Pastry Wrinkles

Compliments of
F. V. Staub
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Pastry Wrinkles

How to Make and Bake Delicious Hot Breads, Cake and Pastry; also Recipes and Suggestions for Other Especially Good Things to Eat

BY FANNIE MERRITT FARMER

Miss Farmer is one of the foremost authorities on the science of cooking in the United States. She is editor of the cookery department of THE WOMAN'S HOME COMPANION and principal of The Boston Cooking School at Boston, Mass.

Each of the recipes given in this little book is Miss Farmer's own, tried and proven. All instructions were written by her.

Follow them carefully and we can promise you success. That is, if you use for your shortening Armour's "Simon Pure" Leaf Lard.
Cream of Lard

This finest lard is the purest, sweetest, most perfect shortening that it is possible to produce. Not only “cream of lard” but cream of shortening.

As delicate as butter, it is more satisfactory. “Simon Pure” makes all breads and cake deliciously moist and tender, as well as light as a feather, while its pastry is a flaky marvel.

Fry in deep fat made from “Simon Pure” Leaf Lard and you may enjoy all the old fashioned dishes that delighted your childhood without fear of indigestion.

“Simon Pure” makes food digestible as well as delicious.

Experienced housewives all agree that there is no substitute for real leaf lard. Those who know best say there is no substitute for Armour’s “Simon Pure” Leaf Lard.
For Digestible Frying
Use Deep Fat

Frying is cooking by means of immersion in deep fat raised to a temperature of from 350 to 400 degrees F. Three pounds of "Simon Pure" Leaf Lard is the amount required for deep frying, and a Scotch kettle is the best cooking utensil to use.

Great care should be taken in frying that fat is of the right temperature; otherwise food so cooked will absorb fat.

Great care should also be taken that too much is not put into the kettle at one time, not only because it lowers the temperature of the lard, but because it causes it to bubble and go over the sides of the kettle. It is not lard that boils, but water which fat has received from food.
All fried food on removal from the kettle should be drained on brown paper.

**Rules for Testing Fat for Frying**

1. When the lard begins to smoke, drop in an inch cube of bread, from soft part of loaf, and if in forty seconds it is golden brown, the lard is then of right temperature for frying any cooked mixture.

2. Use same test for uncooked mixtures, allowing one minute for bread to brown.

Many kinds of food may be fried in the same "Simon Pure;" new lard should be used for batter and dough mixtures, potatoes and fish balls; after these, fish, meat and croquettes. "Simon Pure" should be frequently clarified.

To clarify "Simon Pure," melt, add raw potato cut in quarter inch slices, and allow lard to heat gradually; when it ceases to bubble and potatoes are well browned, strain through double cheese cloth, placed over wire strainer, into a pan. The potato absorbs any odors or gases, and collects to itself some of the sediment, the remainder settling to the bottom of the kettle.

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In the following Recipes all measurements are level, allowing sixteen tablespoons to a cup.
Doughnuts

Work one-fourth cup "Simon Pure" Leaf Lard until creamy and add gradually, while beating constantly, one and one-fourth cups sugar; then add the yolks of two eggs, beaten until thick and the whites of two eggs beaten until stiff. Mix and sift four cups flour, one-half teaspoon salt, one-fourth teaspoon grated nutmeg, and three and one-half teaspoons baking powder. Add alternately with one cup milk to first mixture. Toss on a slightly floured board, knead slightly, pat and roll to one-fourth inch in thickness, using one-half the mixture at a time. Shape with a doughnut cutter, first dipped in flour, fry in "Simon Pure" Leaf Lard and drain on brown paper.

Croquette Making

It is an axiom of successful croquette making that the finished croquette should always be soft and creamy inside. The inexperienced housewife,
on account of the difficulty of handling the mixture, is apt to add a few cracker or bread crumbs, and while this makes the shaping easy, it detracts from the delicacy of the croquette. We would recommend to her that she begin by making potato or rice croquettes, which require less skill than most varieties. Potato croquettes should be shaped at once, while the potato is still warm, other croquette mixtures chilled; but the pan containing mixture should never be put in direct contact with the ice.

To Prepare Crumbs, remnants of stale bread may be dried, but not browned, in a slow oven, then rolled and sifted. Remove the outside crust, which otherwise may make the crumbs too brown in color. The crumbs may be kept for a long time if allowed to remain in an uncovered glass jar. Another method of preparing crumbs is to remove the outer crust from a stale loaf of bread, break it in pieces, and force these pieces through a colander. While cracker crumbs are sometimes used, when bread is not at hand, their use detracts from the appearance of the croquette.

To Prepare Egg. Break egg into a shallow plate, beat slightly with a fork, and dilute with two tablespoons cold water. Every part of the surface of the croquette should be coated with the egg, as well as with the crumbs.

