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What could be more delicious than fresh Strawberry Shortcake? Serve this delicate cake with red ripe strawberries and fluffy whipped cream.



# 212 puddings

# VANILLA PUDDING

Delicious served with fresh or canned fruit—

- <sup>3</sup>⁄<sub>4</sub> cup sugar
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- 2 cups milk
- 2 slightly beaten egg yolks or 1 well-beaten egg
- 2 tablespoons butter or margarine
- 1 teaspoon vanilla

In saucepan, blend sugar, cornstarch, and salt; add milk. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat.

Stir small amount of hot mixture into yolks (or beaten egg); return to hot mixture; cook and stir 2 minutes more. Remove from heat; blend in butter and vanilla. Pour into sherbet dishes; chill. Makes 4 or 5 servings.

**Chocolate Pudding:** Follow directions for Vanilla Pudding, increasing sugar to 1 cup. Add two 1-ounce squares unsweetened chocolate along with the milk.

**Butterscotch Pudding:** Follow directions for Vanilla Pudding, substituting brown sugar for the granulated sugar. Increase the amount of butter or margarine to 3 tablespoons.

## **BREAD PUDDING**

- 2 slightly beaten eggs
- 2<sup>1</sup>/<sub>4</sub> cups milk
  - 1 teaspoon vanilla
  - 1/2 teaspoon ground cinnamon
  - <sup>1</sup>/<sub>4</sub> teaspoon salt
  - 2 cups 1-inch day-old bread cubes
  - <sup>1</sup>/<sub>2</sub> cup brown sugar <sup>1</sup>/<sub>2</sub> cup raisins

OVEN 350°

Combine eggs, milk, vanilla, cinnamon, and salt; stir in bread cubes. Stir in brown sugar and raisins. Pour mixture into 8x1¾inch round ovenware cake dish. Place pan in larger shallow pan on oven rack; pour hot water into larger pan 1 inch deep. Bake at 350° about 45 minutes or till knife inserted halfway between center and edge comes out clean. Makes 6 servings.

## FLUFFY TAPIOCA PUDDING

- 1 quart milk
- 1/4 cup quick-cooking tapioca
- <sup>1</sup>/<sub>2</sub> cup sugar
- <sup>1</sup>/<sub>4</sub> teaspoon salt
- 3 slightly beaten egg yolks
- 1½ teaspoons vanilla
  - 3 stiffly beaten egg whites

Combine milk, tapioca, sugar, and salt; let stand 5 minutes. Add egg yolks. Bring to boiling, stirring constantly. Remove from heat (mixture will be thin); add vanilla.

Put <sup>1</sup>/<sub>8</sub> of beaten egg whites in large bowl; slowly stir in tapioca mixture. Fold in remaining egg whites, leaving little "pillows" of egg white. Chill. Pile into sherbets. Garnish with tart jelly. Serves 8 to 10.

## SNOW PUDDING

- <sup>3</sup>⁄<sub>4</sub> cup sugar
- 1 envelope unflavored gelatin
- <sup>1</sup>/<sub>4</sub> teaspoon salt
- $1\frac{1}{4}$  cups cold water
  - 1 teaspoon grated lemon peel
- <sup>1</sup>/<sub>4</sub> cup lemon juice
- 2 egg whites

In saucepan, combine sugar, unflavored gelatin, and salt; add ½ *cup* of the cold water. Stir over low heat till dissolved. Remove from heat; add remaining ¾ cup cold water, lemon peel, and lemon juice. Chill till partially set. Turn into large bowl; add egg whites. Beat with electric mixer till mixture begins to hold its shape. Chill till firm in cight 6-ounce custard cups. Unmold; pass Custard Sauce (page 347).

## COTTAGE PUDDING

OVEN 350°

Cream well ½ cup shortening and ¾ cup sugar; add 1 egg and ¼ teaspoon lemon extract; beat well. Sift together 1¾ cups sifted all-purpose flour, 2½ teaspoons baking powder, and ½ teaspoon salt.

Add to creamed mixture alternately with 3/3 cup milk, beating after each addition. Bake in lightly greased and floured 9x9x2inch baking pan at 350° for 40 to 45 minutes or till cake tests done. Serve warm with Cherry or Lemon Sauce (page 348).

## **GLORIFIED RICE**

- 1 8<sup>3</sup>/<sub>4</sub>-ounce can crushed pineapple
- <sup>2</sup>/<sub>3</sub> cup packaged precooked rice 2 teaspoons lemon juice
- 1<sup>1</sup>/<sub>2</sub> cups miniature marshmallows 1 ripe banana, sliced
  - 1 cup whipping cream, whipped
  - 2 tablespoons chopped maraschino cherries

Drain pineapple, reserving syrup. In saucepan, combine uncooked rice, <sup>2</sup>/<sub>3</sub> cup water, pineapple syrup, and <sup>1</sup>/<sub>2</sub> teaspoon salt. Stir to moisten rice. Bring quickly to boil; cover; simmer 5 minutes.

Remove from heat; let stand 5 minutes. Add pineapple and lemon juice; cool. Stir in marshmallows and banana. Fold in cream and cherries; chill. Serves 8.

## CHILLED PRUNE WHIP

Combine  $1\frac{1}{2}$  cups dried prunes and  $1\frac{1}{2}$  cups water in saucepan; bring to boiling. Cover and simmer 10 minutes; cool in liquid; drain. Snip prunes from pits in small pieces; set aside. Beat 3 egg whites and  $\frac{1}{4}$  teaspoon salt to soft peaks. Gradually add  $\frac{1}{3}$  cup sugar; beat to stiff peaks. Combine prunes and 2 tablespoons lemon juice; beat till well blended. Fold into egg whites with  $\frac{1}{4}$  cup chopped pecans. Spoon into 6 to 8 sherbets; chill.

