Better Meals with Gel-Cookery

Budget Recipes for Main Dishes - Salads and Desserts
In more and more kitchens these days you’ll find the Knox Gelatine package. And more and more homemakers are depending on this good standby in the fixing of fresh, new meals, day after day.

There are so many more wonderful things you can do with Knox than with the ready-flavored gelatine dessert powders or almost any other recipe base you can think of. You will soon find that Knox Gelatine is just about the most all-useful food item you can have in your kitchen.

IT'S EASY: Gel-Cookery dishes — desserts, salads and main dishes — are simple to fix. Many of them actually require almost no stove-time at all.

IT'S THRIFTY: You can save food-money when you use Gel-Cookery often. You can “stretch” meats, poultry, seafood, eggs, fruits, vegetables, juices and other foods, and serve them in delicious variety. You can dress up leftovers and lower-cost foods into dishes you’ll be mighty proud to serve.

IT'S VERSATILE: Practically every fresh, canned and frozen food and flavor your family likes best can be used in Gel-Cookery. It gives dishes a refreshing new quality and texture.

IT’S NOURISHING: Gel-Cookery is made possible by Knox, the real Gelatine, which adds good body-building protein to every dish, enhances the vitamins of the food used with it.

IT’S DELICIOUS: Knox, the real Gelatine, contains no sugar, acid, flavor or artificial color. This enables you to enjoy the full natural flavors of fresh fruits, vegetables, juices and other good things. Knox blends completely with the natural flavors instead of obscuring them.

THE ESSENTIAL INGREDIENT

Gel-Cookery begins with Knox, the real gelatine. Knox is the indispensable ingredient with which you can combine real — rather than imitation — flavors. With Knox you can choose the degree of dessert and salad sweetness or non-sweetness, and the food combinations your family likes best.

Knox is all real gelatine — unlike factory-flavored gelatine dessert powders which are about 7/8 sugar and only about 1/8 gelatine. It adds vital nutrition to every dish. And Knox goes further, too. Every package contains 4 envelopes for 4 different recipes.

Each batch of Knox, made under rigidly controlled conditions, is tested for clarity, freedom from impurities, proper setting time and strength of gel. The content of each envelope is scientifically measured to congeal one pint of liquid.
FIVE SIMPLE KEYS TO
Gel-Cookery

Modern Gel-Cookery is so important a branch of food preparation that it needs as careful defining as does roasting, braising, broiling and frying in meat cookery. The versatility of Gel-Cookery can be appreciated only with a knowledge of the basic methods. Then Gel-Cookery becomes an easy, time-saving, low-cost way to prepare an endless variety of main dishes, salads and desserts.

The Keys and Basic Recipes

KEY NO. 1 — THE BASIC MIX

This is the simple process of sprinkling the gelatine on a small amount of cold liquid — then, when the gelatine has absorbed the liquid, thoroughly dissolving it in hot liquid or over hot water. Before adding solid ingredients the gelatine mixture is chilled until it is the consistency of unbeaten egg whites.

Foundation Recipe for Desserts

(Lemon Gelatine—4 to 6 servings)
1 envelope Knox
Unflavored Gelatine
1/2 cup cold water
1 cup boiling water

Sprinkle gelatine on cold water to soften. Add sugar, salt, boiling water and stir until thoroughly dissolved. Add lemon juice, stir and pour into mold. Chill. Note: For salads follow the above foundation recipe using 1/2 teaspoon salt in place of 1/8 teaspoon. For a Basic Fruit Gelatine follow above recipe with these changes: 1/4 cup sugar instead of 1/3; canned fruit juice instead of water.

KEY NO. 2 — THE WHIPS

This is a delicate, airy variation. The dissolved gelatine mixture, chilled until slightly thicker than the consistency of unbeaten egg whites, is beaten with a rotary egg beater until fluffy, and then thoroughly chilled in a mold.

