " "	.0000625
1/2 tsp. soda	" 8 " " "	.0004
1/2 tsp. cinnamon	" 40 " " "	.0021
1/4 tsp. cloves	" 40 " " "	.00105
1/2 tsp. nutmeg	" 40 " " "	<u>.0021</u>
		.0764125
		\$.0764125

Creamy Sauce.

1/4 c. butter	" 22 " " "	.0175
1/2 c. brown sugar	" 5 " " "	.0125
2 tbsp. cream	" 10 " " pt.	.0062
1/2 lemon, rind and juice	" 25 " " doz.	<u>.01</u>
		.0462
		<u>.0462</u>

Total----- .1226125

Stone and chop the raisins. Sift the dry ingredients together; beat the egg, add molasses, milk and butter, and stir into the dry ingredients. Mix thoroughly, add the lemon juice and pour into a buttered pudding dish. Steam one and one fourth hours. Serve with creamy or lemon sauce.

Creamy Sauce. Cream the butter and by degrees add the sugar and cream; beat until light; then add the juice and grated rind of lemon. Keep in a warm place, when melted to a thick creamy froth, set aside but keep hot until ready for use.

18. German Puffs. \$.1341.

3 tbsp. butter	at 22 cts. per lb.	\$.0372
1/3 c. sugar	" 6 " " "	.01
1 egg, yolk	" 24 " " doz	.01
1/3 c. milk	" 5 " " qt.	.0041
2/3 c. flour	" 2 " " lb	.0133
1/6 tsp. soda	" 8 " " "	.0001
1/3 tsp. cream of tartar	" 60 " " "	<u>.0064</u>
		.0811
		\$.0811

Sauce.

1 egg, whites	" 24 " " doz.	.01
1/3 c. powdered sugar	" 10 " " lb.	.013
1 orange	" 25 " " doz.	<u>.03</u>
		.053

Total----- .053
 .1341

Beat the sugar and butter to a cream. When light add the unbeaten yolk of the egg. Beat vigorously, add the milk and finally the flour with the soda and cream-of-tartar. Bake in buttered muffin pans. Serve with orange sauce.

Sauce. Beat the whites of egg to a stiff dry froth and gradually beat in the sugar. Add the orange juice and rind. The orange may be used by cutting up into small pieces.

19. Birds Nest Pudding. \$.13918.

	4 apples	at 10 cts. per doz.	\$.033
	4 tsp. jelly	" 15 " " glass	.004
Batter	1 c. flour	" 2 " " lb.	.0041
	1, 1/2 tsp. baking powder	" 60 " " "	.0278
	2/3 c. milk	" 5 " " qt.	.0083
	1 egg	" 24 " " doz.	.02
	1/6 tsp. salt	" 1 " " lb.	.00008
	2/3 tbs. butter	" 20 " " "	.0004
	1 tsp. sugar heaping	" 6 " " "	<u>.0016</u>
			.09928
			\$.09928
	Sauce.		
	1 tbs. butter	" 20 " " "	.0124
	4 " pulverized sugar	" 10 " " "	.0036
	1 egg	" 24 " " "	.02
	1 tbs. brandy	" 50 " " pt.	<u>.0039</u>
			.0399
			<u>.0399</u>
	Total-----		.13918

Peel and core four apples, (greenings or northern spies). Put them in a shallow pan, pour over them two cups of water, cover and let boil five minutes. Drain off the water and put one teaspoonful of apple or currant jelly into each apple. Pour over the prepared batter and bake and serve with a sauce.

Sauce. Cream the butter and sugar, add the yolk of egg, brandy and a little nutmeg; lastly, stir in the white of egg, beaten to a stiff froth. (Cream, sugar and nutmeg can be used for a sauce.)

20. Banana Croquettes. \$.1440

	3 bananas	at 30 cts. per doz.	\$.08
	1/4 c. powdered sugar	" 10 " " lb.	.01
	1/2 orange, juice	" 25 " " doz.	.01
	1/2 egg	" 20 " " "	.0083
	1/4 c. bread crumbs.	" 5 " " lb.	<u>.0005</u>
			.1088
			\$.1088

Orange Sauce.