# **RICE PUDDING**

- 3 slightly beaten eggs
- 2 cups milk
- 1<sup>1</sup>/<sub>2</sub> cups cooked rice
- <sup>1</sup>/<sub>2</sub> cup sugar
- <sup>1</sup>/<sub>2</sub> cup raisins
- 1 teaspoon vanilla

```
Ground cinnamon
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OVEN 325°

In bowl, combine eggs, milk, rice, sugar, raisins, vanilla, and ½ teaspoon salt; mix well. Bake in 10x6x2-inch baking dish at 325° for 25 minutes. Stir. Sprinkle with cinnamon. Continue baking till knife inserted halfway between center and edge comes out clean, 20 to 25 minutes longer. Serve warm or chilled with light cream, if desired. Serves 6.

# POTS DE CREME

Break up two 4-ounce packages sweet cooking chocolate. Put *half* of chocolate in blender container. Cover; blend till grated. Repeat with remaining chocolate. In saucepan, mix 2 cups light cream, 2 tablespoons sugar, dash salt, and chocolate. Stir over low heat till blended, smooth, and *slightly thick*. Slowly pour into 6 beaten egg yolks, beating well. Stir\_in 1 teaspoon vanilla. Pour into 10 pots de creme cups or *small* sherbets. Cover; chill till firm. Serves 10.

# **TWO-BERRY PARFAITS**

- 1 10-ounce package frozen raspberries, thawed
- 1/4 cup sugar
- 2 tablespoons cornstarch
- 2 cups strawberries, sliced
- 2 teaspoons lemon juice
- 1 quart vanilla ice cream
- 1 cup dairy sour cream

Drain raspberries, reserving syrup. Add enough water to syrup to make 1 cup. In saucepan, combine sugar and cornstarch; stir in syrup. Add strawberries. Cook and stir over medium-high heat till mixture thickens and boils. Remove from heat; stir in raspberries and lemon juice; chill. In parfait glasses, layer ice cream, berry sauce, sour cream, and berry sauce. Repeat layers. Makes 6 to 8 servings.

## **COFFEE-MALLOW TOWERS**

- 24 regular marshmallows
  - (about 3 cups)
  - 1 tablespoon instant coffee crystals
  - 1 cup whipping cream, whipped
- 1/2 cup chocolate-wafer crumbs

In medium saucepan, combine marshmallows, 1 cup water, and coffee crystals. Cook and stir over medium heat till marshmallows melt. Chill till partially set; fold in whipped cream. (If mixture thins, chill about 20 minutes till partially reset.) In parfait glasses, alternate coffee mixture and crumbs, beginning and ending with coffee mixture; chill. Top with whipped cream and chocolate curls. Makes 4 servings.

## **BROWNIE PUDDING**

cup sifted all-purpose flour
 cup granulated sugar
 tablespoons cocoa

 (regular-type, dry)

 teaspoons baking powder
 teaspoon salt
 cup milk
 tablespoons salad oil
 teaspoon vanilla
 cup chopped walnuts
 cup brown sugar
 cup cocoa (regular-type, dry)
 tops hot water

Sift together first 5 ingredients; add milk, oil, and vanilla; mix till smooth. Stir in nuts. Pour into greased 8x8x2-inch baking pan. Combine remaining ingredients; pour over batter. Bake at 350° about 40 minutes. Makes 6 to 8 servings.

# LEMON PUDDING CAKE

- <sup>3</sup>⁄<sub>4</sub> cup sugar
- <sup>1</sup>/<sub>4</sub> cup sifted all-purpose flour
- 3 tablespoons butter, melted
- 1 teaspoon grated lemon peel
- <sup>1</sup>/<sub>4</sub> cup lemon juice

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1<sup>1</sup>/<sub>2</sub> cups milk
```

whites

- 3 well-beaten egg yolks
- 3 stiffly beaten egg

OVEN 350°

Combine sugar, dash salt, and flour; stir in melted butter, lemon peel, and juice. Combine milk and egg yolks; add to lemon mixture. Fold in egg whites. Pour into 8x8x2inch baking pan. Place in larger pan on oven rack. Pour hot water into larger pan, 1 inch deep. Bake at 350° for 40 minutes. Serve warm or chilled. Serves 9.

## DATE-NUT PUDDING

#### OVEN 350°

Beat 3 eggs 1 minute; beat in  $\frac{3}{4}$  cup sugar. Sift together  $\frac{1}{4}$  cup sifted all-purpose flour, 1 teaspoon baking powder, and  $\frac{1}{4}$  teaspoon salt; fold into egg mixture. Fold in 1 cup chopped dates and  $\frac{1}{2}$  cup chopped walnuts. Bake in greased 8x8x2-inch baking pan at 350° about 40 minutes. Serve warm with ice cream. Serves 9.

## **REGAL PLUM PUDDING**

- 4 slices bread, torn up
- 1 cup milk
- 2 slightly beaten eggs
- 1 cup light brown sugar
- <sup>1</sup>/<sub>4</sub> cup orange juice
- 6 ounces finely chopped suet
- 1 teaspoon vanilla
- 1 cup sifted all-purpose flour
- 1 teaspoon soda
- ½ teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground mace
- 2 cups raisins
- 1 cup pitted dates, cut up
- <sup>1</sup>/<sub>2</sub> cup chopped mixed candied fruits and peels
- <sup>1</sup>/<sub>2</sub> cup broken walnuts

Soak bread in milk; beat. Stir in next 5 ingredients. Sift together dry ingredients; add fruits and nuts; mix well. Stir in bread mixture. Pour into well-greased 2-quart mold. Cover with foil; tie with string.

Place on rack in deep kettle; add boiling water, 1 inch deep. Cover; steam 3½ hours, adding water if needed. Cool 10 minutes; unmold. Serve warm with Hard Sauce (page 348). Serves 12.

# **GRAHAM CRACKER PUDDING**

- 1/4 cup shortening
- ⅓ cup sugar
- 1 teaspoon vanilla
- 1 egg yolk
- 1/2 cup raisins or chopped dates
- <sup>1</sup>/<sub>4</sub> cup chopped walnuts
- 2 cups fine graham-cracker crumbs
- 1 teaspoon baking powder
- <sup>2</sup>/<sub>3</sub> cup milk
- 1 stiffly beaten egg white OVEN 350°

Cream shortening, sugar, and vanilla; add egg yolk; beat well. Stir in fruit and nuts. Mix crumbs, baking powder, and ¼ teaspoon salt. Add to creamed mixture alternately with milk. Fold in egg white. Fill six greased 6-ounce custard cups. Bake at 350° for 25 to 30 minutes. Serve warm with Lemon Sauce or whipped cream.

## BAKED CUSTARD

3 slightly beaten eggs ¼ cup sugar 2 cups milk, scalded ½ teaspoon vanilla OVEN 325°

Combine eggs, sugar, and <sup>1</sup>/<sub>4</sub> teaspoon salt. Slowly stir in lightly cooled milk and vanilla. Fill six 5-ounce custard cups\*; set in shallow pan on oven rack. Pour hot water into pan, 1 inch deep. Bake at 325° for 40 to 45 minutes, or till knife inserted offcenter comes out clean. Serve warm or chilled. To unmold chilled custard, first loosen edge; then slip point of knife down side to let air in. Invert.

\*For one large custard, bake in 1-quart casserole about 60 minutes.

# CARAMEL CUSTARD

Melt 12 vanilla caramels in <sup>1</sup>/<sub>4</sub> cup milk over low heat, stirring constantly. Divide sauce among six 5-ounce custard cups. Prepare Baked Custard; pour over sauce; bake. Serve warm, or chill and unmold.

# STIRRED CUSTARD

Combine ingredients except vanilla as for Baked Custard. Cook in double boiler, placing pan over, *not touching*, boiling water; stir constantly. When custard coats metal spoon, remove from heat. Cool at once—place pan in cold water; stir 1 to 2 minutes; add vanilla. Chill. Serves 6.



For delicate stirred custard, cook just till mixture evenly coats a metal spoon. Remove from heat; cool immediately.

## **CREME BRULEE**

Prepare Stirred Custard using light cream instead of milk. Cook 2 minutes *after* it coats spoon; cool and stir in vanilla. Pour into 1-quart shallow baking dish; chill. Sift ½ cup brown sugar over. Set in shallow pan of ice cubes and cold water. Broil 8 inches from heat 5 minutes or till bubbly crust forms. Serve warm or chilled.

# BERRY FLOATING ISLAND

## Poached Meringues 3 eggs 2 egg yolks

- <sup>1</sup>/<sub>2</sub> cup sugar
- Milk
- 1½ teaspoons vanilla 2 cups strawberries

*Poached Meringues:* Beat 2 egg whites with dash salt to soft peaks. Gradually add ¼ cup sugar, beating to stiff peaks. In skillet, heat 3 cups milk to simmer. Drop meringue onto milk in 6 mounds. Cook slowly uncovered, till set, about 5 minutes. Lift from milk; drain on paper towels.

Beat 3 eggs and 2 egg yolks slightly; add sugar and dash salt. Stir in 3 cups slightly cooled milk (from meringues plus extra). Cook in double boiler, placing pan over, *not touching*, boiling water; stir constantly. When custard coats metal spoon, remove from heat; cool quickly. Add vanilla. Place berries in dish; pour custard over. Top with meringues. Chill. Serves 6.



