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Chapter XXVI. ICES, ICE CREAMS, AND OTHER FROZEN DESSERTS.

ICES and other frozen dishes comprise the most popular desserts. Hygienically speaking, they cannot be recommended for the final course of a dinner, as cold mixtures reduce the temperature of the stomach, thus retarding digestion until the normal temperature is again reached. But how cooling, refreshing, and nourishing, when properly taken, and of what inestimable value in the sick room! 1

Frozen dishes include:— 2

Water Ice,—fruit juice sweetened, diluted with water, and frozen. 3

Sherbet,—water ice to which is added a small quantity of dissolved gelatine or beaten whites of eggs. 4

Frappé,—water ice frozen to consistency of mush; in freezing, equal parts of salt and ice being used to make it granular. 5

Punch,—water ice to which is added spirit and spice. 6

Sorbet,—strictly speaking, frozen punch; the name is often given to a water ice where several kinds of fruit are used. 7

Philadelphia Ice Cream,—thin cream, sweetened, flavored, and frozen. 8

Plain Ice Cream,—custard foundation, thin cream, and flavoring. 9

Mousse,—heavy cream, beaten until stiff, sweetened, flavored, placed in a mould, packed in salt and ice (using two parts crushed ice to one part salt), and allowed to stand three hours; or whip from thin cream may be used folded into mixture containing small quantity of gelatine. 10

How to Freeze Desserts

The prejudice of thinking a frozen dessert difficult to prepare has long since been overcome. With ice cream freezer, burlap bag, wooden mallet or axe, small saucepan, sufficient ice and coarse rock salt, the process neither takes much time nor patience. Snow may be used instead of ice; if not readily acted on by salt, pour in one cup cold water. Crush ice finely by placing in bag and giving a few blows with mallet or broad side of axe; if there are any coarse pieces, remove them. Place can containing mixture to be frozen in wooden tub, cover, and adjust top. Turn crank to make sure can fits in socket. Allow three level measures ice to one of salt, and repeat until ice and salt come to top of can, packing solidly, using handle of mallet to force it down. If only small quantity is to be frozen, the ice and salt need come only a little higher in the tub than mixture to be frozen. These are found the best proportions of ice and salt to insure smooth, fine-grained cream, sherbet, or water ice, while equal parts of salt and ice are used for freezing frappé. If a larger proportion of salt is used, mixture will freeze in shorter time and be of granular consistency, which is desirable only for frappé. 11

The mixture increases in bulk during freezing, so the can should never be more than three-fourths filled; by over-crowding can, cream will be made coarse-grained. Turn the crank slowly and steadily to expose as large surface of mixture as possible to ice and salt. After frozen to a mush, the crank may be turned more rapidly, adding more ice and salt if needed; never draw off salt water until mixture is frozen, unless there is possibility of its getting into the can, for salt water is what effects freezing; until ice melts, no change will take place. After freezing is accomplished, draw off water, remove dasher, and with spoon pack solidly. Put cork in opening of cover, then put on cover. Re-pack freezer, using four measures ice to one of salt. Place over top newspapers or piece of carpet; when serving time comes, remove can, wipe carefully, and place in vessel of cool water; let stand one minute, remove cover, and run a knife around edge of cream, invert can on serving dish, and frozen mixture will slip out. Should there be any difficulty, a cloth wrung out of hot water, passed over can, will aid in removing mixture. 12

To Line a Mould

Allow mould to stand in salt and ice until well chilled. Remove cover, put in mixture by spoonfuls, and spread with back of spoon or a case knife evenly three-quarters inch thick. 13

To Mould Frozen Mixtures

When frozen mixtures are to be bricked or moulded, avoid freezing too hard. Pack mixture solidly in moulds and cover with buttered paper, buttered side up. Have moulds so well filled that mixture is forced down sides of mould when cover is pressed down. Re-pack in salt and ice, using four parts ice to one part salt. If these directions are carefully followed, one may feel no fear that salt water will enter cream, even though moulds be immersed in salt water. 14

Lemon Ice

4 cups water 2 cups sugar
 $\frac{3}{4}$ cup lemon juice

Make a syrup by boiling water and sugar five minutes; add lemon juice; cool, strain, and freeze. See directions for freezing, page 434. 15

Cup St. Jacques

Serve Lemon Ice in champagne glasses. Put three-fourths teaspoon Maraschino in each glass, and garnish with bananas cut in one-fourth inch slices, and slices cut in quarters, candied cherries cut in halves, Malaga grapes from which skins and seeds have been removed, and angelica cut in strips. 16

Orange Ice

4 cups water $\frac{1}{4}$ cup lemon juice
 2 cups sugar Grated rind of two
 oranges
 2 cups orange
 juice

Make syrup as for Lemon Ice; add fruit juice and grated rind; cool, strain, and freeze. 17

Maraschino Ice

Prepare Orange Ice mixture, freeze to a mush, flavor with Maraschino, and finish freezing. Serve in frappé glasses. 18

Pomegranate Ice

Same as Orange Ice, made from blood oranges. 19

Raspberry Ice I

4 cups water 2 cups raspberry juice
 1 $\frac{2}{3}$ cups 2 tablespoons lemon
 sugar juice

Make a syrup as for Lemon Ice, cool, add raspberries mashed, and squeezed through double cheese-cloth, and lemon juice; strain and freeze.

