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PUDDINGS

PRACTICAL POINTS ON STEAMED ARTICLES.

1. The articles to be steamed may be poured into a well oiled mold and placed in a tightly covered steamer. If the mold has no cover, place oiled paper over the top.

2. If no steamer is available pour the article to be cooked into the well oiled tins (baking powder cans can be utilized), cover tightly, and place on a rack in a kettle of boiling water. Cover the kettle tightly.

Time for cooking will vary with the size of the mold, from 20 minutes to 5 hours.

STEAMED MOLASSES PUDDING.

3 T melted butter  ¼ t salt
½ c molasses  ¼ t cinnamon
½ c milk  ¼ t cloves
1 2-3 c flour, sifted with ¼ t nutmeg
spices and soda 1 c raisins or dates cut and
½ t soda  dredged with part of flour

Mix butter with molasses and milk. Add flour. Turn into well oiled mold and steam 1 hour or steam 20 minutes in individual molds.

SAUCE.

2 c brown sugar  1 T butter
2 T flour  2 c boiling water

Mix butter, flour and sugar and pour over it the boiling water. Boil until of the consistency of cream.

All measurements are level. c-cup; t-teaspoon; T-tablespoon.
STEAMED CHOCOLATE PUDDING.

1 egg 2 T melted butter
⅝ c milk 1⅛ c flour
⅝ c sugar 2 t baking powder
1 sq. chocolate sifted with flour
vanilla to flavor

Beat egg, add sugar, milk, flavoring, flour, melted butter and lastly the melted chocolate. Pour into a buttered mold and steam about 1 hour, or steam in individual molds.

SAUCE.

Beat yolks and white of 3 eggs separately and then together. Sweeten and flavor to taste.

STEAMED GRAHAM PUDDING.

2 c graham flour 1 c raisins
1 c molasses 2 t cinnamon
1 c milk ½ t nutmeg
2 T butter (melted) 1 t soda
1 t baking powder

Mix and sift dry ingredients. Add the remaining ingredients. Pour into buttered mold. Cover and steam 3 hours. Serve with sauce for chocolate pudding.

SUET PUDDING.

1 c finely chopped suet ½ c currants
1 c molasses 1 t salt
1 c milk ½ t ginger
3 c flour ½ t cloves
1 t soda ½ t nutmeg
1 c raisins 2 t cinnamon

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Turn into buttered mold, cover and steam 3 hours. Serve with sauce for Steamed Molasses Pudding.
COTTAGE PUDDING.

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\begin{align*}
\frac{1}{4} \text{ c butter} & \quad \text{1 c milk} \\
2-3 \text{ c sugar} & \quad 2\frac{1}{4} \text{ c flour} \\
1 \text{ egg} & \quad 4 \text{ t baking powder} \\
\frac{1}{2} \text{ t salt} & \quad \text{sifted with flour}
\end{align*}
\]

Cream butter, add sugar, then beaten egg; add milk and flour alternately; turn into a buttered cake pan and bake 35 minutes. This may be served with any sauce desired.

NUT AND DATE PUDDING.

\[
\begin{align*}
2 \text{ eggs} & \quad 1 \text{ t baking powder} \\
\frac{1}{2} \text{ c sugar} & \quad 1 \text{ c nuts} \\
4 \text{ T flour} & \quad 1 \text{ c dates}
\end{align*}
\]

Juice of \(\frac{1}{2}\) lemon poured over pudding after it is baked. Bake 20 or 25 minutes in a moderate oven. Serve with cream.

SHORT CAKE FRUIT DUMPLING OR COBBLER DOUGH.

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\begin{align*}
2 \text{ c flour} & \quad \frac{3}{4} \text{ t salt} \\
4 \text{ t baking powder} & \quad 4 \text{ T shortening} \\
2 \text{ T sugar} & \quad \frac{3}{4} \text{ c milk (about)} \\
\text{(an egg may be added and less milk used)}
\end{align*}
\]

Mix dry ingredients, add shortening and milk.
SAUCES.

EVERYDAY SAUCE.

1/2 c sugar  2 T butter
1 c boiling water  1 T lemon juice or neutral
1 T cornstarch  1 t vanilla
grated rind 1/4 lemon (if lemon juice is used)

Mix sugar and cornstarch, stir into boiling water. Boil 7 minutes. Take from fire, and add butter and seasoning.

FRUIT SAUCE.

Thicken syrup from canned fruits with cornstarch and sweeten to taste.

CREAM SAUCE.

2 eggs  2 c sugar
1 lemon (rind and juice)  1 c grated apple

Beat the yolks and add sugar; add rind and juice of lemon, then the beaten whites, and gradually the apples. Cook 3 minutes in a double boiler.

ORANGE SAUCE.

1/2 c sugar  2 1/2 T flour
1 c orange juice  9066  1 T butter
1 1/2 T lemon juice  1/2 orange rind

Mix sugar and flour, add orange juice gradually. Boil 5 minutes. Remove from fire and add butter, lemon juice and orange rind.

CHOCOLATE SAUCE.

1 c water  1/2 c sugar
1 stick cinnamon  1 sq. chocolate
1/2 c milk  1 1/2 T cornstarch
1/8 t salt  1 t vanilla

Cook sugar, cornstarch, water and cinnamon together; add melted chocolate mixed with hot milk; add salt. Beat and then remove from fire and add vanilla. Serve hot.