To test doneness of baked custard, insert knife halfway between center and edge. A clean knife indicates custard is done.

## MERINGUE SHELL

3 egg whites 1 teaspoon vanilla <sup>1</sup>⁄4 teaspoon cream of tartar 1 cup sugar

Have cgg whites at room temperature. Add vanilla, cream of tartar, and dash salt. Beat to soft peaks. *Gradually* add sugar, beating till very stiff peaks form. (Meringue will be glossy.)

Cover baking sheet with plain ungreased brown paper. Using 9-inch round cake pan as guide, draw circle on paper. Spread meringue over circle. Shape into shell with back of spoon, making bottom ½ inch thick and sides about 1¾ inches high. Bake at 275° for 1 hour. Turn off heat and let dry in oven (door closed) at least 2 hours. Fill with ice cream and sauce, or fresh fruit. Makes 8 servings.

## INDIVIDUAL MERINGUES

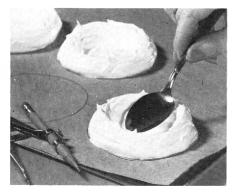
OVEN 275°

OVEN 275°

Make meringue as for Meringue Shell above. Cover baking sheet with plain ungreased brown paper. Draw 8 circles, 3<sup>1</sup>/<sub>2</sub> inches in diameter; spread each with <sup>1</sup>/<sub>3</sub> cup meringue. Using back of spoon, shape into shells; form a hollow in center.

Bake meringues at 275° for 1 hour. For crisper meringues, turn off heat and let dry in oven (door closed) about 1 hour.

Fill with ice cream, pudding mixtures, or fresh fruit. Makes 8 servings.



To make  $3\frac{1}{2}$  inch circles, use a compass or trace around a jar lid. Use a spoon to shape meringue mixture into shells.

## CHEESECAKE SUPREME

## Crust:

- <sup>3</sup>/<sub>4</sub> cup all-purpose flour
- 3 tablespoons sugar
- <sup>1</sup>/<sub>2</sub> teaspoon grated lemon peel
- 6 tablespoons butter
- 1 slightly beaten egg yolk
- 1/4 teaspoon vanilla

Filling:

- 3 8-ounce packages cream cheese
- 1/4 teaspoon vanilla
- 1/4 teaspoon grated lemon peel
- 1 cup sugar
- 2 tablespoons all-purpose flour
- $\frac{1}{4}$  teaspoon salt
- 2 eggs
- 1 egg yolk
- <sup>1</sup>/<sub>4</sub> cup milk

# Strawberry Glaze

OVEN 400°

*Crust:* Combine the first 3 ingredients. Cut in the butter till crumbly. Add egg yolk and vanilla; mix well. Pat <sup>1</sup>/<sub>3</sub> of dough on bottom of 8-inch spring-form pan (sides removed). Bake at 400° about 7 minutes or till golden; cool. Butter sides of pan; attach to bottom. Pat remaining dough on sides of pan to height of 1<sup>3</sup>/<sub>4</sub> inches.

Filling: Let the cream cheese stand at room temperature to soften (1 to  $1\frac{1}{2}$ hours). Beat till creamy; add vanilla and lemon peel. Mix sugar, flour, and salt; gradually blend into cheese. Add eggs and egg yolk all at once; beat just till blended. Gently stir in milk.

Turn into crust-lined pan. Bake at 450° for 10 minutes; reduce heat to 300°; bake 55 minutes or till center appears set. Remove from oven; cool 15 minutes; loosen sides of cheesecake from pan with spatula. Cool ½ hour more; remove sides of pan. Cool 2 hours longer. Meanwhile, prepare Strawberry Glaze. Place 1 cup halved fresh strawberries on cooled cheesecake. Pour glaze over strawberries. Chill 2 hours. Makes 12 servings.

Strawberry Glaze: Crush <sup>3</sup>/<sub>4</sub> cup fresh strawberries; add <sup>1</sup>/<sub>2</sub> cup water. Cook 2 minutes; sieve. In saucepan, combine <sup>1</sup>/<sub>8</sub> cup sugar and 4 teaspoons cornstarch; gradually stir in berry mixture. Bring to boil; stir constantly. Cook and stir till thick and clear. (Add few drops red food coloring, if needed.) Cool to room temperature.

## LEMON CHEESECAKE

Crumb Crust

- 1 cup sugar
- 2 envelopes unflavored gelatin
- <sup>1</sup>/<sub>4</sub> teaspoon salt
- 1 6-ounce can (<sup>2</sup>/<sub>3</sub> cup) evaporated milk
- 2 beaten egg yolks
- 1 teaspoon grated lemon peel
- 2 12-ounce cartons (3 cups) cream-style cottage cheese, sieved
- 2 tablespoons lemon juice
- 1 teaspoon vanilla
- 2 egg whites
- 1 cup whipping cream, whipped

*Crumb Crust:* In bowl, mix 1 cup zwieback crumbs, ¼ cup sugar, ¾ teaspoon ground cinnamon, ¼ teaspoon ground nutmeg, and ¼ cup butter, melted. Mix till crumbly. Reserve ¼ cup for garnish; press remainder on bottom and sides of buttered 9-inch spring-form pan. Chill.

In a saucepan, combine <sup>3</sup>/<sub>4</sub> *cup* sugar, gelatin, and salt. Stir in evaporated milk, then egg yolks. Cook and stir over low heat till gelatin dissolves. Add lemon peel; cool at room temperature for 30 minutes. Stir in cottage cheese, lemon juice, and vanilla. Chill, stirring occasionally, till mixture mounds. Beat egg whites to soft peaks; gradually add <sup>1</sup>/<sub>4</sub> cup sugar, beating to stiff peaks. Fold into gelatin mixture. Fold in whipped cream. Pour into chilled crust; sprinkle with reserved crumbs. Chill overnight. Serves 8.

## COMPANY CHEESECAKE

OVEN 375°

Combine 1¼ cups fine graham-cracker crumbs, ¼ cup finely chopped walnuts, ½ teaspoon ground cinnamon, and ½ cup butter, melted. Press on bottom and up ¾ of sides of 9-inch spring-form pan.

Beat smooth 3 well-beaten eggs, two 8ounce packages cream cheese, softened, 1 cup sugar, ¼ teaspoon salt, 2 teaspoons vanilla, and ¼ teaspoon almond extract.

Blend in 3 cups dairy sour cream. Pour into crust. Bake at 375° about 35 minutes or just till set; cool. Chill 4 to 5 hours. (Filling will be soft.) Serves 12 to 16.

## CHOCOLATE CHARLOTTE RUSSE

Soften 1 envelope (1 tablespoon) unflavored gelatin in ¼ cup cold water. Melt three 1-ounce squares unsweetened chocolate in ½ cup water over low heat, stirring constantly. Remove from heat; add softened gelatin; stir to dissolve. Beat 4 egg yolks till thick and lemon-colored; gradually beat in ½ cup sugar. Add 1 teaspoon vanilla and dash salt. Gradually stir in chocolate mixture. Cool to room temperature; stir till smooth.

Beat 4 egg whites and ½ teaspoon cream of tartar to soft peaks. Gradually add ¼ cup sugar, beating to stiff peaks. Fold into chocolate mixture. Fold in 1 cup whipping cream, whipped.