Raspberry Ice II

1 quart raspberries 1 cup water
 1 cup sugar Lemon juice

Sprinkle raspberries with sugar, cover, and let stand two hours. Mash, squeeze through cheese-cloth, add water and lemon juice to taste, then freeze. Raspberry ice prepared in this way retains the natural color of the fruit.

Strawberry Ice I

4 cups water 2 cups strawberry juice
 1 $\frac{1}{2}$ cups 1 tablespoon lemon
 sugar juice

Prepare and freeze same as Raspberry Ice I.

Strawberry Ice II

1 quart box strawberries 1 cup water
 1 cup sugar Lemon juice

Make same as Raspberry Ice II.

Currant Ice

4 cups water 1 $\frac{1}{2}$ cups sugar
 2 cups currant juice

Prepare and freeze same as Raspberry Ice I.

Raspberry and Currant Ice

4 cups water 2/3 cups raspberry
 juice
 1 $\frac{1}{3}$ cups 1 $\frac{1}{3}$ cups currant juice
 water

Prepare and freeze same Raspberry Ice I.

Crème de Menthe Ice

4 cups 1/3 cup Crème de Menthe
 water cordial
 1 cup
 sugar Green coloring

Make a syrup as for Lemon Ice, add cordial and coloring; strain and freeze.

Icebergs

Dissolve two cups sugar in three cups boiling water; cool, add three-fourths cup lemon

juice, color with leaf green, and freeze. Serve in champagne glasses. Put one teaspoon crême de menthe in each glass, and sprinkle with finely chopped nut meats, using almonds, filberts, pecans, and walnuts in equal proportions. These may be used after the roast and before the game.

Canton Sherbet

28

4 cups water $\frac{1}{4}$ lb. Canton ginger

1 cup sugar $\frac{1}{2}$ cup orange juice

$\frac{1}{3}$ cup lemon juice

Cut ginger in small pieces, add water and sugar, boil fifteen minutes; add fruit juice, cool, strain, and freeze. To be used in place of punch at a course dinner. This quantity is enough to serve twelve persons.

Milk Sherbet

29

4 cups milk $1\frac{1}{2}$ cups sugar

Juice 3 lemons

Mix juice and sugar, stirring constantly while slowly adding milk; if added too rapidly mixture will have a curdled appearance, which is unsightly, but will not affect the quality of sherbet; freeze and serve.

Frozen Chocolate with Whipped Cream

30

2 squares unsweetened chocolate Few grains salt

1 cup sugar 1 cup boiling water

3 cups rich milk

Scald milk. Melt chocolate in small saucepan placed over hot water, add one-half the sugar, salt, and gradually boiling water. Boil five minutes, add to scalded milk with remaining sugar. Cool, freeze, and serve in glasses. Garnish with whipped cream sweetened and flavored with vanilla.

Pineapple Frappé

31

2 cups water 2 cups ice-water

1 cup sugar 1 can grated pineapple
or

Juice 3 lemons 1 pineapple shredded

Make a syrup by boiling water and sugar fifteen minutes; add pineapple and lemon juice; cool, strain, add ice-water, and freeze to a mush, using equal parts ice and salt. If fresh fruit is used, more sugar will be required.

Pineapple Sorbet

32

2 cups water $1\frac{1}{3}$ cups orange juice

2 cups sugar $\frac{1}{2}$ cup lemon juice

1 can grated pineapple or 1 quart Appollinaris

1 pineapple
shredded

Prepare and freeze same as Pineapple Frappé.

Sicilian Sorbet

33

1 can peaches 2 cups orange juice
1 cup sugar 2 tablespoons lemon juice

Press peaches through a sieve, add sugar and fruit juices. Freeze and serve.

Italian Sorbet

34

4 cups water 1¹/₂ cups grape fruit juice
2 cups sugar 1/2 cup lemon juice
1¹/₂ cups orange juice 1/4 cup wine

Prepare and freeze same as Pineapple Frappé.

Apricot Sorbet

35

1 can apricots 1/2 cup wine
1 cup sugar 1/4 cup lemon juice
1 pint cream

Drain apricots, and add to syrup the pulp rubbed through a sieve. Add sugar, wine, and lemon juice. Freeze to a mush, then fold in the whip obtained from cream. Let stand one and one-half hours, and serve in glasses.

Café Frappé

36

White 1 egg 1/2 cup ground coffee
1/2 cup cold water 4 cups boiling water
1 cup sugar

Beat white of egg slightly, add cold water, and mix with coffee turn into scalded coffee-pot, add boiling water, and let boil one minute; place on back of range ten minutes; strain, add sugar, cool, and freeze same as Pineapple Frappé. Serve in frappé glasses, with whipped cream, sweetened and flavored.

Cranberry Frappé

37

1 quart cranberries 2 cups sugar
2 cups water Juice 2 lemons

Cook cranberries and water eight minutes; then force through a sieve. Add sugar and lemon juice, and freeze to a mush, using equal parts of ice and salt.

Grape Frappé

38

4 cups water 2 cups grape juice

2 cups sugar $\frac{2}{3}$ cup orange juice

$\frac{1}{4}$ cup lemon juice

Prepare and freeze same as Pineapple Frappé.

Pomona Frappé

39

$1\frac{1}{2}$ cups sugar 1 quart sweet cider

4 cups water 2 cups orange juice

$\frac{1}{2}$ cup lemon juice

Make a syrup by boiling sugar and water twenty minutes. Add cider, orange juice, and lemon juice. Cool, strain, and freeze to a mush.