Fruit Whip

1 envelope Knox
1/4 cups very hot fruit juice

1/2 cup cold fruit juice
1/3 cup sugar
1/8 teaspoon salt

Sprinkle gelatine on cold fruit juice to soften. Add hot fruit juice, sugar, and salt; stir until thoroughly dissolved. Chill until slightly thicker than the consistency of unbeaten egg whites. Beat gelatine mixture with rotary egg beater until light and fluffy and volume has doubled. Pour into large or individual molds. Chill until firm. Unmold (see page 5). Serve plain or with whipped cream. YIELD: 6 servings.
KEY NO. 3 — THE SPONGES

The "sponges" or "snows" have a light, springy texture. A variation of the basic gelatine mixture, these puddings are made by using less liquid and adding egg whites. The gelatine mixture is chilled until slightly thicker than the consistency of unbeaten egg whites; then whipped until light. Beaten egg whites are added and the combined mixture beaten till it begins to hold its shape.

Fruit Sponge

1 envelope Knox 1/3 cup sugar
Unflavored Gelatine 1/8 teaspoon salt
1/2 cup cold fruit juice 2 egg whites, stiffly beaten
1 cup very hot fruit juice

Sprinkle gelatine on cold fruit juice to soften. Add hot fruit juice, sugar, and salt and stir until gelatine and sugar are thoroughly dissolved. Chill until mixture is slightly thicker than consistency of unbeaten egg whites. Beat egg whites until stiff; add gelatine mixture. Place the bowl in ice water; continue to beat until mixture begins to hold its shape. Pour into large or individual molds. Chill until firm. Unmold (see page 5) and serve with custard or fruit sauce. **YIELD:** 6 servings.

Spanish Cream

1 envelope Knox 1/8 teaspoon salt
Unflavored Gelatine 2 egg yolks, slightly beaten
2 cups cold milk 2 egg whites, stiffly beaten
1/3 cup sugar 1 teaspoon vanilla

Sprinkle gelatine on cold milk in top of double boiler to soften. Place over boiling water. Add sugar and salt and stir until gelatine and sugar are thoroughly dissolved. Slowly pour small amount of the hot mixture over slightly beaten egg yolks. Return to double boiler and cook over hot, not boiling, water stirring constantly until mixture coats the spoon. Remove from heat; add vanilla. Fold in lightly the stiffly beaten egg whites. Pour into large or individual molds and chill until firm. (This will separate and form a jelly on the bottom with custard on top — if you do not wish this separation in two layers, allow custard to cool to the consistency of unbeaten egg whites, before adding the stiffly beaten egg whites.) When firm, unmold (see page 5) and serve with whipped cream, sliced oranges or any fruit or fruit juices. **YIELD:** 6 servings.

KEY NO. 4 — CUSTARDS & DRESSINGS

Knox unflavored gelatine plus milk and eggs results in a fluffy jellied custard adaptable to main dishes and desserts. Whipped egg whites may be added for a fluffier texture. An alternate type is salad dressing, added after the gelatine is thoroughly dissolved.

Spanish Cream

1 envelope Knox 1/8 teaspoon salt
Unflavored Gelatine 2 egg yolks, slightly beaten
2 cups cold milk 2 egg whites, stiffly beaten
1/3 cup sugar 1 teaspoon vanilla

Sprinkle gelatine on cold milk in top of double boiler to soften. Place over boiling water. Add sugar and salt and stir until gelatine and sugar are thoroughly dissolved. Slowly pour small amount of the hot mixture over slightly beaten egg yolks. Return to double boiler and cook over hot, not boiling, water stirring constantly until mixture coats the spoon. Remove from heat; add vanilla. Fold in lightly the stiffly beaten egg whites. Pour into large or individual molds and chill until firm. (This will separate and form a jelly on the bottom with custard on top — if you do not wish this separation in two layers, allow custard to cool to the consistency of unbeaten egg whites, before adding the stiffly beaten egg whites.) When firm, unmold (see page 5) and serve with whipped cream, sliced oranges or any fruit or fruit juices. **YIELD:** 6 servings.