Split 16 whole ladyfingers lengthwise. Line bottom and sides of 9-inch springform pan (cut about ½ inch off bottoms of ladyfingers that stand around sides). Fill with *half* the chocolate mixture. Add another layer of split ladyfingers. Add remaining chocolate mixture. Sprinkle toasted slivered almonds atop, if desired. Chill 8 hours or overnight. Remove sides. Makes 12 to 16 servings.

## BERRY MERINGUE TORTE

- 1<sup>1</sup>/<sub>2</sub> cups vanilla-wafer crumbs
- <sup>1</sup>/<sub>4</sub> cup butter, melted
- 2 tablespoons sugar
- 4 egg whites
- $\frac{1}{2}$  cup sugar
- 1 pint fresh red raspberries, slightly sweetened
- 1 2-ounce package dessert topping mix
- 1 tablespoon lemon juice

OVEN 325°

Combine crumbs, butter, and the 2 tablespoons sugar; mix well. Press firmly in bottom of 9x9x2-inch baking pan. Beat egg whites to soft peaks; gradually add the ½ cup sugar, beating to stiff peaks.

Swirl meringue over crust. Bake at 325° for 12 to 15 minutes; cool. Spread berries over meringue. Prepare dessert topping mix according to package directions. Gently stir in lemon juice. Spread over berries; chill. Cut in 9 squares.

## CHOCOLATE MINT DESSERT

- 2 tablespoons butter
- 1/2 cup graham-cracker crumbs
- <sup>1</sup>/<sub>2</sub> cup sugar
- 1 envelope unflavored gelatin
- 2 tablespoons cornstarch
- 2 cups milk
- 3 slightly beaten egg yolks
- 3 egg whites
- <sup>1</sup>/<sub>4</sub> cup sugar
- 1/2 cup whipping cream, whipped
- 1<sup>1</sup>/<sub>2</sub> teaspoons creme de menthe syrup
  - 2 1-ounce squares unsweetened chocolate, melted

Melt butter; stir in crumbs. Reserve 1 tablespoon; spread remainder in 10x6x1½inch dish. Mix sugar, gelatin, and cornstarch; add milk. Cook and stir to boiling. Add small amount hot mixture to egg yolks; return to hot mixture; cook 1 minute. Cool till partially thickened.

Beat egg whites to soft peaks; gradually add ¼ cup sugar, beating to stiff peaks. Fold into custard; then fold in whipped cream. Add syrup to 1½ *cups* of mixture. Stir chocolate into remaining mixture; spread *half* over crumbs. Cover with mint layer, then rest of chocolate. Top with reserved crumbs. Chill firm. Serves 6.

## STRAWBERRY SQUARES

- 1 cup sifted all-purpose flour
- <sup>1</sup>/<sub>4</sub> cup brown sugar
- 1/2 cup chopped walnuts
- <sup>1</sup>/<sub>2</sub> cup butter, melted
- 2 egg whites
- 1 cup granulated sugar
- 2 cups sliced strawberries\*
- 2 tablespoons lemon juice
- 1 cup whipping cream

g cream OVEN 350°

Mix first 4 ingredients; bake in shallow pan at 350° for 20 minutes; stir occasionally. Sprinkle <sup>3</sup>/<sub>2</sub> crumbs in 13x9x2-inch pan. Combine egg whites, granulated sugar, berries, and lemon juice. Beat at high speed about 10 minutes. Whip cream; fold in. Spoon over crumbs. Top with remaining crumbs. Freeze 6 hours. Serves 12.

\*Or 10-ounces frozen berries, thawed. Reduce granulated sugar to <sup>2</sup>/<sub>3</sub> cup.

# PINEAPPLE CREAM LOAF

- <sup>1</sup>⁄<sub>2</sub> cup butter or margarine
- 1½ cups sifted confectioners' sugar
  - 2 egg yolks
- 1/2 teaspoon lemon extract
- 1 8<sup>3</sup>/<sub>4</sub>-ounce can crushed pineapple, drained (<sup>3</sup>/<sub>4</sub> cup)
- 1 cup dairy sour cream
- 2 stiffly beaten egg whites
- 8 ladyfingers, split lengthwise

Cream butter and sugar together till fluffy. Add egg yolks, one at a time, beating after each. Stir in lemon extract and pineapple; fold in sour cream and egg whites. Line bottom of 9x5x3-inch loaf pan with *half* the ladyfingers; top with *half* the pineapple mixture; repeat layers. Chill 6 to 8 hours. Makes 8 to 10 servings.

## AMBROSIA

- 1 13½-ounce can frozen pineapple chunks, thawed
- 1 ripe banana, peeled
- 3 medium oranges, sectioned
- 1 cup seedless grapes or halved grapes, seeded
- <sup>2</sup>/<sub>3</sub> cup flaked coconut
- $\frac{1}{2}$  cup ginger ale (optional)

Drain thawed pineapple, reserving syrup. Slice peeled banana on bias, dipping into pineapple syrup. Arrange *half* of each fruit in bowl; top with *half* the coconut, then rest of fruit. Pour pineapple syrup over; chill. At serving time, pour ginger ale over top, if desired. Top with remaining coconut. Makes 4 to 6 servings.

## **RUBY FRUIT COMPOTE**

Drain one 1-pound 4-ounce can frozen pitted tart red cherries, thawed, and one 10ounce package frozen raspberries, thawed, reserving syrups. Add enough water to syrups to make 2½ cups. Blend 1½ tablespoons cornstarch, dash salt, and syrup mixture. Cook and stir till thick and bubbly. Add 1 tablespoon lemon juice. Stir in drained fruits and 2 cups fresh whole strawberries. Chill. Spoon into sherbets; top with sour cream, if desired. Makes 8 servings.

# FREEZING ICE CREAM

Pour ice cream mixture into freezer can (cool mixture first, if cooked). Fill can only <sup>2</sup>/<sub>3</sub> full. Fit can into freezer. If using electric ice cream freezer, follow manufacturer's directions.

Adjust dasher and cover. Pack crushed ice and rock salt around can, using 6 parts ice to 1 part salt. Turn dasher slowly till ice partially melts and forms brine—add more ice and salt to maintain ice level. Turn handle constantly till crank turns hard. Remove ice to below lid of can; remove lid and dasher.

To ripen ice cream: Plug opening in lid. Cover can with several thicknesses of waxed paper or foil for tight fit; replace lid. Pack more ice and salt (use 4 parts ice to 1 part salt) around can to fill freezer. Cover freezer with heavy cloth or newspapers. Let ice cream ripen about 4 hours.

## VANILLA ICE CREAM

4 eggs

- $2\frac{1}{2}$  cups sugar
  - 7 cups milk
- 3 cups whipping cream
- 2<sup>1</sup>/<sub>2</sub> tablespoons vanilla
- <sup>1</sup>/<sub>2</sub> teaspoon salt

Beat eggs till light. Add sugar gradually, beating till thick. Add remaining ingredients; mix well. Freeze in 5-quart ice cream freezer. Makes 1 gallon.

## VANILLA CUSTARD ICE CREAM

<sup>3</sup>/<sub>4</sub> cup sugar

- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 2 cups milk
- 2 beaten eggs
- 2 cups whipping cream
- 1<sup>1</sup>/<sub>2</sub> tablespoons vanilla

Combine sugar, flour, and salt; gradually stir in milk. Cook and stir over low heat till thick. Add small amount of hot mixture to eggs; mix well; return to hot mixture. Cook and stir 1 minute. Chill.

Stir in cream and vanilla. Freeze in ice cream freezer. Makes 1¼ quarts.