Clam Frappé

40

20 clams $\frac{1}{2}$ cup cold water

Wash clams thoroughly, changing water several times; put in stewpan with cold water, cover closely, and steam until shells open. Strain the liquor, cool, and freeze to a mush.

Frozen Cranberries

41

4 cups cranberries $2\frac{1}{4}$ cups sugar

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

Pick over and wash cranberries, add water and sugar, and cook ten minutes, skimming during the cooking. Rub through a sieve, cool, and pour into one-pound baking-powder boxes. Pack in salt and ice, using equal parts, and let stand four hours. If there is not sufficient mixture to fill two boxes, add water to make up the desired quantity. Serve as a substitute for cranberry sauce or jelly.

Frozen Apricots

42

1 can apricots $1\frac{1}{2}$ cups sugar

Water

Drain apricots, and cut in small pieces. To the syrup add enough water to make four cups, and cook with sugar five minutes; strain, add apricots, cool, and freeze. Peaches may be used instead of apricots. To make a richer dessert, add the whip from two cups cream when frozen to a mush, and continue freezing.

Pineapple Cream

43

2 cups water 1 can grated pineapple

1 cup sugar 2 cups cream

Make syrup by boiling sugar and water fifteen minutes; strain, cool, add pineapple, and freeze to a mush. Fold in whip from cream; let stand thirty minutes before serving. Serve in frappé glasses and garnish with candied pineapple.

Cardinal Punch

44

4 cups water $\frac{1}{3}$ cup lemon
juice

2 cups sugar $\frac{1}{4}$ cup brandy

$\frac{2}{3}$ cup orange

juice $\frac{1}{4}$ cup Curacao

$\frac{1}{4}$ cup tea infusion

Make syrup as for Lemon Ice, add fruit juice and tea, freeze to a mush; add strong liquors and continue freezing. Serve in frappé glasses.

Punch Hollandaise

45

4 cups water Rind one lemon

$1\frac{1}{3}$ cups sugar 1 can grated
pineapple

$\frac{1}{3}$ cup lemonjuice $\frac{1}{4}$ cup brandy

2 tablespoons gin

Cook sugar, water, and lemon rind fifteen minutes, add lemon juice and pineapple, cool, strain, freeze to a mush, add strong liquors, and continue freezing. Serve in frappé glasses on a plate covered with a doiley.

Victoria Punch

46

$3\frac{1}{2}$ cups water Grated rind two
oranges

2 cups sugar 1 cup angelica wine

$\frac{1}{2}$ cup lemon juice 1 cup cider

$\frac{1}{2}$ cup orange juice $1\frac{1}{2}$ tablespoons gin

Prepare same as Cardinal Punch; strain before freezing, to remove orange rind.

Lenox Punch

47

2 cups water 1 cup orange
juice

$\frac{3}{4}$ cup sugar $\frac{1}{2}$ cup lemon
juice

$\frac{2}{3}$ tumbler currant jelly 2 bottles ginger
ale

Ice $\frac{1}{3}$ cup brandy

Make a syrup by boiling sugar and water fifteen minutes. Add jelly, and, as soon as dissolved, add a piece of ice to cool mixture; then add and fruit juices, ale, and brandy. Color red, freeze to a mush, serve in glasses, and insert in each glass a small sprig of holly with berries.

German Punch

48

2 cups water 1 cup sugar

$1\frac{3}{4}$ cups tomatoes 3 tablespoons
lemon juice

3 apples, cored, pared, and chopped Piece ginger
root

3 tablespoons Maraschino

Mix ingredients, expect cordial, and cook thirty-five minutes. Rub through a sieve, add Maraschino, and freeze to a mush.

London Sherbet

49

2 cups sugar	3 tablespoons lemon juice
2 cups water	1 cup fruit syrup
	1/4 grated
1/3 cup seeded and finely cut raisins	nutmeg
	1/4 cup port wine
3/4 cup orange juice	Whites 3 eggs

Make syrup by boiling water and sugar ten minutes; pour over raisins, cool, and add fruit syrup and nutmeg; freeze to a mush, then add wine and whites of eggs beaten stiff, and continue freezing. Serve in glasses. Fruit syrup may be used which has been left from canned peaches, pears, or strawberries.

Roman Punch

50

4 cups water	1/2 cup orange juice
2 cups sugar	1/2 cup tea infusion
1/2 cup lemon juice	1/2 cup rum

Prepare and freeze same as Cardinal Punch.

Coup Sicilienne

51

1 shredded pineapple	2 tablespoons Maraschino
3 oranges (pulp)	1 tablespoon lemon juice
3 bananas sliced	Few grains salt
	Powdered sugar

Mix ingredients, sweeten to taste, and chill. Serve in champagne glasses having glasses two-thirds full. Cover fruit to fill glasses with Strawberry Ice II and garnish with strawberries and angelica.

Coup a l'Ananas

52

Cut canned sliced pineapple in pieces, pour over pineapple syrup to which is added Orange Curaçoa, allowing one-half as much syrup as fruit, cover and let stand one hour. Fill champagne glasses one-third full, add vanilla ice cream to fill glasses, and garnish with candied cherries and candied pineapple cut in pieces.

Vanilla Ice Cream I (Philadelphia)

53

1 quart thin cream	3/4 cup sugar
	1 1/2 tablespoons vanilla

Mix ingredients, and freeze.

