

 **Bartleby.com**
Great Books Online

Reference Verse Fiction Nonfiction

Search

[Home](#) | [Subjects](#) | [Titles](#) | [Authors](#)

[Thesaurus](#) | [Quotations](#) | [English Usage](#)

[Reference](#) > [Farmer's Cookbook](#) > COLD DESSERTS

< [PUDDING SAUCES](#)

[ICES, ICE CREAMS, AND OTHER FROZEN DESSERTS](#) >

[CONTENTS](#) · [BIBLIOGRAPHIC RECORD](#)

Chapter XXV. COLD DESSERTS.

Irish Moss Blanc-Mange

1

$\frac{1}{3}$ cup Irish moss
 $\frac{1}{4}$ teaspoon salt

4 cups milk
 $1\frac{1}{2}$ teaspoons vanilla

Soak moss fifteen minutes in cold water to cover, drain, pick over, and add to milk; cook in double boiler thirty minutes; the milk will seem but little thicker than when put on to cook, but if cooked longer blanc-mange will be too stiff. Add salt, strain, flavor, re-strain, and fill individual moulds previously dipped in cold water; chill, turn on glass dish, surround with thin slices of banana, and place a slice on each mould. Serve with sugar and cream.

Chocolate Blanc-Mange

2

Irish Moss Blanc-Mange flavored with chocolate. Melt one and one-half squares unsweetened chocolate, add one-fourth cup sugar and one-third cup boiling water, stir until perfectly smooth, adding to milk just before taking from fire. Serve with sugar and cream.

Rebecca Pudding

3

4 cups scalded milk $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup corn-starch $\frac{1}{2}$ cup cold milk
 $\frac{1}{4}$ cup sugar 1 teaspoon vanilla

Whites 3 eggs

Mix corn-starch, sugar, and salt, dilute with cold milk, add to scalded milk, stirring constantly until mixture thickens, afterwards occasionally; cook fifteen minutes. Add flavoring and whites of eggs beaten stiff, mix thoroughly, mould, chill, and serve with Yellow Sauce I or II.

Moulded Snow

4

Make same as Rebecca Pudding, and serve with Chocolate Ice.

Chocolate Cream

5

2 cups scalded $1\frac{1}{2}$ squares

milk	unsweetened chocolate
5 tablespoons corn-starch	
1/2 cup sugar	3 tablespoons hot water
1/4 teaspoon salt	Whites 3 eggs
1/3 cup cold milk	1 teaspoon vanilla

Mix corn-starch, sugar, and salt, dilute with cold milk, add to scalded milk, and cook over hot water ten minutes, stirring constantly until thickened; melt chocolate, add hot water, stir until smooth, and add to cooked mixture; add whites of eggs beaten stiff, and vanilla. Mould, chill, and serve with cream.

Pineapple Pudding

6

2 ³ / ₄ cups scalded milk	1/4 cup sugar
1/4 cup cold milk	1/4 teaspoon salt
1/3 cup corn- starch	1/2 can grated pineapple

Whites 3 eggs.

Follow directions for Rebecca Pudding, and add pineapple just before moulding. Fill individual moulds, previously dipped in cold water. Serve with cream.

Caramel Junket

7

2 cups milk	Few grains salt
1/3 cup sugar	1 teaspoon vanilla
1/3 cup boiling water	Whipped cream, sweetened and flavored
1 junket tablet	

Chopped nut meats

Heat milk until lukewarm. Caramelize sugar, add boiling water, and cook until syrup is reduced to one-third cup. Cool, and add milk slowly to syrup. Reduce junket tablet to powder, using a small mallet, add to mixture, with salt and vanilla. Turn into a glass dish, let stand in warm place until set, then chill. Cover with whipped cream and sprinkle with chopped nuts.

Boiled Custard

8

2 cups scalded milk	1/4 cup sugar
Yolks 3 eggs	1/8 teaspoon salt
	1/2 teaspoon vanilla

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on the spoon, strain immediately; chill and flavor. If cooked too long the custard will curdle; should this happen, by using an egg-beater it may be restored to a smooth consistency, but custard will not be as thick. Eggs should be beaten slightly for custard, that it may be of smooth, thick consistency. To prevent scum from forming, cover with a perforated tin. When eggs are scarce, use yolks two eggs and one-half tablespoon corn-starch.

Tipsy Pudding

9

Flavor Boiled Custard with Sherry wine, and pour over slices of stale sponge cake; cover with Cream Sauce I or II.

Peach Custard

10

Arrange alternate layers of stale cake and sections of canned peaches in glass dish and pour over Boiled Custard. Bananas may be used instead of peaches; it is then called *Banana Custard*.