## COFFEE ICE CREAM

Make Vanilla Custard Ice Cream; use 1½ teaspoons vanilla. Add 1½ table-spoons instant coffee powder with vanilla.

## CHOCO-ALMOND VELVET

Combine <sup>3</sup>/<sub>3</sub> cup canned chocolate syrup, <sup>3</sup>/<sub>3</sub> cup sweetened *condensed* milk, 2 cups whipping cream, and <sup>1</sup>/<sub>2</sub> teaspoon vanilla; chill. Whip to soft peaks. Fold in <sup>1</sup>/<sub>3</sub> cup toasted slivered almonds. Freeze firm in refrigerator tray. Serves 8 to 10.

# STRAWBERRY ICE CREAM

- 1 envelope unflavored gelatin
- 2 well-beaten egg yolks
- <sup>3</sup>/<sub>4</sub> cup sugar
- <sup>1</sup>/<sub>4</sub> teaspoon salt
- 1<sup>1</sup>/<sub>2</sub> teaspoons vanilla
  - 2 cups crushed strawberries
  - 2 cups whipping cream
  - 2 egg whites
- <sup>1</sup>/<sub>4</sub> cup sugar

Soften gelatin in ¼ cup cold water. Dissolve over hot water. Combine next 6 ingredients; add gclatin; mix well. Freeze in refrigerator trays. Beat egg whites to soft peaks; gradually add ¼ cup sugar, beating to stiff peaks. Break frozen mixture in chunks; beat till fluffy with electric mixer. Fold in egg whites. Return to *cold* trays; freeze firm. Serves 8 to 10.

# PEPPERMINT ICE CREAM

- 1 envelope unflavored gelatin <sup>1</sup>/<sub>2</sub> cup cold milk
- 1<sup>1</sup>/<sub>2</sub> cups milk, scalded
  - 1 9-ounce package peppermint stick candy, crushed (1¼ cups) 2 cups which are seen
  - 2 cups whipping cream, whipped

Soften gelatin in cold milk; dissolve in hot milk. Add ¼ teaspoon salt and all but ¼ cup candy to hot milk; stir to dissolve. Freeze in refrigerator tray. Break up; beat smooth with electric mixer. Fold in cream and reserved candy. Tint pink. Freeze in refrigerator tray. Serves 6 to 8. 220 ice cream, sherbet

## PEACH ICE CREAM

- 2 cups finely chopped peaches
- <sup>1</sup>⁄<sub>4</sub> cup sugar
- 1 15-ounce can (1<sup>1</sup>/<sub>3</sub> cups) sweetened condensed milk
- 1 cup whipping cream, whipped
- <sup>1</sup>/<sub>3</sub> cup slivered almonds, toasted

To peaches, add sugar and ¼ cup water; mash. Add 1 to 2 drops *each* red and yellow food coloring. Drain, reserving juice. Add water to juice to make ¾ cup. Combine peaches, juice, and milk; pour into refrigerator trays. Freeze till firm. Break into chunks; beat fluffy with electric mixer. Fold in whipped cream and nuts. Return to trays. Freeze firm. Serves 8 to 10.

## REFRIGERATOR VANILLA ICE CREAM

1 rennet tablet

1 cup light cream

<sup>1</sup>/<sub>2</sub> cup sugar

1¼ teaspoons vanilla1 cup whipping cream, whipped

Crush rennet tablet in 1 tablespoon cold water; dissolve. Combine the light cream and sugar; heat slowly till warm (110°), not hot. Stir in rennet mixture. Add vanilla; stir quickly for a few seconds. Pour into refrigerator tray. Let mixture stand at room temperature for 10 minutes.

Freeze firm. Break in chunks with wooden spoon; turn into chilled bowl; beat smooth with electric mixer. Fold in whipped cream. Return quickly to *cold* tray; freeze firm. Makes 4 to 6 servings.

## LEMON SHERBET

Combine ¾ cup sugar, dash salt, and 1 cup water; bring to boiling; simmer 5 minutes. Cool. Add ½ cup light cream, then ½ cup lemon juice. Pour into refrigerator tray; freeze till firm.

Beat 2 egg whites to soft peaks; gradually add ¼ cup sugar, beating to stiff peaks. Break frozen mixture into chunks with wooden spoon; turn into chilled bowl. Beat with electric or rotary beater till smooth. Fold in egg whites. Return quickly to *cold* tray; freeze firm. Serves 6.

# PINEAPPLE SHERBET

- <sup>1</sup>/<sub>2</sub> envelope (1<sup>1</sup>/<sub>2</sub> teaspoons) unflavored gelatin
- 2 tablespoons cold water
- 2 cups buttermilk or sour milk
- <sup>3</sup>⁄<sub>4</sub> cup sugar
- 1 8<sup>3</sup>/<sub>4</sub>-ounce can (1 cup) crushed pineapple
- 1 teaspoon vanilla
- 1 egg white
- <sup>1</sup>⁄<sub>4</sub> cup sugar

Soften gelatin in cold water; dissolve over hot water. Combine buttermilk *or* sour milk, ¾ cup sugar, pineapple, vanilla, and gelatin; mix well. Turn into refrigerator tray. Freeze till firm.

Break in chunks; turn into chilled bowl; beat smooth with electric or rotary beater. Beat egg white to soft peaks; gradually add ¼ cup sugar, beating to stiff peaks. Fold into pineapple mixture. Return to *cold* tray. Freeze firm. Serves 4 to 6.

## **TUTTI-FRUTTI TORTONI**

Stir 1 pint vanilla ice cream to soften. Add ¼ cup chopped mixed candied fruits and peels, ¼ cup raisins, and 1¼ teaspoons rum flavoring. Spoon into 4 to 5 paper bake cups set in a muffin pan. Top each with a maraschino cherry half and whole toasted almonds. Freeze till firm.

## BAKED ALASKA

OVEN 500°

Trim a l-inch-thick piece of sponge*or* layer cake 1 inch larger on all sides than 1 quart *or* 2 pints brick-style ice cream\*; place cake on plate. Center ice cream on cake (place pints side by side). Cover; freeze firm. At serving time, beat 5 egg whites with 1 teaspoon vanilla and ½ teaspoon cream of tartar till soft peaks form. Gradually add ⅔ cup sugar, beating till stiff peaks form. Transfer cake with ice cream to baking sheet; spread with egg white mixture, scaling to edges of cake all around. Swirl to make peaks. Bake at 500° till golden, about 3 minutes. Slice; serve immediately. Makes 8 servings.

\*Note: If using half of  $\frac{1}{2}$  gallon ice cream, cut in half lengthwise.

## PUFF PASTRY

Chill 1 cup butter or margarine. Reserve 2 tablespoons; chill. Work remaining chilled butter with back of wooden spoon just till pliable. Pat or roll between sheets of waxed paper to 8x6-inch rectangle. Chill at least 1 hour in refrigerator or 20 minutes in freezer. (Chill utensils before each usc.)

Cut reserved 2 tablespoons butter into 1¾ cups sifted all-purpose flour till mixture resembles coarse meal. Gradually add ½ cup ice water, tossing with fork to make stiff dough. Shape in ball. Knead on *lightly* floured surface till smooth and elastic, about 5 minutes. Cover dough; let rest 10 minutes.

On lightly floured surface, roll dough in 15x9-inch rectangle. Peel waxed paper from one side of chilled butter; invert on half of dough. Remove waxed paper on top. Fold dough over to cover butter. Scal edges of dough. Wrap in waxed paper; chill thoroughly (1 hour).