Vanilla Ice Cream II

54

2 cups scalded milk 1 egg
 1 tablespoon flour $\frac{1}{8}$ teaspoon salt
 1 cup sugar 1 quart thin cream
 2 tablespoons vanilla

Mix flour, sugar, and salt, add egg slightly beaten, and milk gradually; cook over hot water twenty minutes, stirring constantly at first; should custard have curdled appearance, it will disappear in freezing. When cool, add cream and flavoring; strain and freeze.

Chocolate Sauce I

55

(To be served with Vanilla Ice Cream)

$1\frac{1}{2}$ cups water 1 tablespoon arrowroot
 $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup cold water
 6 tablespoons grated chocolate Few grains salt
 $\frac{1}{2}$ teaspoon vanilla

Boil water and sugar five minutes. Mix chocolate with arrowroot to which water has been added. Combine mixtures, add salt, and boil three minutes. Flavor with vanilla, and serve hot.

Chocolate Sauce II

56

1 square unsweetened chocolate 1 tablespoon butter
 1 cup sugar $\frac{1}{3}$ cup boiling water
 $\frac{1}{2}$ teaspoon vanilla

Melt chocolate; add butter, and pour on gradually water. Bring to boiling-point, add sugar, and let boil five minutes, cool slightly, and add vanilla.

Coffee Sauce

57

(To be served with Vanilla Ice Cream)

$1\frac{1}{2}$ cups milk $\frac{1}{3}$ cup sugar
 $\frac{1}{2}$ cup ground coffee $\frac{3}{4}$ tablespoon arrowroot
 Few grains salt

Scald milk with coffee, and let stand twenty minutes. Mix remaining ingredients, and pour on gradually the hot infusion which has been strained. Cook five minutes, and serve hot.

Vanilla Ice Cream Croquettes

58

Shape Vanilla Ice Cream in individual moulds, roll in macaroon dust made by pounding and sifting dry macaroons.

Chocolate Ice Cream I

1 quart thin cream 1¹/₂ squares unsweetened chocolate or
 1 cup sugar 1/4 cup prepared cocoa
 Few grains salt 1 tablespoon vanilla

Melt chocolate, and dilute with hot water to pour easily, add to cream; then add sugar, salt, and flavoring, and freeze.

Chocolate Ice Cream II

Use recipe for Vanilla Ice Cream II. Melt two squares unsweetened chocolate, by placing in a small saucepan set in a larger saucepan of boiling water, and pour hot custard slowly on chocolate; then cool before adding cream.

Strawberry Ice Cream I

3 pints thin cream 2 cups sugar
 2 boxes berries Few grains salt

Wash and hull berries, sprinkle with sugar, cover, and let stand two hours. Mash, and squeeze through cheese-cloth; then add salt. Freeze cream to the consistency of a mush, add gradually fruit juice, and finish freezing. Rice Jersey milk may be substituted for cream.

Strawberry Ice Cream II

3 pints thin cream 1³/₄ cups sugar
 2 boxes strawberries 2 cups milk
 1¹/₂ tablespoons arrowroot

Wash and hull berries, sprinkle with sugar, let stand one hour, mash, and rub through strainer. Scald one and one-half cups milk; dilute arrowroot with remaining milk, add to hot milk, and cook ten minutes in double boiler; cool, add cream, freeze to a mush, add fruit, and finish freezing.

Orange Ice Cream

1 cup heavy cream 2 cups orange juice
 1 cup thin cream Sugar

Add cream slowly to orange juice, sweeten to taste, and freeze. Serve with canned strawberries or fresh fruit mashed and sweetened.

Pineapple Ice Cream

3 pints cream 1/2 cup sugar
 1 can grated pineapple

Add pineapple to cream, let stand thirty minutes; strain, add sugar, and freeze.

Coffee Ice Cream

1 quart cream 1¹/₄ cups sugar
 1¹/₂ cups milk 1/4 teaspoon salt

$\frac{1}{3}$ cup Mocha coffee Yolks 4 eggs

Scald milk with coffee, add one cup sugar; mix egg yolks slightly beaten with one-fourth cup sugar, and salt; combine mixtures, cook over hot water until thickened, add one cup cream, and let stand on back of range twenty-five minutes; cool, add remaining cream, and strain through double cheese-cloth; freeze. Coffee Ice Cream may be served with Maras-chino cherries or in halves of cantaloupes.

Caramel Ice Cream

66

1 quart cream 1 egg
2 cups milk 1 tablespoon flour
 $1\frac{1}{3}$ cups sugar $\frac{1}{8}$ teaspoon salt
 $1\frac{1}{2}$ tablespoons vanilla

Prepare same as Vanilla Ice Cream II, using one-half sugar in custard; remaining half caramelize, and add slowly to hot custard. See Caramelization of Sugar, page 586.

Burnt Almond Ice Cream

67

It is made same as Caramel Ice Cream, with the addition of one cup finely chopped blanched almonds.

Brown Bread Ice Cream

68

3 pints cream $\frac{7}{8}$ cup
sugar
 $1\frac{1}{4}$ cups dried brown $\frac{1}{4}$
bread crumbs teaspoon
salt

Soak crumbs in one quart cream, let stand fifteen minutes, rub through sieve, add sugar, salt, and remaining cream; then freeze.

Bisque Ice Cream

69

Make custard as for Vanilla Ice Cream II, add one quart cream, one tablespoon vanilla, and one cup hickory nut or English walnut meats finely chopped.