Orange Custard

11

Arrange slices of sweet oranges in glass dish, pour over them Boiled Custard; chill, and cover with Meringue I.

Apple Meringue

12

Use Meringue I and pile lightly on baked apples, brown in oven, cool, and serve with Boiled Custard. Canned peaches, drained from their liquor, may be prepared in the same way.

Apple Snow

13

Whites 3 eggs $\frac{3}{4}$ cup apple pulp

Powdered sugar.

Pare, quarter, and core four sour apples, steam until soft, and rub through sieve; there should be three-fourths cup apple pulp. Beat on a platter whites of eggs until stiff (using wire whisk), add gradually apple sweetened to taste, and continue beating. Pile lightly on glass dish, chill, and serve with Boiled Custard.

Prune Whip

14

$\frac{1}{3}$ lb. prunes $\frac{1}{2}$ cup sugar

Whites 5 $\frac{1}{2}$ tablespoon lemon
eggs juice

Pick over and wash prunes, then soak several hours in cold water to cover; cook in same water until soft; remove stones and rub prunes through a strainer, add sugar, and cook five minutes; the mixture should be of the consistency of marmalade. Beat whites of eggs until stiff, add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding-dish, bake twenty minutes in slow oven. Serve cold with Boiled Custard.

Raspberry Whip

15

$1\frac{1}{4}$ cups 1 cup powdered
raspberries sugar

White 1 egg

Put ingredients in bowl and beat with wire whisk until stiff enough to hold in shape; about thirty minutes will be required for beating. Pile lightly on dish, chill, surround with lady fingers, and serve with Boiled Custard.

Strawberry Whip may be prepared in same way.

16

Baked Custard

17

4 cups scalded milk $\frac{1}{2}$ cup sugar
 4 to 6 eggs $\frac{1}{4}$ teaspoon salt

Few gratings nutmeg

Beat eggs slightly, add sugar and salt, pour on slowly scalded milk; strain in buttered mould, set in pan of hot water. Sprinkle with nutmeg, and bake in slow oven until firm, which may be readily determined by running a silver knife through custard; if knife comes out clean, custard is done. During baking, care must be taken that water surrounding mould does not reach boiling-point, or custard will whey. Always bear in mind that eggs and milk in combination must be cooked at a low temperature. For *cup custards* allow four eggs to four cups milk; for large moulded custard, six eggs; if less eggs are used custard is liable to crack when turned on a serving dish.

Caramel Custard

18

4 cups scalded milk $\frac{1}{2}$ teaspoon salt
 5 eggs 1 teaspoon vanilla
 $\frac{1}{2}$ cup sugar

Put sugar in omelet pan, stir constantly over hot part of range until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over, as is liable on account of high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then strain in buttered mould. Bake as custard. Chill, and serve with Caramel Sauce.

Caramel Sauce

19

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup boiling water

Miss Parloa

Melt sugar as for Caramel Custard, add water, and boil ten minutes; cool before serving.

Coffee Custard

20

2 cups milk $\frac{1}{4}$ cup sugar
 2 tablespoons ground $\frac{1}{8}$ teaspoon
 coffee salt
 3 eggs $\frac{1}{4}$ teaspoon
 vanilla

Scald milk with coffee, and strain. Beat eggs slightly; add sugar, salt, vanilla, and milk. Strain into buttered individual moulds, set in pan of hot water, and bake until firm.

Tapioca Cream

21

$\frac{1}{4}$ cup pearl tapioca or $1\frac{1}{2}$ 2 eggs
 tablespoons minute tapioca
 $\frac{1}{3}$ cup
 sugar
 $\frac{1}{4}$
 2 cups scalded milk teaspoon
 salt

1 teaspoon vanilla

Pick over tapioca and soak one hour in cold water to cover, drain, add to milk, and cook in double boiler until tapioca is transparent. Add half the sugar to milk and remainder to egg yolks slightly beaten, and salt. Combine by pouring hot mixture slowly on egg mixture, return to double boiler, and cook until it thickens. Remove from range and add whites of eggs beaten stiff. Chill and flavor.

Norwegian Prune Pudding

22

$\frac{1}{2}$ lb. prunes = 1 inch piece stick
22 prunes cinnamon

2 cups cold water $1\frac{1}{3}$ cups boiling
water

1 cup sugar $\frac{1}{3}$ cup corn-starch

1 tablespoon lemon juice

Pick over and wash prunes, then soak one hour in cold water, and boil until soft in same water. Obtain meat from stones and add to prunes and water; then add sugar, cinnamon, boiling water, and simmer ten minutes. Dilute corn-starch with enough cold water to pour easily, add to prune mixture, and cook five minutes. Remove cinnamon, add lemon juice, mould, then chill, and serve with cream.