Unwrap dough. On *lightly* floured surface, roll to 15x9-inch rectangle. (Roll from center just to edges.) Brush off excess flour; fold in thirds, then turn dough and fold in thirds again. Press edges to scal. Wrap and chill at least 1 hour. Repeat rolling, folding, and thorough chilling 2 or 3 times more. Shape Napoleons.

## NAPOLEONS

OVEN 450°

Roll Puff Pastry into 14x8-inch rectangle, % inch thick. Cut off all edges. Prick dough well with fork. Cut in sixteen 3½x 2-inch rectangles. Place on baking sheets covered with 3 or 4 thicknesses of paper towels. Chill well. Brush with mixture of 1 slightly beaten egg white and 1 tablespoon ice water.

<sup>6</sup> Bake at 450° for 6 minutes, then at 300° for 25 to 30 minutes, till lightly browned and crisp. Remove from pan; cool on rack. (If baked ahead, place on baking sheet covered with 4 thicknesses of paper towels; heat at 300° about 10 minutes.) Separate each pastry into layers. Spread between layers with French Custard Filling (page 146); glaze tops with thinned Confectioners' Icing (page 143). Makes 16.

## **ITALIAN SPUMONI**

- 1½ pints vanilla ice cream Rum flavoring to taste 6 maraschino cherries
- 1<sup>1</sup>/<sub>2</sub> pints pistachio ice cream
- <sup>1</sup>/<sub>3</sub> cup chopped pistachio nuts
- 3/4 cup whipping cream
- $\frac{1}{3}$  cup instant cocoa (dry)
- 1 10-ounce package frozen red raspberries, thawed
- $\frac{1}{2}$  cup whipping cream
- <sup>1</sup>/<sub>4</sub> cup sifted confectioners' sugar

Chill 2-quart metal mold in freezer. Stir vanilla ice cream just to soften; stir in rum flavoring. Refreeze till workable. Spread quickly in layer over bottom and sides of mold, bringing ice cream all the way to top. (If it tends to slip, refreeze till workable.) Circle cherries around bottom. Freeze.

Stir pistachio ice cream to soften; stir in nuts. Refreeze till workable. Quickly spread over first layer. Freeze.

Combine ¾ cup cream and cocoa; whip to peaks. Quickly spread over pistachio layer. Freeze. Drain berries (discard syrup); sieve. Mix ½ cup cream, sugar, and dash salt; whip to peaks. Fold in berry pulp. Pile into mold; smooth top. Cover with foil. Freeze 6 hours. Peel off foil. Invert on chilled plate. Rub mold with hot towel; lift off mold. Cut in wedges to serve. Makes 12 to 16 servings.

## CREAM PUFFS

 ½ cup butter or margarine

 1 cup boiling water

 1 cup sifted all-purpose flour

 ¼ teaspoon salt

 4 eggs
 OVEN 400°

Melt butter in 1 cup boiling water. Add flour and salt all at once; stir vigorously. Cook and stir till mixture forms a ball that doesn't separate. Remove from heat; cool slightly. Add eggs, one at a time, beating after each till smooth.

Drop by heaping tablespoons 3 inches apart on greased cookie sheet. Bake at 400° till golden brown and puffy, about 30 minutes. Remove from oven; split. Cool on rack. Makes 10.



Raspberry Bombe is a frozen spectacular. Molded layers of sherbet, ice cream, and

# **RASPBERRY BOMBE**

- 3 pints red raspberry sherbet
- 2 pints pink peppermint or strawberry ice cream

• •

- 1 cup whipping cream
- 3 tablespoons confectioners' sugar Dash salt
- <sup>1</sup>/<sub>4</sub> cup finely chopped mixed candied fruits and peels
- 1/4 cup finely chopped almonds, toasted Rum flavoring to taste

Chill a 2½-quart metal mold in freezer. Stir sherbet just to soften. With chilled spoon, quickly spread over bottom and sides of mold; be sure sherbet comes to top. (If it slips down, refreeze in mold till workable.) Freeze firm. fruit-filled whipped cream are trimmed with fresh mint and frosted red grapes.

Stir the ice cream just to soften. Quickly spread over raspberry layer, covering completely. Freeze firm. Whip cream with sugar and salt to soft peaks. Fold in fruits, nuts, and flavoring. Pile into center of mold, smoothing top. Cover with foil; freeze 6 hours or overnight. Peel off foil. Invert mold on *chilled* plate. Rub mold with hot damp towel to loosen; lift off mold. Serves 12 to 16.

## **ECLAIRS**

Mix dough as directed for Cream Puffs (page 221). Put through a pastry tube or paper cone making 4-inch strips, <sup>3</sup>/<sub>4</sub> inch wide on greased cookie sheet. Bake, split, and cool as for Cream Puffs. Frost with chocolate icing. Fill with double recipe of French Custard Filling (page 146) just before serving. Makes 14 eclairs.

## CHOCOLATE SOUFFLE

OVEN 325°

Beat 3 egg yolks till thick and lemon-colored; set aside. In saucepan, melt 2 tablespoons butter. Stir in 2 tablespoons allpurpose flour and ¼ teaspoon salt. Add ¾ cup milk all at once. Cook, stirring constantly, till mixture is thickened and bubbly. Stir moderate amount of hot mixture into beaten egg yolks; mix well. Return to remaining hot mixture in saucepan; cook and stir 2 minutes. Remove from heat.

Stir together two 1-ounce squares unsweetened chocolate, melted and cooled, ¼ cup sugar, and 2 tablespoons hot water. Stir chocolate mixture into egg mixture.

Beat 3 egg whites and ½ teaspoon vanilla till soft peaks form; gradually add ¼ cup sugar, beating to stiff peaks. Fold the egg whites into chocolate mixture. Turn into 1½-quart souffle dish. Bake at 325° till knife inserted just off-center comes out clean, 55 to 60 minutes. Serve immediately with sweetened whipped cream. Serves 6.

## **ORANGE SOUFFLE**

OVEN 325°

Melt <sup>1</sup>/<sub>4</sub> cup butter; blend in <sup>1</sup>/<sub>3</sub> cup allpurpose flour and dash salt. Add 1 cup milk. Cook and stir till thickened and bubbly. Remove from heat; stir in 1 tcaspoon grated orange peel and <sup>1</sup>/<sub>2</sub> cup orange juice. Beat 6 egg yolks till thick and lemon-colored (5 minutes). Slowly add orange mixture to egg yolks; stir constantly.

Beat 6 egg whites to soft peaks. Gradually add ¼ cup sugar, beating to stiff peaks. Carefully fold orange mixture into whites. Pour into *ungreased* 2-quart souffle dish with foil collar. (Measure foil to go around dish; fold in thirds. Butter well; sprinkle with sugar. Extend collar 2 inches above dish; fasten with tape.)

Bake at 325° for 1 hour and 15 minutes or till knife inserted halfway between center and edge comes out clean. Serve at once with Orange Sauce. Serves 8 to 10.

Orange Sauce: Combine ½ cup sugar, 2 tablespoons cornstarch, and dash salt. Stir in 1½ cups orange juice. Cook and stir till thick and boiling. Remove from heat; add 1 tablespoon butter and 1 orange, sectioned and diced. Serve warm.