To Fry Croquettes. (See rule for testing fat on page 4.) Use “Simon Pure” Leaf Lard, about three pounds in a deep kettle, for the frying of croquettes. A frying basket may be used, and five croquettes fried at a time, never more. A skimmer may be found convenient, when the amount of fat
is low in the kettle, and two or three croquettes fried at a time. Reheat the "Simon Pure" between the fryings.

If Croquettes Do Not Keep Their Shape in frying, there may be water in the article to be fried. This is especially true of potato croquettes where the potatoes have been overdone. The lard may have been used too many times; or may not have been sufficiently heated; or the temperature may have been reduced by an attempt to fry too many croquettes at a time; or, the entire surface of the croquette may not have been covered with egg.

Potato Croquettes

Wash and pare four medium sized potatoes, drop at once into cold water to prevent discoloration and soak one hour; drain, cook in boiling salted water until soft, again drain and force potatoes through a potato ricer; there should be two cups. Add three tablespoons cream, one-half teaspoon salt, one-eighth teaspoon pepper, a few grains cayenne, a few drops onion juice and the yolk of one egg and beat thoroughly. Take up a rounding tablespoonful of the mixture and roll between the hands in the form of a smooth ball; then roll lightly on a board until of the desired length, and flatten ends, care being taken not to leave the impression of the fingers. Roll in crumbs, then in egg, and then in crumbs again, fry for one minute in deep fat made from "Simon Pure" Leaf Lard, and drain on brown paper.
Huntington Croquettes

Cook three tablespoons butter with one-fourth tablespoon finely chopped onion, three minutes, stirring constantly. Add one-fourth cup flour and stir until well blended, then pour on gradually, while stirring constantly, one cup chicken stock (the liquor in which a fowl has been cooked). Bring to the boiling point and add one teaspoon salt, one-fourth teaspoon paprika, one-eighth teaspoon pepper, few gratings nutmeg, yolks three eggs slightly beaten, one and one-fourth cups cold cooked chicken, cut in small cubes and one-half cup of cold boiled ham, cut in small cubes. Spread on a plate to cool. Shape, dip in crumbs, egg and crumbs, fry in deep kettle of "Simon Pure" Leaf Lard, and drain on brown paper. Remove to hot serving dishes and garnish with parsley.

Philadelphia Fried Oysters

Put selected oysters in a strainer and pour over cold water, allowing two-thirds cup to a quart of oysters. Carefully pick over oysters, taking each one separately in the fingers and remove any particles of shell which adhere to the tough muscle. Dry between towels, sprinkle with salt and pepper, dip in flour, egg and stale bread crumbs, fry in "Simon Pure" Leaf Lard and drain on brown paper. Remove to hot platter and garnish with parsley.
Baking Powder Biscuit

Mix and sift two cups bread flour (once sifted), four teaspoons baking powder and one teaspoon salt. Work in one-fourth cup "Simon Pure" Leaf Lard, using the tips of the fingers, then add three-fourths cup of milk and one tablespoon extra milk, mixing with a knife. Toss on a floured board, knead quickly into shape, pat and roll to one-half inch in thickness. Shape with a round biscuit cutter, first dipped into flour. Place close together in a greased pan and bake in a hot oven from fifteen to eighteen minutes.

Emergency Biscuit

Mix and sift one and one-half cups pastry flour (once sifted) with three and one-half teaspoons baking powder and three-fourths teaspoon salt. Work in three tablespoons "Simon Pure" Leaf Lard, using the tips of the fingers; then add one-third cup each, water and milk, mixing quickly, using a knife. Drop by tablespoonfuls into greased hot gem pans and bake in a hot oven fifteen minutes.
Family Pie Paste
(For Two Pies)

Measure three-fourths cup "Simon Pure" Leaf Lard and reserve two tablespoons. Add the remainder (first cutting in with a knife, and then using the tips of the fingers) to two cups pastry flour (once sifted), mix with one and one-half teaspoons salt. Moisten with one-half cup cold water, and when well mixed, toss on a slightly floured board and cut off nearly one-half, reserving it for undercrusts. Pat and roll the remainder into a rectangular piece. Dot over with one tablespoon reserved lard, dredge with flour and cut in thirds, lengthwise. Pile strips one on top of another; fold in halves lengthwise, then in quarters. Again pat and roll into rectangular shape, dot with remaining tablespoon lard, and dredge with flour. Cut in thirds, lengthwise, and fold in halves and then in quarters. Cut in halves and turn over, having cut edges come on top. Pat and roll each piece to fit top of pie. Cut reserved part in halves and pat and roll for undercrust of pies.
Apple Dumpling

Roll pie paste, working in the two extra tablespoons lard to whole amount, and cut in squares. Pare and core eight medium sized apples and place an apple on the center of each square. Fill each cavity with sugar and add a few grains, each, cinnamon and nutmeg, and a bit of butter. Wet edges of paste with white of egg and fold points over apples. Place in a pan and bake in a hot oven until apples are soft; the time required being about fifty minutes. Serve with sugar and cream or whipped cream.