Nut Prune Soufflé

23

Follow recipe for Norwegian Prune Pudding, then add whites two eggs beaten stiff and one-half cup walnut meats broken in pieces.

Apples in Bloom

24

Select eight red apples, cook in boiling water until soft, turning them often. Have water half surround apples. Remove skins carefully, that the red color may remain, and arrange on serving dish. To the water add one cup sugar, grated rind one-half lemon, and juice one orange; simmer until reduced to one cup. Cool, and pour over apples. Serve with Cream Sauce I or II.

Neapolitan Baskets

25

Bake sponge cake in gem pans, cool, and remove centres. Fill with Cream Sauce I, flavoring half the sauce with chocolate. Melt chocolate, dilute with hot water, cool, and add Cream Sauce slowly to chocolate. Garnish with candied cherries and angelica and insert strips of angelica to represent handles.

Wine Cream

26

Arrange lady fingers or slices of sponge cake in a dish, pour over cream made as follows: Mix one-third cup sugar, grated rind and juice one-half lemon, one-fourth cup Sherry wine, and yolks of two eggs; place over fire and stir vigorously with wire whisk until it thickens and is frothy, then pour over beaten whites of two eggs and continue beating.

Orange Salad

27

Arrange layers of sliced oranges, sprinkling each layer with powdered sugar and shredded cocoanut. Sliced oranges when served alone should not stand long after slicing, as they are apt to become bitter.

Fruit Salad I

28

Arrange alternate layers of shredded pineapple, sliced bananas, and sliced oranges, sprinkling each layer with powdered sugar. Chill before serving.

To Shred Pineapple. Pare and cut out eyes, pick off small pieces with a silver fork,

29

continuing until all soft part is removed. *To Slice Oranges.* Remove skin and white covering, slice lengthwise that the tough centre may not be served; seeds should be removed.

Fruit Salad II

30

Pare a pineapple and cut in one-quarter inch slices, remove hard centres, sprinkle with powdered sugar, set aside one hour in a cool place; drain, spread on serving dish, arrange a circle of thin slices of banana on each piece, nearly to the edge, pile strawberries in centre, pour over syrup drained from pineapple, sprinkle with powdered sugar, and serve with or without Cream Sauce.

Fruit Salad with Wine Dressing

31

Arrange alternate layers of sliced fruit, using pineapples, bananas, oranges, and grapes; pour over all Wine Dressing, and let stand one hour in a cold place.

Wine Dressing

32

Mix one-half cup sugar, one-third cup Sherry wine, and two tablespoons Madeira.

Cream Whips

33

Sweeten thin cream, flavor with vanilla, brandy, or wine, then whip; half fill frappé glasses with any preserve, pile on lightly the whip.

Sautéed Pears with Chocolate Sauce

34

Pare four Bartlett pears, cut in fourths lengthwise, and sauté in butter until browned. Canned pears drained from their syrup may be used in place of fresh fruit. Arrange in serving dish and pour over

Chocolate Sauce. Cook two ounces sweet chocolate, one tablespoon sugar, and one and one-fourth cups milk in double boiler five minutes; then add one teaspoon arrow-root mixed with one-fourth cup cream and a few grains salt, and cook ten minutes. Melt one and one-half tablespoons butter, add one-fourth cup powdered sugar, and cook until well caramelized, stirring constantly. Add to first mixture, and flavor with one-half teaspoon vanilla. Chill thoroughly.

Lemon Jelly

36

1/2 box gelatine or	1/2 cup cold water
2 tablespoons granulated gelatine	2 1/2 cups boiling water
	1 cup sugar
	1/2 cup lemon juice

Soak gelatine twenty minutes in cold water, dissolve in boiling water, strain, and add to sugar and lemon juice. Turn into mould, and chill.

Orange Jelly

37

1/2 box gelatine or	1 1/2 cups boiling water
2 tablespoons granulated gelatine	1 cup sugar
	1 1/2 cups orange juice

1/2 cup cold water 3 tablespoons
lemon juice

Make same as Lemon Jelly.

To Remove Juice from Oranges. Cut fruit in halves crosswise, remove with spoon pulp and juice from sections, and strain through double cheese-cloth; or use a glass lemon squeezer. ³⁸

Kumquat Jelly

39

1 1/2 cups 1 1/2 tablespoons
kumquat juice Orange Curacao
1/2 cup sugar 1 tablespoon
 granulated gelatine
1/4 cup 2 tablespoons cold
Sauterne water

Few grains salt

Wipe three-fourths box kumquats, cut in slices, add cold water to cover, bring slowly to boiling-point, and cook slowly one-half hour; then strain; there should be one and one-half cups juice. Add sugar, wine, and curacao. Soak gelatine in cold water, and add to first mixture heated to boiling-point; then add salt. Strain, turn into individual mould, and chill. Remove to serving dish, and garnish with halves of kumquats, cooked in syrup until soft, drained, and rolled in sugar.