Burnt Walnut Bisque

70

2 cups scalded $\frac{2}{3}$ cup chopped
milk walnut meats
Yolks 3 eggs 1 cup heavy cream
1 cup sugar $\frac{3}{4}$ tablespoon vanilla
Few grains salt

Make custard of milk, eggs, one-third of the sugar, and salt. Caramelize remaining sugar, add nut meats, and turn into a slightly buttered pan. Cool, pound, and pass through a purée strainer. Add to custard, cool, then add one cup heavy cream, beaten until stiff, and vanilla. Freeze and mould.

Praline Ice Cream

71

3 pints cream 1 cup Jordan almonds
 $1\frac{1}{3}$ cups sugar $\frac{1}{4}$ teaspoon salt
1 tablespoon vanilla

Blanch almonds cut in pieces crosswise, and bake in a shallow pan until well browned, shaking pan frequently; then finely chop. Caramelize one-half of the sugar, and add slowly to two cups of the cream scalded. As soon as sugar is melted, add nuts, remaining sugar, and salt. Cool, add remaining cream, and freeze. A few grains salt is always an improvement to any ice cream mixture.

Macaroon Ice Cream

72

1 quart cream $\frac{3}{4}$ cup sugar

1 cup macaroons 1 tablespoon vanilla

Dry, pound, and measure macaroons; add to cream, sugar, and vanilla, then freeze.

Banana Ice Cream

73

1 quart $1\frac{1}{3}$ tablespoons lemon
cream juice

4 bananas 1 cup sugar

A few grains salt

Remove skins and scrape bananas, then force through a sieve; add remaining ingredients; then freeze.

Ginger Ice Cream

74

To recipe for Vanilla Ice Cream II, using one-half quantity vanilla, add one-half cup Canton ginger cut in small pieces, three tablespoons ginger syrup, and two tablespoons Sherry wine; then freeze.

Pistachio Ice Cream

75

Prepare same as Vanilla Ice Cream II, using for flavoring one tablespoon vanilla and one teaspoon almond extract; color with Burnett's Leaf Green.

Pistachio Bisque

76

To Pistachio Ice Cream add one-half cup each of pounded macaroons, chopped almonds, and peanuts. Mould, and serve with or without Claret Sauce.

Fig Ice Cream

77

3 cups milk 1 lb. figs, finely
 chopped

1 cup sugar $1\frac{1}{2}$ cups heavy cream

Yolks 5 eggs Whites 5 eggs

1 teaspoon 1 tablespoon vanilla
salt

2 tablespoons brandy

Make custard of yolks of eggs, sugar, and milk; strain, add figs, cool, and flavor. Add whites of eggs beaten until stiff and heavy cream beaten until stiff; freeze and mould.

Junket Ice Cream with Peaches

78

4 cups lukewarm 1 tablespoon cold
milk water

1 cup heavy 1 tablespoon vanilla
cream

$1\frac{1}{4}$ cups sugar 1 teaspoon almond
 extract

$\frac{1}{8}$ teaspoon salt Green Coloring

$1\frac{1}{2}$ Junket
Tablets 1 can peaches

Mix first four ingredients, and add junket tablets dissolved in cold water. Turn into a pudding-dish and let stand until set. Add flavoring and coloring. Freeze, mould, and serve garnished with halves of peaches, filling cavities with halves of blanched almonds. Turn peaches into a saucepan, add one-third cup sugar, and cook slowly until syrup is thick. Cool before garnishing ice cream.

Violet Ice Cream

79

1 quart cream $\frac{1}{3}$ cup Yvette Cordial

$\frac{3}{4}$ cup sugar 1 small bunch violets

Few grains salt Violet coloring

Mix first four ingredients. Remove stems from violets, and pound violets in a mortar until well macerated, then strain through cheese-cloth. Add extract to first mixture; color, freeze, and mould. Serve garnished with fresh or candied violets; the light purple cultivated violets should be used and the result will be most gratifying.

Neapolitan or Harlequin Ice Cream

80

Two kinds of ice cream and an ice moulded in a brick.

Baked Alaska

81

Whites 6 eggs 2 quart brick of
ice cream

6 tablespoons Thin sheet
powdered sugar sponge cake

Make meringue of eggs and sugar as in Meringue I, cover a board with white paper, lay on sponge cake, turn ice cream on cake (which should extend one-half inch beyond cream), cover with meringue, and spread smoothly. Place on oven grate and brown quickly in hot oven. The board, paper, cake, and meringue are poor conductors of heat, and prevent the cream from melting. Slip from paper on ice cream platter.

Pudding Glacé

82

2 cups milk $\frac{1}{4}$ teaspoon salt

$\frac{2}{3}$ cup raisins 1 quart thin cream

1 cup sugar $\frac{1}{2}$ cup almonds

1 egg $\frac{1}{2}$ cup candied
pineapple

1 tablespoon $\frac{1}{3}$ cup Canton ginger
flour

3 tablespoons wine

Scald raisins in milk fifteen minutes, strain, make custard of milk, egg, sugar, flour, and salt; strain, cool, add pineapple, ginger cut in small pieces, nuts finely chopped, wine, and cream; then freeze. The raisins should be rinsed and saved for a pudding.

Frozen Pudding I

83

$2\frac{1}{2}$ cups 1 cup heavy cream

milk

1 cup sugar $\frac{1}{4}$ cup rum

$\frac{1}{8}$ teaspoonful salt 1 cup candied fruit,
cherries, pineapples,
pears, and apricots

2 eggs

Cut fruit in small pieces, and soak two or three hours in brandy to cover, which prevents fruit from freezing; make a custard of milk, sugar, salt, and eggs; strain, cool, add cream and rum, then freeze. Fill a brick mould with alternate layers of the cream and fruit; pack in salt and ice and let stand two hours.