# CHOCOLATE-MINT FONDUE

- 1 15-ounce can sweetened condensed milk
- 1 1-pint jar marshmallow creme
- 1 6-ounce package semisweet chocolate pieces
- <sup>1</sup>/<sub>3</sub> cup crushed butter mints
- <sup>1</sup>/<sub>4</sub> cup milk
- 2 tablespoons creme de cacao Apple or banana dippers

In saucepan, combine first 4 ingredients. Cook and stir over low heat till chocolate melts. Stir in milk and creme de cacao. Transfer to fondue pot; place over fondue burner. Spear dipper with fondue fork; dip into fondue. Makes 6 to 8 servings.

## CHERRY PUFF

OVEN 325°

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Drain a 1-pound 4-ounce can pitted tart red cherries (water pack), reserving ½ cup liquid. Chop cherries; add liquid, ½ cup sugar, and 2 tablespoons quick-cooking tapioca. Cook and stir till thickened. Beat 2 egg whites, ¼ teaspoon cream of tartar, and dash salt to soft peaks; gradually add ¼ cup sugar, beating to stiff peaks. Beat 2 egg yolks till thick and lemon-colored. Fold yolks into whites. Sift ⅓ cup sifted cake flour over; fold in. Pour cherry mixture into 8x8x2-inch baking dish. Pour batter over. Bake at 325° for 30 minutes. Serve warm with ice cream. Serves 6.

## LEMON-ANGEL DESSERT

Mix  $\frac{1}{2}$  cup sugar, 1 envelope unflavored gelatin, and dash salt; add 2 beaten eggs and ½ cup water. Cook and stir till gelatin dissolves and mixture thickens slightly. Remove from heat; stir in one 6-ounce can frozen lemonade concentrate, thawed, and few drops yellow food coloring. Chill till just partially set. Chill one 14<sup>1</sup>/<sub>2</sub>-ounce can evaporated milk icy cold; whip in chilled bowl. Fold into gelatin mixture. Rub brown crumbs from 10-inch angel cake. Tear cake into bite-size pieces. Cover bottom of 10-inch tube pan with thin layer of gelatin mixture. Arrange  $\frac{1}{3}$  of cake on top. Pour 1/3 remaining gelatin over. Repeat twice. Chill firm. Unmold. Serves 12.

## KONA COFFEE TORTE

- 1½ tablespoons instant coffee powder
  - 1 cup cold water
  - 6 egg yolks
  - 2 cups sugar
    - . . . .
  - 2 cups sifted all-purpose flour
  - 3 teaspoons baking powder
- <sup>1</sup>/<sub>4</sub> teaspoon salt
- 1 teaspoon vanilla
- 1 cup ground walnuts
- 6 stiffly beaten egg whites Orange Filling Mocha Frosting

OVEN 325°

Dissolve coffee powder in 1 cup cold water. Beat yolks till light and fluffy. Gradually add sugar, beating till thick. Sift together dry ingredients; add to yolks alternately with coffee, beating after each addition. Add vanilla and nuts. Fold in stiffly beaten egg whites.

Bake in 3 paper-lined 9x1½-inch round pans in slow oven (325°) for 30 minutes or till done. Cool 10 minutes. Remove from pans; cool. Fill cake with Orange Filling; frost top with Mocha Frosting.

Orange Filling: Cream 1 cup butter or margarine. Add 2 cups sifted confectioners' sugar; cream well. Beat in 2 teaspoons cocoa (regular-type, dry), ½ teaspoon instant coffee powder, and 2 tablespoons each cold water and orange juice.

Mocha Frosting: Mix 2 cups sifted confectioners' sugar, 2 teaspoons cocoa (regular-type, dry), and  $\frac{1}{2}$  teaspoon instant coffee powder; add 2 tablespoons cold water, 3 tablespoons butter, melted, and  $\frac{1}{2}$  teaspoon vanilla. Beat till frosting is of spreading consistency.

## **BROWNIE TORTE**

OVEN 325°

Beat 3 cgg whites, ½ teaspoon vanilla, and dash salt to soft peaks. Gradually add ¾ cup sugar; beat to stiff peaks. Fold in ¾ cup fine chocolate-wafer crumbs and ½ cup chopped walnuts. Spread in buttered 9-inch pie plate. Bake in a slow oven (325°) for 35 minutes. Cool well; top with sweetened whipped cream; chill 3 to 4 hours. Trim with chocolate curls.

# LEMON ANGEL TORTE

OVEN 450°

*Torte Shell:* Beat 4 egg whites with electric mixer till foamy. Add ¼ teaspoon *each* salt and cream of tartar. Gradually beat in ¾ cup sugar, beating to very stiff peaks, about 7 minutes. Spread in *well-buttered* 9-inch pie plate. Place in 450° *preheated* oven; turn off heat. Let stand in closed oven 5 hours or overnight (don't peek).

*Filling:* In top of double boiler, beat 4 egg yolks till thick and lemon-colored. Gradually beat in 1 tablespoon grated lemon peel, 3 tablespoons lemon juice, <sup>1</sup>/<sub>2</sub> cup sugar, and dash salt. Stir over boiling water till thick, 8 minutes; cover; cool.

Whip 1 cup whipping cream. Spread *half* the cream in shell. Spoon in Filling; cover Filling and entire shell with rest of cream. Chill 5 hours or overnight. Serves 8.

## APPLE DUMPLINGS

| 2 | cups | water |
|---|------|-------|
|---|------|-------|

- 1½ cups sugar
- 1/4 teaspoon ground cinnamon
- <sup>1</sup>/<sub>4</sub> teaspoon ground nutmeg
- 8 drops red food coloring
- <sup>1</sup>/<sub>4</sub> cup butter or margarine
- 2 cups sifted all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- <sup>3</sup>⁄<sub>4</sub> cup shortening
- <sup>1</sup>/<sub>2</sub> cup milk

6 small, whole apples, pared and cored OVEN 375°

For syrup, mix first 5 ingredients; cook 5 minutes. Remove from heat; add butter.

Sift together dry ingredicnts; cut in shortening till mixture resembles coarse crumbs. Add milk all at once; stir just till flour is moistened. On lightly floured surface, roll to 18x12-inch rectangle.

Cut in six 6-inch squares. Place apple on each. Sprinkle apples generously with additional sugar, cinnamon, and nutmeg; dot with additional butter. Moisten edges of pastry. Bring corners to center and pinch edges together. Place 1 inch apart in ungreased 13x9x2-inch baking pan. Pour syrup over dumplings. Bake at 375° for 35 to 40 minutes. Serve warm with cream. Makes 6 servings.

225 fruit desserts

# **BAKED APPLES**

OVEN 350°

Core 6 large baking apples; pare strip from top of each. Place in 10x6x1½-inch baking dish. Fill apples with ¾ cup raisins or chopped dates.

Combine 1 cup brown sugar, 1 cup water, 2 tablespoons butter, ½ teaspoon ground cinnamon, and ½ teaspoon ground nutmeg; bring to boil. Pour hot syrup around apples. Bake uncovered at 350° about 60 minutes, basting occasionally. Serve warm with cream. Serves 6.

## STRAWBERRY SHORTCAKE

Shortcake

3 to 4 cups sugared sliced strawberries1 cup whipping cream, whipped

*Shortcake:* Sift together 2 cups sifted all-purpose flour, 2 tablespoons sugar, 3 teaspoons baking powder, and ½ teapoon salt. Cut in ½ cup butter till mixture resembles coarse crumbs. Mix 1 beaten egg and ½ cup light cream; add all at once to dry mixture; stir just enough to moisten.