Coffee Jelly

40

1/2 box gelatine or 1/2 cup cold
 water
2 tablespoons 1 cup boiling
granulated gelatine water
 1/3 cup sugar

2 cups boiled coffee

Make same as Lemon Jelly. Serve with sugar and cream.

Cider Jelly

41

1/2 box gelatine or 1/2 cup cold
 water
2 tablespoons 1 cup boiling
granulated gelatine water
 2 cups cider

Sugar

Make same as Lemon Jelly.

Wine Jelly I

42

1/2 box gelatine or 1 cup sugar
2 tablespoons 1 cup Sherry or
granulated gelatine Madeira wine
1/2 cup cold water 1/3 cup orange
 juice

1 ² / ₃ cups boiling water	3 tablespoons lemon juice
---	------------------------------

Soak gelatine twenty minutes in cold water, dissolve in boiling water; add sugar, wine, orange juice, and lemon juice; strain, mould, and chill. If a stronger jelly is desired, use additional wine in place of orange juice.

Wine Jelly II

43

1/2 box gelatine or	1/2 cup Sherry wine
2 ¹ / ₂ tablespoons granulated gelatine	2 tablespoons brandy
	Kirsch
1/2 cup cold water	1/3 cup orange juice
1 ² / ₃ cups boiling water	3 tablespoons lemon juice
1 cup sugar	Fruit red

Soak gelatine twenty minutes in cold water, dissolve in hot water, add sugar, fruit juices, Sherry, brandy, and enough Kirsch to make one cup of strong liquor, then color with fruit red. Strain, mould, and chill. Serve with or without Cream Sauce I.

Russian Jelly

44

1/4 box gelatine or	1 cup boiling water
1 tablespoon granulated gelatine	2/3 cup sugar
	1/2 cup Sauterne
1/4 cup cold water	1/4 cup orange juice
1 ¹ / ₂ tablespoons lemon juice	

Make same as other jellies, cool slightly, and beat until frothy and firm enough to mould. Turn into mould and chill.

Jelly in Glasses

45

Use recipe for Wine or Russian Jelly. Fill Apollinaris glasses three-fourths full, reserving one-fourth of the mixture, which, after cooling, is to be beaten until frothy (using an egg-beater) and placed on top of jelly in glasses which represents freshly drawn lager beer. This is a most attractive way of serving jelly to one who is ill.

Sauterne Jelly

46

Soak two tablespoons granulated gelatine in one-half cup cold water, and dissolve in one and one-half cups boiling water. Add one and one-half cups Sauterne, three tablespoons lemon juice, and one cup sugar. Color with leaf green, strain into a shallow pan, chill, and cut in inch cubes.

Jellied Prunes

47

1/3 lb. 1/2 box gelatine or
prunes

2 cups cold water 2 1/2 tablespoons
granulated gelatine

Boiling
water

1/2 cup cold water 1 cup sugar

1/4 cup lemon juice

Pick over, wash, and soak prunes for several hours in two cups cold water, and cook in same water until soft; remove prunes; stone, and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatine in half-cup cold water, dissolve in hot liquid, add sugar, lemon juice, then strain, add prunes, mould, and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream.

Jellied Walnuts

48

1/4 box gelatine or 1/3 cup boiling
water

1 tablespoon granulated gelatine 3/4 cup sugar

1/2 cup Sherry
wine

1/4 cup cold water 1/2 cup orange
juice

3 tablespoons lemon juice

Make same as other jellies and cover bottom of shallow pan with one-half the mixture. When nearly firm, place over it, one inch apart, halves of English walnuts. Cover with remaining mixture. Chill, and cut in squares. Serve with whipped cream sweetened and flavored.

Apricot and Wine Jelly

49

1/2 box gelatine or 1 cup boiling
water

2 tablespoons granulated gelatine 1 cup apricot
juice

1 cup wine

1/2 cup cold water 1 cup sugar

1 tablespoon lemon juice

Garnish individual moulds with halves of canned apricots, fill with mixture made same as for other jellies, and chill. Arrange on serving dish and garnish with whipped cream forced through a pastry bag and tube.

Snow Pudding I

50

1/4 box gelatine or 1 cup boiling
water

1 tablespoon granulated 1 cup sugar

gelatine

1/4 cup cold water 1/4 cup lemon
juice

Whites 3 eggs

Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Mould, or pile by spoonfuls on glass dish; serve cold with Boiled Custard. A very attractive dish may be prepared by coloring half the mixture with fruit red.