Frozen Pudding II

84

1 quart cream $\frac{1}{4}$ cup rum $\frac{3}{4}$ cup sugar 1 cup candied fruit

8 lady fingers

Cut fruit in pieces, and soak several hours in brandy to cover. Mix cream, sugar, and rum, then freeze. Line a two-quart melon mould with lady fingers, crust side down; fill with alternate layers of the cream and fruit, cover, pack in salt and ice, and let stand two hours. Brandied peaches cut in pieces, with some of their syrup added, greatly improve the pudding.

Frozen Tom and Jerry

85

2 cups milk $\frac{1}{8}$ teaspoon salt $\frac{3}{4}$ cup sugar $2\frac{1}{2}$ cups cream

Yolks 6 eggs 2 tablespoons rum

1 tablespoon brandy

Make a custard of first four ingredients; strain, cool, add cream, and freeze to a mush. Add rum and brandy, and finish the freezing.

University Pudding

86

Prepare same as Frozen Tom and Jerry. Freeze to a mush, add one cup mixed fruit which has been soaked in brandy to cover for twelve hours, using glacé cherries, Sultana raisins, sliced citron, and candied pineapple; then finish freezing. Serve in small beer jugs, and garnish with cream, whipped, sweetened, and flavored.

Covington Cream

87

 $\frac{3}{4}$ cup sugar $\frac{1}{3}$ cup rum

$\frac{1}{2}$ cup Formosa tea 1 quart
infusion cream

Mix ingredients, and freeze to a mush. Serve in frappé glasses.

Delmonico Ice Cream with Angel Food

88

2 cups milk $\frac{1}{8}$ teaspoon salt $\frac{3}{4}$ cup sugar $2\frac{1}{2}$ cups thin cream

Yolks 7 eggs 1 tablespoon vanilla

1 teaspoon lemon

Make custard of milk, sugar, eggs, and salt; cool, strain, and flavor; whip cream, remove whip; there should be two quarts; add to custard, and freeze. Serve plain or with Angel Food.

Angel Food

89

Whites 3 eggs	1 quart cream whip
$\frac{1}{2}$ cup powdered sugar	$1\frac{1}{2}$ teaspoons vanilla

Beat eggs until stiff, fold in sugar, cream whip, and flavoring; line a mould with Delmonico Ice Cream, fill with the mixture, cover, pack in salt and ice, and let stand two hours.

Manhattan Pudding

90

$1\frac{1}{2}$ cups orange juice	1 pint heavy cream
$\frac{1}{4}$ cup lemon juice	$\frac{1}{2}$ cup powdered sugar
Sugar	$\frac{1}{2}$ tablespoon vanilla

$\frac{2}{3}$ cup chopped walnut meats

Mix fruit juices and sweeten to taste. Turn mixture in brick mould. Whip cream, and add sugar, vanilla, and nut meats; pour over the first mixture to overflow mould; cover with buttered paper, fit on cover, pack in salt and ice, and let stand three hours.

Sultana Roll with Claret Sauce

91

Line one-pound baking-powder boxes with Pistachio Ice Cream; sprinkle with Sultana raisins which have been soaked one hour in brandy; fill centres with Vanilla Ice Cream or whipped cream, sweetened, and flavored with vanilla; cover with Pistachio Ice Cream; pack in salt and ice, and let stand one and one-half hours.

Claret Sauce

92

1 cup sugar	$\frac{1}{4}$ cup water
	$\frac{1}{3}$ cup claret

Boil sugar and water eight minutes; cool slightly, and add claret.

Angel Parfait

93

1 cup sugar	Whites 3 eggs
$\frac{3}{4}$ cup water	1 pint heavy cream
	1 tablespoon vanilla

Boil sugar and water until syrup will thread when dropped from tip of spoon. Pour slowly on the beaten whites of eggs, and continue the beating until mixture is cool. Add cream beaten until stiff, and vanilla; then freeze.

Café Parfait

94

1 cup milk	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup Mocha coffee	1 cup sugar
Yolks 3 eggs	3 cups thin cream

Scald milk with coffee, and add one-half the sugar; without straining, use this mixture for making custard, with eggs, salt, and remaining sugar; add one cup cream and let stand thirty minutes; cool, strain through double cheese-cloth, add remaining cream, and freeze. Line a mould, fill with Italian Meringue, cover, pack in salt and ice, using two parts crushed ice to one part rock salt, and let stand three hours.

Italian Meringue

95

$\frac{1}{2}$ cup sugar	Whites 3 eggs
$\frac{1}{4}$ cup water	1 cup thin cream
1 tablespoon gelatine or	$\frac{1}{2}$ tablespoon vanilla
$\frac{1}{4}$ teaspoon granulated gelatine	

Make syrup by boiling sugar and water; pour slowly on beaten whites of eggs, and continue beating. Place in pan of ice-water, and beat until cold; dissolve gelatine in small quantity boiling water; strain into mixture; whip cream, fold in whip, and flavor.

Bombe Glacée

96

Line a mould with sherbet or water ice; fill with ice cream or thin Charlotte Russe mixture; cover, pack in salt and ice, and let stand two hours. The mould may be lined with ice cream. Pomegranate or Raspberry Ice and Vanilla or Macaroon Ice Cream make a good combination.