KEY NO. 5 — WHIPPED CREAM MIXES

Whipped cream or whipped evaporated milk is added to the basic gelatine mixture for a velvety texture and a rich flavor. Used for main dish mousses, and desserts like Bavarian Cream, Mousses, Charlottes and some types of Chiffon Pie.
**Fruit Charlotte**

1 envelope Knox Unflavored Gelatine  
1 cup very hot fruit juice  
1/2 cup cold fruit juice  
1/3 cup sugar

Sprinkle gelatine on cold fruit juice to soften. Add hot fruit juice, sugar, and salt and stir until thoroughly dissolved.

Chill until mixture is slightly thicker than the consistency of unbeaten egg whites. Fold gelatine mixture into whipped cream or whipped evaporated milk (see below). Pour into large or individual molds and chill until firm. Unmold (see page 5) and serve with whipped cream, custard sauce or crushed berries or fruit. **YIELD:** 6 servings.

Stiffly beaten egg whites are sometimes added with the whipped cream.

**HOW TO WHIP EVAPORATED MILK**

Chill overnight in automatic refrigerator or pour undiluted into freezing tray and chill until ice crystals begin to form around edges. Then pour into cold bowl. Beat with rotary beater until fluffy. Add 1 tablespoon lemon juice to each 1/2 cup evaporated milk used. Continue beating until stabilized.

**HOW TO MAKE CREAM TOPPING WITH EVAPORATED MILK**

1 1/4 teaspoon Knox Unflavored Gelatine  
1/2 cup evaporated milk  
1 teaspoon cold water

Pour evaporated milk in top part of double boiler and heat uncovered. Sprinkle gelatine on the cold water to soften. Add softened gelatine to the hot milk and stir until thoroughly dissolved. Chill until icy cold. Whip until stiff. Fold in 1 tablespoon powdered sugar and 1 teaspoon vanilla.

Chill until mixture is slightly thicker than the consistency of unbeaten egg whites. Fold gelatine mixture into whipped cream or whipped evaporated milk (see below). Pour into large or individual molds and chill until firm. Unmold (see page 5) and serve with whipped cream, custard sauce or crushed berries or fruit. **YIELD:** 6 servings.

Stiffly beaten egg whites are sometimes added with the whipped cream.

**HOW TO MOLD**

It doesn’t matter if you don’t have proper gelatine molds on hand. Many containers you now have can be used for molds. Square cake pans, loaf pans, mixing bowls or coffee or food cans, are excellent for large molds. And for ease of serving, gelatine mixtures can be piled directly into serving dishes instead of unmolding and then serving at the table.

Tea or coffee cups, glasses, custard cups, or even paper drinking cups can be used as individual molds.

**HOW TO UNMOLD**

Loosen around the top edge by running tip of small knife between gelatine and mold. Dip the mold, just to the top, for a few seconds in warm water. Place serving dish on top of mold and turn upside down, holding serving dish tightly to the mold. Carefully lift off mold.
SALADS

CRISP VEGETABLE SALAD (KEY NO. 1)

- 1 envelope Knox Unflavored Gelatine
- 1/4 cup cold water
- 1 cup very hot water
- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 tablespoon lemon juice
- 1/4 cup vinegar
- 1/4 cup diced cucumbers
- 3/4 cup diced celery
- 1/2 cup finely shredded carrots
- 2 teaspoons grated onion
- 2 tablespoons chopped green pepper

Sprinkle gelatine on cold water in top of double boiler to soften. Add hot water, sugar and salt. Stir over boiling water until thoroughly dissolved. Add the lemon juice and vinegar. Chill until mixture is the consistency of unbeaten egg whites. Stir in the vegetables. Turn into large or individual molds. Chill until firm. Unmold (see page 5) on salad greens and serve with salad dressing.

YIELD: 6 servings.

Snappy Salad Variation: Proceed as above, but add 1 teaspoon horseradish to the recipe, and instead of above vegetables add 1 cup drained, diced cooked or canned beets and 1/2 cup diced celery.