1 c. water				
1/2 c. sugar	at 6 cts. per lb.			\$.015
2, 1/2 tsp. cornstarch heaping	" 8 " " "			.0015
1/2 orange, juice	" 25 " " doz			.01
1/2 tbsp. butter	" 20 " " lb.			.0062
1/4 lemon juice and rind	" 25 " " doz.			<u>.0025</u>
				.0352
				\$.0352
				<u>.1088</u>
Total-----				.1410

Strip skin from bananas, cut into halves cross wise, make straight on ends. Sprinkle with pulverized sugar and turn over them the orange juice. Let them stand in a cool place for one hour turning occasionally until all are flavored with the orange, then roll in the egg, then in the crumbs and fry in deep hot fat.

Sauce. Boil the water and sugar five minutes, add the cornstarch wet in cold water, cook five minutes, add orange juice, lemon juice and rind and serve at once. Also add the orange juice which was not all taken up by the bananas.

21. Almond Pudding. \$.12802.

2/3 tbsp. butter	at 20 cts. per lb.			\$.00826
1, 2/3 " sugar	" 6 " " "			.0083
2 eggs	" 20 " " doz.			.0332
1/3 c. chopped almonds	" 25 " " lb.			.0552
1/3 lemon juice and rind	" 25 " " doz.			.0066
1/2 c. bread crumbs	" 5 " " lb.			<u>.001</u>
				.11259
				\$.11259

Lemon Sauce.

2/3 c. hot water.				
1/3 c. sugar	" 6 " " "			.00413
1 tsp. cornstarch heaping	" 8 " " "			.0006
1/3 lemon (rind & juice)	" 25 " " doz			.0066
1/3 tbsp. butter	" 20 " " lb.			<u>.0041</u>
				.01543
				<u>.01543</u>
Total-----				.12802

Cream the butter add the remainder of ingredients in order given except the whites of egg, which should be beaten to a stiff froth and added lastly. Boil in a buttered pudding mould about thirty minutes. Serve with wine, cream or lemon sauce.

I4.

22. Strawberry Puff. \$.I42755.

1, 1/3 c. flour	at 2 cts. per lb.	\$.0166
1, 1/3 tsp. baking powder	" 40 " " "	.0066
1/4 tsp. salt.	" " " " "	.000125
2/3 c. milk	" 5 " " qt.	.00826
1 c. strawberries	" 9 " " "	.0225
1/4 c. sugar	" 6 " " lb.	<u>.0075</u>
		.061585

\$.061585

Sauce.

2/3 tbsp. butter	" 20 " " "	.00826
2/3 c. powdered sugar	" 10 " " "	.02666
2 eggs, whites	" 15 " " doz.	.0125
1, 1/2 c. mashed berries	" 9 " " qt.	<u>.03375</u>
		.08117

.08117

Total----- .I42755

Make a soft batter. Drop into greased cups a spoonful of the batter and then of strawberries. Fill the cups in this way until two thirds full. Steam from twenty to thirty minutes. Serve with sauce.

Sauce. Beat the butter to a cream, stir in gradually the sugar and then add the beaten whites of eggs. Beat all quite light and when ready to serve add one and one half cups of mashed berries.

.Group III. Fifteen to twenty cents.

23. Pine Apple Pudding. \$.I858.

1 c. milk	at 5 cts. per qt.	\$.0124
1/3 tbsp. butter	" 20 " " lb.	.0041
1 egg	" 24 " " doz.	.02
1, 1/2 tbsp. sugar	" 6 " " lb.	.0075
1/3 lemon juice & rind	" 25 " " doz.	.0066
6 slices of pine apple	" 25 " " can	<u>.10</u>
		.1506

\$.1506

Orange Sauce.

1 c. water		
1/2 c. sugar	" 6 " " lb.	.015
2, 1/2 tsp. cornstarch (Heap.)	" 8 " " "	.0015
1/2 orange, juice	" 30 " " doz.	.0125
1/2 tbsp. butter	" 20 " " lb.	<u>.0062</u>
		.0352

.0352

Total----- .I858



Boil the milk with the butter, while boiling sprinkle in the sifted flour and stir constantly until it has formed into a smooth dough and loosens itself from the bottom of the sauce pan. Let cool; stir one third tablespoon of butter to a cream and add alternately the yolk of egg, sugar, milk, grated rind of lemon, and the paste: lastly add the white of the egg beaten to a stiff froth. Bake in a deep pudding dish and sprinkle it with bread crumbs; put in a layer of the mixture, then bread crumbs, then pine apple, and so on. Bake from twenty to thirty minutes.

Sauce. Boil the water and sugar together and add the cornstarch wet in a little water, and when thick enough add the orange juice.