Noisette Bomb

97

Strawberry Ice I	$\frac{3}{4}$ cup hot caramel syrup
$\frac{1}{2}$ cup sugar	Yolks 4 eggs
$\frac{1}{2}$ cup chopped blanched filberts	$1\frac{1}{3}$ cups heavy cream
	$\frac{1}{2}$ tablespoon vanilla
	Few grains salt

Caramelize sugar, add nut meats, turn into a buttered pan, cool, then pound in mortar and put through a purée strainer. Beat egg yolks until thick, add gradually caramel syrup, and cook in double boiler until mixture thickens; then beat until cold. Fold in cream beaten until stiff. Then add prepared nut meats, vanilla, and salt. Line melon mould with ice, turn in mixture, pack in salt and ice, and let stand three hours.

Nesselrode Pudding

98

3 cups milk	$\frac{1}{2}$ teaspoon salt
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1½ cups 1 pint thin cream
sugar

Yolks 5 eggs ¼ cup pineapple
 syrup

1½ cups French Marrons

Make custard of first four ingredients, strain, cool, add cream, pineapple syrup, and marrons forced through a purée strainer; then freeze. Line a two-quart melon mould with part of mixture; to remainder add one-half cup candied fruit cut in small pieces, one-quarter cup Sultana raisins, and six marrons broken in pieces, first soaked several hours in Maraschino syrup. Fill mould, cover, pack in salt and ice, and let stand two hours. Serve with whipped cream, sweetened and flavored with Maraschino syrup.

Pistachio Fruit Ice Cream

99

3 cups milk 1½ cups chestnut
 purée

1½ cups sugar 1 teaspoon almond
 extract

Yolks 5 eggs 1 tablespoon vanilla

½ teaspoon ¾ cup glacé fruits
salt

1 pint heavy Maraschino
cream

Green coloring

Make a custard of first four ingredients, strain, cool; add cream, chestnut purée, flavoring, and glacé fruit cut in pieces and previously soaked in Maraschino three hours. Color with leaf green; freeze, mould, pack in salt and ice, and let stand two hours. Serve with

Fruit Sauce. Drain syrup from a pint jar of canned strawberry, raspberry, or pineapple, heat to boiling-point, thicken slightly with arrowroot, and color with fruit red. 100

Nougat Ice Cream

101

3 cups Whites 5 eggs
milk

1 cup ⅓ cup, each, pistachio,
sugar filbert, English walnut, and
Yolks 5 almond meats
eggs

1 1 teaspoon almond extract
teaspoon salt

1½ cups 1 tablespoon vanilla
heavy cream

Make a custard of first four ingredients, strain, and cool. Add heavy cream beaten until stiff, whites of eggs beaten until stiff, nut meats finely chopped, and flavoring; then freeze.

Orange Pekoe Ice Cream

102

2 cups milk	Yolks 4 eggs
3 tablespoons Orange Pekoe tea	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	Grated rind 1 orange

1 pint heavy cream

Scald milk to which tea had been added, and let stand five minutes. Add sugar, and egg yolks slightly beaten, and cook until mixture thickens. Strain, add remaining ingredients, freeze, and mould. Serve garnished with Candied Orange Peel (p. 547).

Orange Delicious

103

2 cups sugar	1 cup cream
1 cup water	Yolks two eggs
2 cups Orange juice	1 cup heavy cream

$\frac{1}{4}$ cup shredded candied orange peel

Boil sugar and water eight minutes, then add orange juice. Scald cream, add yolks of eggs, and cook over hot water until mixture thickens. Cool, add to first mixture with heavy cream beaten stiff. Freeze; when nearly frozen, add orange peel. Line a melon mould with Orange Ice, fill with Orange Delicious, pack in salt and ice, and let stand one and one-half hours.

Strawberry Mousse

104

1 quart thin cream	$\frac{1}{4}$ box gelatine (scant) or
1 box strawberries	$1\frac{1}{4}$ tablespoons granulated gelatine
1 cup sugar	2 tablespoons cold water
	3 tablespoons hot water

Wash and hull berries, sprinkle with sugar, and let stand one hour; mash, and rub through a fine sieve; add gelatine soaked in cold and dissolved in boiling water. Set in pan of ice-water and stir until it begins to thicken; then fold in whip from cream, put in mould, cover, pack in salt and ice, and let stand four hours. Raspberries may be used in place of strawberries.

Coffee Mousse

105

Make same as Strawberry Mousse, using one cup boiled coffee in place of fruit juice.

Pineapple Mousse

106

1 tablespoon granulated gelatine	2 tablespoons lemon juice
$\frac{1}{4}$ cup cold water	1 cup sugar
1 cup pineapple syrup	1 quart cream

Heat one can pineapple, and drain. To one cup of the syrup, add gelatine soaked in cold water, lemon juice, and sugar. Strain and cool. As mixture thickens, fold in the whip from cream. Mould, pack in salt and ice, and let stand four hours.

Chocolate Mousse

2 squares unsweetened chocolate	3 tablespoons boiling water
1/2 cup powdered sugar	3/4 cup sugar
1 cup cream	1 teaspoon vanilla
3/4 tablespoon granulated gelatine	1 quart cream

Melt chocolate, add powdered sugar, and gradually one cup cream. Stir over fire until boiling-point is reached, then add gelatine dissolved in boiling water, sugar, and vanilla. Strain mixture into a bowl, set in a pan of ice-water, stir constantly until mixture thickens, then fold in the whip from remaining cream. Mould, pack in salt and ice, and let stand four hours.