Snow Pudding II

51

Beat whites of four eggs until stiff, add one-half tablespoon granulated gelatine dissolved in three tablespoons boiling water, beat until thoroughly mixed, add one-fourth cup powdered sugar, and flavor with one-half teaspoon lemon extract. Pile lightly on dish, serve with Boiled Custard.

Amber Pudding

52

Make as Snow Pudding I, using cider instead of boiling water, and one-fourth cup boiling water to dissolve gelatine, omitting lemon juice, and sweeten to taste.

Toasted Marshmallows

53

1 tablespoon Whites 3 eggs
granulated gelatine

1 cup boiling water 1 1/2 teaspoons
vanilla

1 cup sugar Macaroons

Dissolve gelatine in boiling water, add sugar, and as soon as dissolved set bowl containing mixture in pan of ice-water; then add whites of eggs and vanilla and beat until mixture thickens. Turn into a shallow pan, first dipped in cold water, and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows; then roll in macaroons which have been dried and rolled. Serve with sugar and cream.

Pudding à la Macédoine

54

Make fruit or wine jelly mixture. Place a mould in pan of ice-water, pour in mixture one-half inch deep; when firm, decorate with slices of banana from which radiate thin strips of figs, cover fruit, adding mixture by spoonfuls lest the fruit be disarranged. When firm, add more fruit and mixture; repeat until all is used, each time allowing mixture to stiffen before fruit is added. In preparing this dish various fruits may be used: oranges, bananas, dates, figs, and English walnuts. Serve with Cream Sauce I.

Fruit Chartreuse

55

Make fruit or wine jelly mixture. Place a mould in pan of ice-water, pour in mixture one-half inch deep; when firm, decorate with candied cherries and angelica; add by spoonfuls more mixture to cover fruit; when this is firm, place a smaller mould in centre on jelly, and fill with ice-water. Pour gradually remaining jelly mixture between moulds; when firm, invert to empty smaller mould of ice-water; then pour in some tepid water; let stand a few seconds, when small mould may easily be removed. Fill space thus made with fresh sweetened fruit, using shredded pineapple, sliced bananas, and strawberries.

Spanish Cream

56

1/4 box gelatine or Yolk 3 eggs

1 tablespoon granulated gelatine	1/2 cup sugar (scant)
	1/4 teaspoon salt
3 cups milk	1 teaspoon vanilla or
Whites 3 eggs	3 tablespoons wine

Scald milk with gelatine, add sugar, pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly; remove from range, add salt, flavoring, and whites of eggs beaten stiff. Turn into individual moulds, first dipped in cold water, and chill; serve with cream. More gelatine will be required if large moulds are used.

Coffee Soufflé

57

1 1/2 cups coffee infusion	1/4 teaspoon salt
1/2 cup milk	3 eggs
2/3 cup sugar	1/2 teaspoon vanilla

1 tablespoon granulated gelatine

Mix coffee infusion, milk, one-half of the sugar and gelatine, and heat in double boiler. Add remaining sugar, salt, and yolks of eggs slightly beaten; cook until mixture thickens, remove from range, add whites of eggs beaten until stiff and vanilla. Mould, chill, and serve with cream.

Columbian Pudding

58

Cover the bottom of a fancy mould with Wine Jelly. Line the upper part of mould with figs, cut in halves cross-wise, which have been soaked in jelly, having seed side next to mould. Fill centre with Spanish Cream; chill, and turn on a serving dish. Garnish with cubes of Wine Jelly.

Macaroon Cream

59

1/4 box gelatine or	Yolks 3 eggs
1 tablespoon granulated gelatine	1/3 cup sugar
	1/8 teaspoon salt
1/4 cup cold water	2/3 cup pounded macaroons
2 cups scalded milk	1 teaspoon vanilla

Whites 3 eggs

Soak gelatine in cold water. Make custard of milk, yolks of eggs, sugar, and salt; add gelatine, and strain into pan set in ice-water. Add macaroons and flavoring, stirring until it begins to thicken; then add whites of eggs beaten stiff, mould, chill, and serve garnished with macaroons.

60

Cold Cabinet Pudding

1/4 box gelatine or	1/3 cup sugar
1 tablespoon granulated gelatine	1/8 teaspoon salt
1/4 cup cold water	1 teaspoon vanilla
2 cups scalded milk	1 tablespoon brandy
Yolks 3 eggs	5 lady fingers
6 macaroons	

Soak gelatine in cold water and add to custard made of milk, eggs, sugar, salt; strain, cool slightly, and flavor. Place a mould in pan of ice-water, decorate with candied cherries and angelica, cover with mixture, added carefully by spoonfuls; when firm, add layer of lady fingers (first soaked in custard), then layer of macaroons (also soaked in custard); repeat, care being taken that each layer is firm before another is added. Garnish, and serve with Cream Sauce I and candied cherries.