24. English Plum Pudding. \$.2060.

1 c. raisins	at 9 cts. per lb.	\$.0225
1/3 c. currants	" 15 " " "	.05
1/3 c. sugar	" 6 " " "	.02
1/2 c. bread crumbs	" 5 " " "	.0010
1 egg	" 22 " " doz.	.018
2/3 c. suet	" 5 " " lb.	.0083
1/8 c. citron	" 25 " " "	.0078
1/6 lemon	" 30 " " doz.	.0041
1/2 tsp. nutmeg	" 40 " " lb.	.0021
1/2 " cinnamon	" 40 " " "	.0021
1/2 tbs. bitter almonds	" 25 " " "	.0069
2, 1/2 " brandy	" 50 " " pt.	<u>.0104</u>
		.1532
		\$.1532

Brandy Sauce.

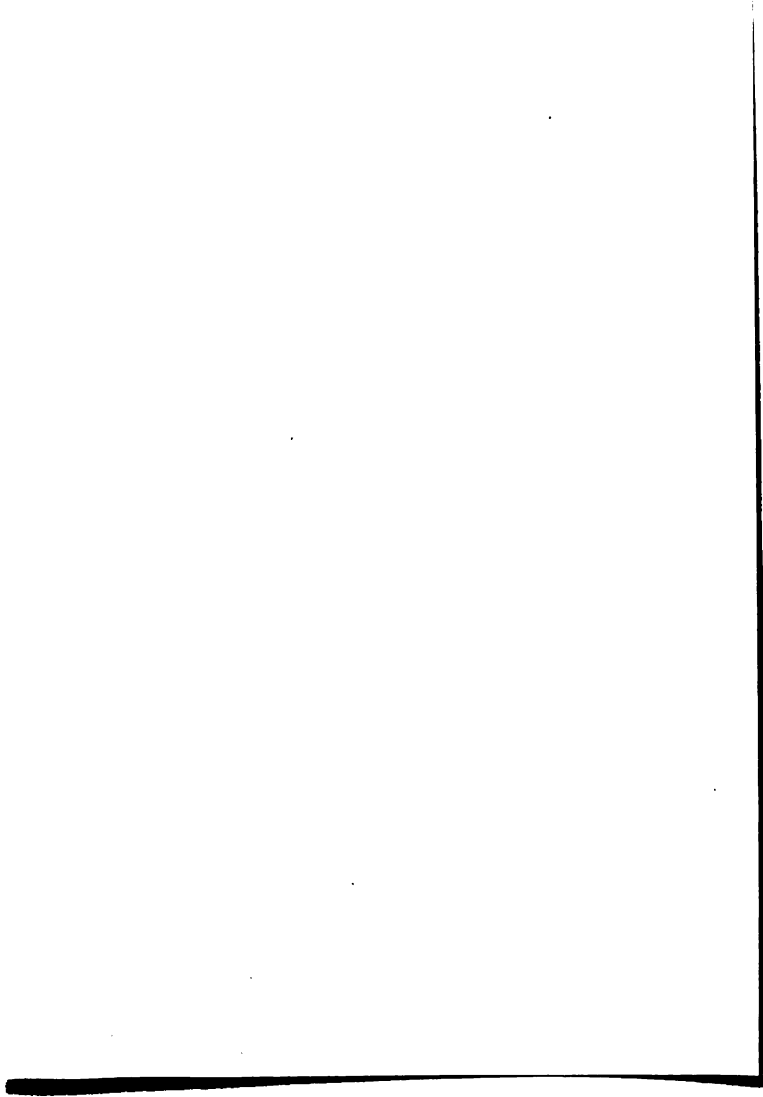
1/4 c. butter	" 20 " " lb.	.025
1/2 c. Pal. sugar	" 10 " " "	.02
2 tbs. brandy	" 50 " " pt.	<u>.0078</u>
		.0528
		<u>.0528</u>

Total-.2060

Stone and cut the raisins, wash and dry the currants; mix all the dry ingredients together and moisten with the egg, which should be well beaten. Stir in the brandy and when all is well mixed, butter and flour a strong pudding cloth; put in the mixture, tie up the cloth very tightly and put into boiling water, and boil from one and a half to two hours, This quantity is better to be divided and boiled in buttered moulds.

Sauce. Beat the butter to a cream, add slowly the sugar and lastly the brandy.

ROOM USE ONLY.



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