Maryland Fried Chicken

Clean, singe and cut in pieces for serving two young chickens, plunge into cold water, drain, but do not wipe. Sprinkle with salt and pepper, and coat thickly with flour, having as much flour adhere to chicken as possible. Put one cup "Simon Pure" Leaf Lard into hot frying pan, and when melted and hot add chicken, a few pieces at a time (so as not to too quickly reduce the temperature of the fat), and cook slowly, turning frequently until chicken is tender and well browned; the time required being about thirty-five minutes. Arrange on a bed of hot boiled hominy and garnish with parsley. Serve with or without cream sauce.
Sugar Cookies

Work one-third cup "Simon Pure" Leaf Lard until creamy, and add gradually, while beating constantly, one cup sugar; then add one egg, beaten until light, one-fourth cup milk and one teaspoon vanilla. Mix and sift two and one-fourth cups flour with two teaspoons baking powder and three-fourths teaspoon salt, and add to first mixture.

Toss one-fourth of mixture on a floured board and pat and roll as thinly as possible; shape with small round or fancy cutter, first dipped in flour. Place near together on a greased sheet and bake in a moderate oven. Gather up the trimmings and roll with another portion of dough. During rolling, the bowl containing mixture should be kept in a cool place, or it will be necessary to add more flour to dough, which makes cookies hard, rather than crisp and short.

Sour Milk Gingerbread

Put one-fourth cup "Simon Pure" Leaf Lard in mixing bowl, and pour over one-half cup molasses which has been brought to the boiling point. As soon as lard is melted, add one-half cup sugar, one-half cup sour milk, to which has been added one and one-fourth teaspoons soda, and one and three-fourths cups flour, mixed and sifted with one teaspoon, each, ginger and salt. Turn into a greased and floured shallow cake pan, and bake in a moderate oven twenty-five minutes.
Chocolate Layer Cake

Work one-third cup "Simon Pure" Leaf Lard until creamy, using a wooden cake spoon, and add gradually, while beating constantly, two cups brown sugar; then add two squares unsweetened chocolate (melted in saucepan placed over hot water), and two eggs beaten until light.

Add alternately to first mixture one-half cup milk, with two cups pastry flour, mixed and sifted with one teaspoon soda and one-fourth teaspoon salt. Turn into three greased and floured round layer tins, and bake in a moderate oven twenty-five minutes.

Remove from pan and put between layers Burnt Almond Cream and spread top with Chocolate Frosting.

Burnt Almond Cream

One-third cup Jordan almonds, blanched, shredded and baked in a slow oven until delicately browned, stirring frequently. Before adding the chocolate, take one-half the recipe for Chocolate Frosting and add the burnt almonds, beating until of right consistency to spread, then add vanilla.

Chocolate Frosting

Put one cup sugar and one-third cup boiling water in saucepan, and stir to prevent sugar from adhering to saucepan; beat gradually to boiling point, and boil without stirring until syrup will thread when dropped from tip of spoon. Pour syrup gradually on beaten white of one egg, beating mixture constantly, add one and one-half squares melted chocolate and continue beating until of right consistency to spread; then add one-half teaspoon vanilla.
Beaten Biscuits

Eight cupfuls of flour, twelve level tablespoonfuls Armour's "Simon Pure" Leaf Lard; one and one-half teaspoonfuls salt; one cupful water; one cupful milk. Sift into a basin, add salt, rub lard well in with the hands, then add milk and water, gradually making a stiff dough. Knead thoroughly until dough is perfectly smooth. Turn out on a floured board. Beat continuously for thirty minutes with a rolling pin, folding over the dough as it is flattened out. Roll into a sheet about half an inch thick, cut out with small biscuit cutter, prick thoroughly with a fork three times near the center of the biscuit, and bake in a moderate oven for half an hour.

(This is Miss Neil's recipe for Beaten Biscuits, the "Beaten Cracker" spoken of in the letter given on the next page.)
Dear Sirs:—We have been using your "Simon Pure" Leaf Lard in many and varied ways and are delighted with the results.

We have found it excellent in every way and it has all the merits you claim for it. Up to this time we have never used lard in our work, unless an odd pound or two supplied by our butter and egg merchant.

Somehow or other we thought that lard always smelt and tasted badly in the dishes prepared with it; now we know differently. Directly after the sample of lard arrived here, I determined to use it as shortening in a beaten cracker that I was anxious to put on the market.

I did so and now my biscuits are on sale in some of the best stores in the city. I am sending a few of them to you and hope you will accept them, as I would like to have your opinion of them.

I will gladly say a good word for "Simon Pure" every time I get a chance. With best wishes,

Yours faithfully,
MARION HARRIS NEIL.
THE SIGNS OF "SIMON PURE" PURITY

The Leaf Lard Label
The U. S. Government Seal
The Air-tight Pail
The Crinkled Top