Mont Blanc

61

Remove shells from three cups French chestnuts, cook in small quantity of boiling water until soft, when there will be no water remaining. Mash, sweeten to taste with powdered sugar, and moisten with hot milk; cook two minutes. Rub through strainer, cool, flavor with vanilla, Kirsch or Maraschino. Pile in form of pyramid, cover with Cream Sauce I, garnish base with Cream Sauce I forced through pastry bag and tube. *French Chef*

Crème aux Fruits

62

1/4 box gelatine or	Whites 2 eggs
1 tablespoon granulated gelatine	1/2 pint thick cream
1/4 cup cold water	1/3 cup milk
1/4 cup scalded milk	1/3 cup cooked prunes, cut in pieces
1/2 cup sugar	
1/3 cup chopped figs	

Soak gelatine in cold water, dissolve in scalded milk, and add sugar. Strain in pan set in ice-water, stir constantly, and when it begins to thicken add whites of eggs beaten stiff, cream (diluted with milk and beaten), prunes, and figs. Mould and chill.

To Whip Cream

Thin and heavy cream are both used in making and garnishing desserts.

63

Heavy cream is bought in half-pint, pint, and quart glass jars, and usually retails at sixty cents per quart; *thin* or *strawberry cream* comes in glass jars or may be bought in bulk, and usually retails for thirty cents per quart. Heavy cream is very rich; for which reason, when whipped without being diluted, it is employed as a garnish; even when so used, it is generally diluted with one-fourth to one-third its bulk in milk; when used in combination with other ingredients for making desserts, it is diluted from one-half to two-thirds its bulk

64

in milk. Thin cream is whipped without being diluted. Cream should be thoroughly chilled for whipping. Turn cream to be whipped into a bowl (care being taken not to select too large a bowl), and set in pan of crushed ice, to which water is added that cream may be quickly chilled; without addition of water, cream will not be so thoroughly chilled.

For whipping heavy cream undiluted, or diluted with one-third or less its bulk in milk, use Dover egg-beater; undiluted heavy cream if beaten a moment too long will come to butter. Heavy cream diluted, whipped, sweetened, and flavored, is often served with puddings, and called Cream Sauce.

Thin cream is whipped by using a whip churn, as is heavy cream when diluted with one-half to two-thirds its bulk in milk. Place churn in bowl containing cream, hold down cover with left hand, with right hand work dasher with quick downward and slow upward motions; avoid raising dasher too high in cylinder, thus escaping spattering of cream. The first whip which appears should be stirred into cream, as air bubbles are too large and will break; second whip should be removed by spoonfuls to a strainer, strainer to be placed in a pan, as some cream will drain through. The first cream which drains through may be turned into bowl to be rewhipped, and continue whipping as long as possible.

There will be some cream left in bowl which does not come above perforations in whip churn, and cannot be whipped. Cream which remains may be scalded and used to dissolve gelatine when making desserts which require gelatine. Cream should treble its bulk in whipping. By following these directions one need have no difficulty, if cream is of right consistency; always bearing in mind heavy cream must be whipped with an egg-beater; thin cream must be whipped with a churn.

Charlotte Russe

1/4 box gelatine or	1/3 cup powdered sugar
1 tablespoon granulated gelatine	Whip from 3 1/2 cups thin cream
1/4 cup cold water	1 1/2 teaspoons vanilla
1/3 cup scalded cream	6 lady fingers

Soak gelatine in cold water, dissolve in scalded cream, strain into a bowl, and add sugar and vanilla. Set bowl in pan of ice-water and stir constantly until it begins to thicken, then fold in whip from cream, adding one-third at a time. Should gelatine mixture become too thick, melt over hot water, and again cool before adding whip. Trim ends and sides of lady fingers, place around inside of a mould, crust side out, one-half inch apart. Turn in mixture, and chill. Serve garnished with cubes of Wine Jelly. Charlotte Russe is sometimes made in individual moulds; these are often garnished on top with some of mixture forced through a pastry bag and tube. Individual moulds are frequently lined with thin slices of sponge cake cut to fit moulds.

Orange Trifle

1/2 box gelatine or	1 cup sugar
2 tablespoons granulated gelatine	1 cup orange juice
	Grated rind 1 orange
1/2 cup cold water	1 tablespoon lemon juice

$\frac{1}{2}$ cup boiling water Whip from $3\frac{1}{2}$
cups cream

Make same as Charlotte Russe, and mould; or make orange jelly, color with fruit red, and cover bottom of mould one-half inch deep; chill, and when firm fill with Orange Trifle mixture. Cool remaining jelly in shallow pan, cut in cubes, and garnish base of mould.

