

COOPERATIVE HOME ECONOMICS EXTENSION CIRCULAR

NUMBER 7.

APRIL 1, 1916.

Montana State College of Agriculture and Mechanic Arts and the
U. S. Department of Agriculture, Cooperating.
Acts of Congress of May 8 and June 30, 1914.

SIMPLE DESSERTS

BAKED CUSTARD

4 c milk	$\frac{1}{2}$ c sugar
6 eggs	$\frac{1}{4}$ t salt
nutmeg	

Beat eggs slightly; add sugar and salt. Pour on gradually the scalded milk. Pour into a baking dish or individual custard cups and sprinkle with nutmeg. Set in a pan of hot water on folds of paper, and bake in a slow oven until custard is firm. Test with a knife blade. Remove from pan and set in a pan of cold water to cool quickly.

FLOATING ISLAND—Soft Custards

7 eggs (reserve whites of 2 for islands)	4 c milk
$\frac{1}{2}$ c sugar	$\frac{1}{4}$ t salt
	Flavoring
4 T powdered sugar	

Beat eggs slightly; add sugar. Pour on gradually the scalded milk. Cook in a double boiler until custard coats the spoon. Place dish in pan of cold water to cool quickly—add flavoring and salt. Beat the whites of the 2 eggs until stiff. Add the powdered sugar. Drop like islands on the custard.

Note: The above custard may be used as a pudding sauce.

PLAIN BREAD PUDDING

4 c stale bread (cut into $\frac{1}{2}$ in. cubes)	$\frac{1}{2}$ c sugar
4 c milk	$\frac{1}{4}$ t salt
2 T butter	$\frac{1}{4}$ c raisins
	4 eggs

Mix as for baked custard—add bread and raisins last. Bake in a moderate oven until firm.

All measurements level. c-cup; t-teaspoon; T-tablespoon.

Variation—LEMON BREAD PUDDING.

Make same as plain bread pudding only use 2 c soft bread crumbs in place of 4 c stale bread, and add grated rind of 1 lemon. When pudding is baked, remove from oven and pour over it the juice of 2 lemons. Cover with a meringue made from whites of two eggs and 2 T of powdered sugar. Bake until a delicate brown.

CHOCOLATE BREAD PUDDING

Same as Lemon Bread Pudding. Instead of lemon use 2 squares of chocolate or 2 oz. cocoa.

SNOW BALLS

1 c pineapple	½ c cold water
1½ c pineapple juice	4 t gelatine (soaked in the
2 c cold boiled rice	cold water)
½ c sugar	white nut meats may be added

PRUNE PUDDING

¾ lb. prunes	1-3 c sugar
whites 4 eggs	

Wash and pick over prunes. Put in saucepan. Cover with cold water and soak two hours. Cook in same water until soft. Remove stones and cut prunes in small pieces; sprinkle with sugar. Beat whites of eggs until stiff and add prunes gradually. Pour into a slightly buttered baking dish and bake in a slow oven until firm (about 20 min.) Serve with custard sauce or whipped cream.

NORWEGIAN PRUNE PUDDING

1 lb. prunes	4 in. piece cinnamon or
1 c cold water	almond flavoring
1 c sugar	2 c boiling water
12 T Corn starch	2 T lemon juice

Soak prunes 1 hr. in cold water and boil until soft; remove stones, obtain meat from stones and add to prunes; add sugar, cinnamon and boiling water. Dilute corn starch with cold water, add to prune mixture and cook 5 min. over fire flame and 10 min. in double boiler. Add lemon juice, chill and serve with cream.

STUFFED FRUNES

Remove stones from prunes. Fill cavities with marshmallows. Place in oven until marshmallows are a golden brown. Serve with whipped cream.

APRICOT SHERBERT

¾ lb. dried apricots (cooked and forced through a sieve)	¾ c lemon juice
2½ quarts water	2½ c sugar
	1 egg white
1 T powdered sugar	

APPLE PUDDING

¼ c melted butter	4 c bread crumbs
4 c sliced apples	6 T water
1-3 c sugar	Juice of lemon or orange
Grated rind of lemon or orange	Nutmeg

Put buttered crumbs into a-baking dish in alternate layers with the apples, making the last layer of crumbs. Sprinkle each layer of apples with fruit juice, water, nutmeg, grated rind and sugar. Bake 45 min. in a moderate oven. Cover the dish during the first half of baking.

LEFT OVERS

Steam stale cake and serve with a suitable pudding sauce.

RICE PUDDING

1 c cooked rice	2 T sugar
1 c scalded milk	⅛ t salt
1 T butter	¼ c raisins
	1 egg

Scald milk and add butter. Beat egg, add sugar and salt and pour on slowly the scalding milk. Put in pudding dish with rice and raisins. Put bits of butter on top and bake in a moderate oven until custard is set.

RICE WITH FRUIT

4 T rice	2 c boiling water.
1 to 1½ c milk	½ t salt

Drop rice into boiling salted water. Cook over flame 5 min. Transfer to double boiler, adding milk as cooking continues. Cook

until grains are tender. Drain and press into a mold while hot. When cool, turn from mold. If desired, remove rice from top and fill cavity with cooked apple or other fruit. Serve with custard sauce.

SNOW PUDDING

1 T granulated gelatine	1 c sugar
$\frac{1}{4}$ c cold water	$\frac{1}{4}$ c lemon juice
1 c boiling water	whites 3 eggs
1 t lemon extract	

Soften gelatine in cold water, add boiling water to dissolve. Add sugar, fruit juice and extract; and stir until sugar is dissolved. Strain and let stand in a cool place until nearly set. Add the whites of the eggs, beaten. Beat mixture until light and spongy. Mold. Serve with custard sauce.

FRUIT WHIP

2 T powdered sugar	$\frac{1}{2}$ c fruit (cut in
1 white of egg	fine pieces)

Beat white of egg, add the sugar and fruit. Beat lightly. Chill. Serve with sauce.

ORANGE SAUCE

Grated rind $\frac{1}{2}$ lemon	few grains salt
juice $\frac{1}{2}$ lemon	yolks 2 eggs
$\frac{1}{2}$ c orange juice	1-3 c sugar
whites 2 eggs	

Make a custard of grated rind, fruit juices, sugar, salt and egg yolks. When mixture is cooked, add whites beaten stiff.

CHOCOLATE GELATINE

2 oz. chocolate	1 envelope gelatine
3 c scalded milk	1 c boiling water
$\frac{1}{2}$ c cold water	1 scant c sugar
Vanilla and lemon in equal parts	