Vegetable Salad Variation: Use 1 3/4 cups of desired vegetable combination such as cooked peas, chopped celery and onion. Proceed as above.

QUICK TOMATO ASPIC (KEY NO. 1)

- 1 envelope Knox Unflavored Gelatine
- 1 1/4 cups very hot tomato juice
- 1/4 cup cold tomato juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon lemon juice

Sprinkle gelatine on cold tomato juice to soften. Add hot tomato juice. Stir until thoroughly dissolved. Season and flavor with salt, pepper and lemon juice. Pour into large or individual molds. Chill until firm. Unmold (see page 5) on salad greens. Serve with salad dressing.

YIELD: 4 servings.

NOTE: Water (1/4 cup) and tomato juice may be used instead of all tomato juice in the above recipe. Tomato puree, diluted with (1 cup) water may also be used in place of the tomato juice.

Variations:

White Cap Tomato Aspic: Use individual molds. To serve, top with “white caps” of a mixture of 1 cup cottage cheese, 2 tablespoons minced celery, 2 tablespoons chopped, stuffed olives, 1 tablespoon chopped chives, 1/2 teaspoon salt.

Tomato Perfection Salad: When aspic is consistency of unbeaten egg whites, stir in 1 cup crisp shredded cabbage, 1/2 cup chopped celery and 1/4 cup finely chopped green pepper. Proceed as above.
FRUIT SALAD (KEY NO. 1)

1 envelope Knox
Unflavored Gelatine
1/2 cup cold fruit juice
1 cup very hot fruit juice
1/4 cup sugar

1/4 teaspoon salt
1/4 cup lemon juice
1 1/2 cups well-drained, diced fruits*

NOTE: If there is not enough fruit juice or fruit syrup when drained from the fruit to make 1 1/2 cups, add water to make up the balance.

Sprinkle gelatine on cold fruit juice to soften. Add hot fruit juice, sugar and salt. Stir until thoroughly dissolved. Add lemon juice. Chill until mixture is the consistency of unbeaten egg whites. Stir in the diced fruit.* Pour into large or individual molds. Chill until firm. Unmold (see page 5) on salad greens, and serve with fruit dressing. YIELD: 6 servings.

*If fresh or frozen pineapple is used, boil for 2 minutes before combining with the gelatine.

Variations:

Tropical Fruit Salad: Substitute 1/2 cup cold water for cold fruit juice. Use 1 cup hot orange juice. When mixture is consistency of unbeaten egg whites, add 3/4 cup sliced bananas and 3/4 cup finely chopped apple.

Miami Salad: Use 1/2 cup cold canned grapefruit juice and 1 1/4 cups hot. Omit lemon juice. When mixture is consistency of unbeaten egg whites, add 1/2 cup diced celery, 1/2 cup chopped pecans, and 2 cups well drained, diced, grapefruit sections.
**DEVILED EGG SALAD (KEY NO. 4)**

- 1 envelope Knox Unflavored Gelatine
- $\frac{1}{2}$ cup cold water
- 1 teaspoon salt
- 2 tablespoons lemon juice
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{3}{4}$ cup mayonnaise or salad dressing
- $\frac{1}{2}$ teaspoons grated onion
- $\frac{1}{2}$ cup finely diced celery
- $\frac{1}{4}$ cup finely diced green pepper
- $\frac{1}{4}$ cup chopped pimiento
- 4 hard cooked eggs, chopped
- salad greens

Sprinkle gelatine on cold water to soften. Place over boiling water. Stir until gelatine is thoroughly dissolved. Add salt, lemon juice, Worcestershire sauce and pepper. Cool. Stir in mayonnaise. Combine with remaining ingredients. Pour into large or individual molds. Chill until firm. Unmold (see page 5) on salad greens. **YIELD**: 6 servings.