Banana Cantaloupe

70

$\frac{1}{2}$ box gelatine or $\frac{2}{3}$ cup sugar
2 tablespoons granulated gelatine 4 bananas,
mashed pulp
 $\frac{1}{2}$ cup cold water 1 tablespoon
lemon juice
Whites 2 eggs Whip from $3\frac{1}{2}$
cups
 $\frac{1}{4}$ cup powdered sugar cream
 $\frac{3}{4}$ cup scalded cream 12 lady fingers

Soak gelatine in cold water, beat whites of eggs slightly, add powdered sugar, and gradually hot cream, cook over hot water until it thickens; add soaked gelatine and remaining sugar, strain into a pan set in ice-water, add bananas and lemon juice, stir until it begins to thicken, then fold in whip from cream. Line a melon mould with lady fingers trimmed to just fit sections of mould, turn in the mixture, spread evenly, and chill.

Chocolate Charlotte

71

$\frac{1}{4}$ box gelatine or $1\frac{1}{2}$ squares
unsweetened
chocolate
1 tablespoon granulated gelatine 3 tablespoons hot
water
 $\frac{2}{3}$ cup powdered
sugar
 $\frac{1}{4}$ cup cold water Whip from 3 cups
cream
 $\frac{1}{3}$ cup scalded cream 1 teaspoon vanilla

6 lady fingers

Melt chocolate by placing in a small saucepan set in a larger saucepan of boiling water, add half the sugar, dilute with boiling water, and add to gelatine mixture while hot. Proceed same as in recipe for Charlotte Russe.

Caramel Charlotte Russe

72

$\frac{1}{4}$ box gelatine or $\frac{1}{3}$ cup sugar,
caramelized
1 tablespoon granulated gelatine $\frac{1}{4}$ cup powdered
sugar

	1 1/2 teaspoons vanilla
1/4 cup cold water	Whip from 3 1/2 cups cream
1/2 cup scalded cream	6 lady fingers

Make same as Charlotte Russe, adding caramelized sugar to scalded cream before putting into gelatine mixture.

Burnt Almond Charlotte

73

1/2 box gelatine or	1/2 cup sugar, caramelized
2 tablespoons granulated gelatine	3/4 cup blanched and finely chopped almonds
1/2 cup cold water	1 teaspoon vanilla
3/4 cup scalded milk	Whip from 3 1/2 cups cream
1/2 cup sugar	6 lady fingers

Make same as Caramel Charlotte Russe, adding nuts before folding in cream.

Ginger Cream

74

1/4 box gelatine or	Few grains salt
1 tablespoon granulated gelatine	1 tablespoon wine
	1/2 tablespoon brandy
1/4 cup cold water	2 tablespoons ginger syrup
1 cup milk	1/4 cup Canton ginger, cut in pieces
Yolks 2 eggs	
1/4 cup sugar	Whip from 2 1/2 cups cream

Soak gelatine, and add to custard made of milk, eggs, sugar, and salt. Strain, chill in pan of ice-water, add flavorings, and when it begins to thicken fold in whip from cream.

Orange Charlotte

75

1/3 box gelatine or	1 cup sugar
1 1/3 tablespoons granulated gelatine	3 tablespoons lemon juice

	1 cup orange juice and pulp
$\frac{1}{3}$ cup cold water	Whites 3 eggs
$\frac{1}{3}$ cup boiling water	Whip from 2 cups cream

Soak gelatine in cold water, dissolve in boiling water, strain, and add sugar, lemon juice, orange juice, and pulp. Chill in pan of ice-water; when quite thick, beat with wire spoon or whisk until frothy, then add whites of eggs beaten stiff, and fold in cream. Line a mould with sections of oranges, turn in mixture, smooth evenly, and chill.

Strawberry Sponge

76

$\frac{1}{3}$ box gelatine or	1 cup sugar
$1\frac{1}{3}$ tablespoons granulated gelatine	1 tablespoon lemon juice
	1 cup strawberry juice
$\frac{1}{3}$ cup cold water	Whites 3 eggs
$\frac{1}{3}$ cup boiling water	Whip from 3 cups cream

Make same as Orange Charlotte.

Orange Baskets

77

Cut two pieces from each orange, leaving what remains in shape of basket with handle, remove pulp from baskets and pieces, and keep baskets in ice-water until ready to fill. From orange juice make orange jelly with which to fill baskets. Serve garnished with Cream Sauce.

Orange Jelly in Ambush

78

Cut oranges in halves lengthwise, remove pulp and juice. With juice make Orange Jelly to fill half the pieces. Fill remaining pieces with Charlotte Russe mixture. When both are firm, put together in pairs and tie together with narrow white ribbon.