Maple Parfait

108

4 eggs	1 cup hot maple syrup
	1 pint thick cream

Beat eggs slightly, and pour on slowly maple syrup. Cook until mixture thickens, cool, and add cream beaten until stiff. Mould, pack in salt and ice, and let stand three hours.

Mousse Marron

109

1 quart vanilla ice cream	1 teaspoon granulated gelatine
1/2 cup sugar	1 1/2 cups prepared French chestnuts
1/4 cup water	1 pint cream
Whites two eggs	1/2 tablespoon vanilla

Cook sugar and water five minutes, pour on to beaten whites of eggs, dissolve gelatine in one and one-half tablespoons boiling water, and add to first mixture. Set in a pan of ice-water, and stir until cold; add chestnuts, and fold in whip from cream and vanilla. Line a mould with ice cream, and fill with mixture; cover, pack in salt and ice, and let stand three hours.

Cardinal Mousse, with Iced Madeira Sauce

110

Line a mould with Pomegranate Ice; fill with Italian Meringue made of three-fourths cup sugar, one-third cup hot water, whites two eggs, and one and one-half teaspoons granulated gelatine dissolved in two tablespoons boiling water. Beat until cold, and fold in whip from two cups cream; flavor with one teaspoon vanilla, cover, pack in salt and ice, and let stand three hours.

Iced Madeira Sauce

111

1/4 cup orange juice	1/2 cup sugar
2 tablespoons lemon juice	1 cup boiling water
1/2 cup Madeira wine	Whites 2 eggs

$\frac{1}{3}$ cup sugar Pistachio nuts, finely
chopped

Mix cream, grape juice, and sugar. Add lemon or lime juice to taste. Freeze, and serve in glasses. Garnish with heavy cream beaten until stiff, sweetened, and flavored. Sprinkle cream with nuts.

German Ice Cream

122

Mix one and one-fourth cups sugar, one tablespoon flour, and one-fourth teaspoon salt. Add two eggs slightly beaten and two cups scalded milk. Cook over hot water until mixture thickens, then add two squares melted chocolate, and cool. Add three cups cream and one tablespoon vanilla. Strain and freeze. Just before serving add three cups zweiback dried and broken in small pieces.

Frozen Orange Soufflé

123

$1\frac{1}{2}$ cups $1\frac{1}{2}$ teaspoons
orange juice granulated gelatine
 $1\frac{1}{2}$ cups sugar 3 tablespoons boiling
water
2 tablespoons $2\frac{1}{2}$ cups cream
lemon juice
Yolks 5 eggs Candied orange peel

Pistachio nuts

Mix fruit juice, sugar, and yolks of eggs. Cook over boiling water until mixture thickens; then add gelatine dissolved in boiling water. Cool, freeze to a mush, add whip from cream, and continue freezing. Mould, and serve garnished with candied orange peel and pistachio nuts.

Biscuit Tortoni in Boxes

124

1 cup dried macaroons, $\frac{1}{2}$ cup
finely crushed sugar
 $\frac{1}{3}$ cup
sherry
2 cups thin cream 1 pint heavy
cream

Soak macaroons in thin cream one hour, add sugar, wine, and freeze to a mush; then add heavy cream beaten stiff. Mould, pack in salt and ice, and let stand two hours.

Trim lady fingers, arrange on plate in form of box. Keep in place with ribbon one-half inch wide, and fasten at one corner by tying ribbon in a bow. Garnish opposite corner with flowers of same color as ribbon. Remove ice cream from brick, cut a slice three-fourths inch thick, and place it in box.

125

Frozen Soufflé Glacé

126

4 eggs 1 tablespoon lemon
juice
Grated rind 1 $\frac{1}{2}$ cup Madeira
lemon wine
 $\frac{2}{3}$ cup sugar Few grains salt

$\frac{2}{3}$ cup heavy cream

Beat yolks of eggs slightly; add lemon juice, grated rind, wine, sugar, and salt; cook until mixture thickens, stirring constantly. Add whites of eggs beaten stiff, and when well mixed, set in a pan of ice-water to cool, stirring occasionally. Beat cream until stiff, and add. Fill small paper cases with mixture, cover with macaroon dust, and set in a tin mould with tight-fitting cover. Pack mould in salt and ice, and let stand two hours.

Frozen Plum Pudding

127

2 cups milk	$2\frac{1}{2}$ cups cream
1 cup sugar	$\frac{3}{4}$ cup candied fruit
Yolks 6 eggs	$\frac{1}{2}$ cup almonds, blanched and chopped
$\frac{1}{4}$ teaspoon salt	
$\frac{1}{4}$ cup sherry	$\frac{1}{3}$ cup Sultana raisins
	$\frac{1}{2}$ cup pounded macaroons

Make custard of milk, one-half the sugar, egg yolks, and salt. Caramelize the remaining sugar and add. Strain, cool, add remaining ingredients, freeze, and mould. If a baked ice cream is desired, use whites of eggs for meringue, Baked Alaska .

Frozen Charlotte Glacé

128

Mould ice cream in brick form or one-half pound baking-powder boxes. Remove from mould or moulds, and surround with lady fingers, trimmed to come to top of cream. Cover top with whipped cream, sweetened and flavored, and pipe cream between lady fingers. Baking-powder boxes are used when individual service is desired, the cream being cut in halves crosswise.

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