Spread dough in greased 8x1½-inch round pan, building up edges slightly. Bake at 450° for 15 to 18 minutes. Remove from pan; cool on rack 5 minutes. Split in 2 layers; lift top off carefully. Butter bottom layer. Spoon berries and cream between layers and over top. Serve warm.

## SPONGE SHORTCAKE

OVEN 350°

Sift together 1 cup sifted all-purpose flour, 1 teaspoon baking powder, and ¼ teaspoon salt. Beat 2 eggs till thick and lemoncolored, about 3 minutes at high speed on mixer. Gradually add 1 cup sugar, beating at medium speed 5 minutes.

By hand, quickly fold dry ingredients into egg mixture. Add 2 tablespoons butter to ½ cup *hot* milk. Stir into batter with 1 teaspoon vanilla. Blend well. Pour into paper-lined 8x8x2-inch baking pan. Bake at 350° for 25 to 30 minutes. Cool in pan 15 minutes; remove from pan. Top with sweetened fruit and whipped cream.

## INDIVIDUAL SHORTCAKES

OVEN 450°

Prepare dough for Strawberry Shortcake. Knead gently on floured surface for ½ minute. Pat or roll to ½ inch thickness. Cut 6 biscuits with floured 2½-inch cutter. Bake on ungreased baking sheet at 450° about 10 minutes. Split; butter bottom layers. Fill and top with fresh fruit and whipped cream. Serve warm. Serves 6.

# FRUIT COBBLERS

OVEN 400°

For biscuit topper, sift together 1 cup sifted all-purpose flour, 2 tablespoons sugar, 1½ teaspoons baking powder, and ¼ teaspoon salt. Cut in ¼ cup butter till mixture resembles coarse crumbs. Combine ¼ cup milk and 1 slightly beaten egg. Add all at once to dry ingredients, stirring just to moisten. Set aside.

Prepare Cherry, Peach, Apple, or Rhubarb filling. Pour filling into 8¼x1¾-inch round baking dish. Immediately spoon on biscuit topper in 6 mounds. Bake at 400° for 20 to 25 minutes. Serve warm with cream or ice cream. Makes 6 servings.

**Cherry:** Combine one I-pound 4-ounce can pitted tart red cherries (water pack) with juice, ½ cup sugar, 1 tablespoon quick-cooking tapioca, and few drops red food coloring in a saucepan. Let stand 5 minutes. Cook and stir till slightly thickened and bubbly, about 5 minutes. Stir in 1 tablespoon butter or margarine.

**Peach:** Combine 1½ tablespoons cornstarch, ¼ teaspoon ground mace, ½ cup brown sugar, and ½ cup water in saucepan. Cook and stir till thickened. Add 4 cups sliced peaches, 1 tablespoon lemon juice, and 1 tablespoon butter. Cook till peaches are hot, about 5 minutes.

**Apple:** Combine 1 cup sugar, 2 tablespoons all-purpose flour, ½ teaspoon ground cinnamon, and ¼ teaspoon ground nutmeg. Toss with 6 cups sliced pared apples. Cook and stir over medium heat till almost tender, about 7 minutes.

**Rhubarb:** Combine 1 cup sugar, 2 tablespoons cornstarch, ¼ teaspoon ground cinnamon, 1 tablespoon *each* water and butter, and 4 cups 1-inch slices rhubarb. Bring to boil. Cook and stir 1 minute.



## APPLE BETTY

- 4 cups sliced pared tart apples or 1 1-pound 2-ounce can pie-sliced apples, drained
- 1/4 cup orange juice
- 1 cup sugar
- 3/4 cup sifted all-purpose flour
- 1/2 teaspoon ground cinnamon
- <sup>1</sup>/<sub>4</sub> teaspoon ground nutmeg
- <sup>1</sup>/<sub>2</sub> cup butter

OVEN 375°

Mound apples in buttered 9-inch pie plate; sprinkle with orange juice. Combine sugar, flour, spices, and dash salt; cut in butter till mixture is crumbly; sprinkle over apples. Bake at 375° for 45 minutes or till apples are tender and topping is crisp. Serve warm with cream. Serves 6.

## **CHERRIES JUBILEE**

- 1 1-pound can (2 cups) pitted dark sweet cherries
- $\frac{1}{4}$  cup sugar
- 2 tablespoons cornstarch <sup>1</sup>⁄<sub>4</sub> cup brandy, kirsch, or cherry brandy Vanilla ice cream

Drain cherries; reserve syrup and add water to make 1 cup. In saucepan, blend sugar and cornstarch; gradually add syrup. Mix well. Stir over medium heat till thick and bubbly. Remove from heat; stir in cherries. Turn into silver or heat-proof bowl. Heat brandy. Ignite brandy and pour or ladle over cherry mixture. Blend into sauce. Serve at once over ice cream. Makes 2 cups sauce.

# HOT FRUIT COMPOTE

1 1-pound package dried prunes 1<sup>1</sup>/<sub>3</sub> cups dried apricots

- 1 13<sup>1</sup>/<sub>2</sub>-ounce can (1<sup>2</sup>/<sub>3</sub> cups) pineapple chunks, undrained
- 1 1-pound 5-ounce can cherry pie filling

<sup>1</sup>/<sub>4</sub> cup dry white wine

ne OVEN 350°

Arrange first 3 fruits in 9x9x2-inch baking dish. Combine pie filling, 2 cups water, and wine; pour over fruit. Cover; bake at 350° for 1½ hours. Serve warm. Serves 8.

# SWEDISH FRUIT SOUP

- 1 11-ounce package (1<sup>3</sup>/<sub>4</sub> cups) mixed dried fruits
- 1/2 cup light raisins
- 3 to 4 inches stick cinnamon
- 4 cups water
- 1 medium unpared orange, thinly sliced and halved
- 1 1-pint 2-ounce can (2<sup>1</sup>/<sub>4</sub> cups) pineapple juice
- 1/2 cup currant jelly
- <sup>1</sup>/<sub>4</sub> cup sugar
- 2 tablespoons quick-cooking tapioca
- 1/4 teaspoon salt

In a large saucepan, combine mixed fruits, raisins, cinnamon, and water. Bring to boiling; simmer, uncovered, till fruits are tender, about 30 minutes. Add remaining ingredients. Bring to a boil; cover; cook over low heat 15 minutes longer, stirring occasionally. Remove stick cinnamon. Serve warm or chilled. Serves 8 to 10.

# HOW TO COOK DRIED FRUIT

Rinse fruit and cover with water 1 inch above fruit in saucepan. Cover; simmer gently for time specified in chart. If desired, add sugar last 5 minutes of cooking.

To plump raisins, cover with water in saucepan. Bring to boiling; remove from heat; let stand covered 5 minutes.

| DRIED FRUIT  | COOKING<br>TIME IN<br>MINUTES* | SUGAR/CUP<br>UNCOOKED<br>FRUIT |
|--------------|--------------------------------|--------------------------------|
| Apples       | 20 to 30                       | 4 tablespoons<br>per cup       |
| Apricots     | 20 to 25                       | 3 to 4 tablespoons<br>per cup  |
| Figs         | 40 to 45                       | 1 tablespoon<br>per cup        |
| Mixed Fruits | 25 to 30                       | 2 to 3 tablespoons<br>per cup  |
| Peaches      | 30 to 35                       | 3 to 4 tablespoons<br>per cup  |
| Pcars        | 30 to 35                       | 3 to 4 tablespoons<br>per cup  |
| Prunes       | 25 to 30                       | 2 tablespoons<br>per cup       |

\*Some dried fruits are processed to cut cooking time. See cooking directions on package.