Bavarian Cream (Quick)

79

$\frac{1}{2}$ lemon, grated rind and juice	2 eggs
	1 teaspoon granulated gelatine
$\frac{1}{2}$ cup white wine	
$\frac{1}{3}$ cup sugar	1 tablespoon cold water

Mix lemon, wine, sugar, and yolks of eggs; stir vigorously over fire until mixture thickens, add gelatine soaked in water, then pour over whites of eggs beaten stiff. Set in pan of ice-water and beat until thick enough to hold its shape. Turn into a mould lined with lady fingers, and chill. Orange juice may be used in place of wine, and the cream served in orange baskets.

80

Strawberry Bavarian Cream

Line a mould with large, fresh strawberries cut in halves, fill with Charlotte Russe mixture.

Pineapple Bavarian Cream

81

1/2 box gelatine or	1 can grated pineapple
2 tablespoons granulated gelatine	1/2 cup sugar
	1 tablespoon lemon juice
1/2 cup cold water	Whip from 3 cups cream

Soak gelatine in cold water. Heat pineapple, add sugar, lemon juice, and soaked gelatine; chill in pan of ice-water, stirring constantly; when it begins to thicken, fold in whip from cream, mould, and chill.

Royal Diplomatic Pudding

82

Place mould in pan of ice-water and pour in Wine Jelly II one-half inch deep. When firm, decorate with candied cherries and angelica, proceed as for Fruit Chartreuse, filling the centre with Charlotte Russe mixture or Fruit Cream.

Fruit Cream

83

Peel four bananas, mash, and rub through a sieve; add pulp and juice of two oranges, one tablespoon lemon juice, one tablespoon Sherry wine, two-thirds cup powdered sugar, and one and one-fourth tablespoons granulated gelatine dissolved in one-fourth cup boiling water. Cool in ice-water, stirring constantly, and fold in whip from two cups cream.

Ivory Cream

84

3/4 tablespoon granulated gelatine	4 tablespoons powdered sugar
1 tablespoon cold water	
2 tablespoons boiling water	3 tablespoons Madeira wine
3 cups cream	

Soak gelatine in cold water, dissolve in boiling water, and add sugar and wine. Strain into a bowl, set in pan of ice-water, and beat until mixture thickens slightly. Add to mixture whip from cream, and beat until mixture is thick enough to hold its shape. Mould and chill. Garnish with Sauterne Jelly.

Pudding à l'Adrea

85

2 cups thin cream	Whites 4 eggs
1 1/2 tablespoons granulated gelatine	3 tablespoons Sherry
2 tablespoons cold water	1 1/2 tablespoons Sauterne
3/4 cup sugar	Sauterne jelly mixture

Make one-half recipe for Sauterne Jelly , allowing one and one-half tablespoons granulated gelatine. Color one-half green and one-half red. Fill sections of a fancy mould alternately with green and red jelly. In the green jelly mould pistachio nuts cut in quarters; in red jelly glacéd cherries cut in quarters.

Scald cream, add gelatine soaked in cold water, and sugar. When mixture begins to thicken add whites of eggs beaten until stiff. Set in pan of ice-water, and stir occasionally until mixture thickens; then add flavoring and turn into mould. Chill thoroughly and remove from mould. 86

French Easter Cream

87

1/3 cup raisins	1 tablespoon granulated gelatine	
1/4 cup brandy	2 tablespoons cold water	
2 cups cream	Maraschino	
1/2 cup sugar	Slow gin	1/4 cup each
Yolks 3 eggs	Brandy	
1/8 teaspoon salt	1 teaspoon vanilla	

Seed raisins, add brandy, and cook in double boiler until raisins are soft. Make a custard of cream, sugar, egg yolks and salt. Remove from range, add gelatine soaked in cold water. Strain, cool slightly, add flavorings, stir until mixture thickens, then add raisins. Mould and chill. Remove from mould, and garnish with Sauterne Jelly (colored violet), cut in cubes, and fresh violets.

Marshmallow Pudding à la Stanley

88

1/2 pound marshmallows	1/4 cup candied cherries	
1 cup heavy cream	1/2 cup English walnut meats	
1/2 teaspoon vanilla	2 tablespoons powdered sugar	

Soak cherries in rum to cover one hour, then cut in pieces. Cut walnut meats and marshmallows in small pieces. Whip cream, add sugar and vanilla, fold in remaining ingredients. Mould and chill.

CONTENTS · BIBLIOGRAPHIC RECORD

< [PUDDING SAUCES](#)

[ICES, ICE CREAMS, AND OTHER FROZEN DESSERTS](#) >