**JEWEL SALAD (KEY NO. 1)**

- 1 envelope Knox Unflavored Gelatine
- $\frac{1}{2}$ cup cold water
- $\frac{2}{3}$ cup very hot canned pineapple syrup
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon lemon juice
- $\frac{1}{4}$ cup mild or tarragon vinegar
- 1 cup diced, drained cucumber
- 1 cup canned, diced pineapple slices or chunks
- salad greens

Sprinkle gelatine on cold water to soften. Add hot pineapple syrup, sugar and salt. Stir until thoroughly
dissolved. Add lemon juice and vinegar. Chill until mixture is consistency of unbeaten egg whites. Add cucumber and pineapple. Pour into individual molds. Chill until firm. Unmold (see page 5) on salad greens and garnish with mayonnaise. Yield: 6 servings. If desired, grapefruit may be used instead of the pineapple.

**WINTER SALAD (KEY NO. 5)**

1 envelope Knox Unflavored Gelatine
1/2 cup cold water
3/4 cup very hot water
1/2 teaspoon salt
1/4 cup vinegar
1 1/2 cups grated American cheese
1/2 cup chopped stuffed olives
1/2 cup diced celery
1/4 cup diced green pepper
1/3 cup icy cold evaporated milk, whipped
or 1/2 cup whipping cream whipped
salad greens
mayonnaise or salad dressing

Sprinkle gelatine on cold water to soften. Add hot water and salt. Stir until thoroughly dissolved. Stir in vinegar. Chill until slightly thicker than the consistency of unbeaten egg whites. Beat the gelatine mixture with rotary type beater until light and fluffy and volume is doubled. Fold in the cheese, olives, celery, green pepper and whipped evaporated milk or cream. Pour into mold. Chill until firm. Unmold (see page 5) on salad greens and serve with a salad dressing. Yield: 6 servings.

**TOMATO CHEESE SALAD (KEY NO. 4)**

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
1 1/2 cups very hot condensed tomato soup
1/2 cup cream cheese or cottage cheese, sieved
1/2 teaspoon salt
1 tablespoon onion juice
1/2 cup mayonnaise
1/2 cup heavy cream or 1/3 cup icy cold evaporated milk, whipped
1/2 cup chopped stuffed olives


**For Best Results**

Whenever you see a recipe calling for 1 tablespoon of gelatine, just use 1 envelope of Knox Unflavored Gelatine. Each envelope of Knox is scientifically measured, grain by grain, to gel 1 pint of liquid.
PERFECTION SALAD  (KEY NO. D)

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
1 cup very hot water
1/4 cup sugar
1/2 teaspoon salt
1 tablespoon lemon juice

1/4 cup vinegar
1/2 cup finely shredded cabbage
1/2 cup finely diced celery
1 pimiento, finely chopped or 2 tablespoons sweet red or green pepper

Sprinkle gelatine on cold water in top of double boiler to soften. Add hot water, sugar and salt. Stir over boiling water until thoroughly dissolved. Add the lemon juice and vinegar. Chill until mixture is consistency of unbeaten egg whites. Stir in the vegetables. Pour into mold. Chill until firm. Unmold (see page 5) on salad greens and garnish with mayonnaise. Or, cut salad in cubes and serve in green pepper cases. Yield: 6 servings.

CRANBERRY SALAD  (KEY NO. N)

1 envelope Knox Unflavored Gelatine
1/2 cup cold water
1 cup sugar
1 cup water
1/2 teaspoon salt
1/2 cup diced celery
1/2 cup chopped nut meats

1/2 teaspoon salt
1/2 cup chopped nut meats

Sprinkle gelatine on 1/2 cup cold water to soften. Make a cranberry sauce by combining the sugar and 1-cup water. Boil 5 minutes. Add cranberries. Cook without stirring until all skins pop open, about 5 minutes.
Strain. Return to heat, add softened gelatine and salt. Stir until gelatine is thoroughly dissolved. Remove from heat. Chill until mixture is consistency of unbeaten egg whites. Stir in the celery and nut meats. Pour into individual molds. Chill until firm. Unmold (see page 5) on salad greens and garnish with whole nut meats. Serve with mayonnaise. YIELD: 6 servings. Canned cranberry jelly, (1½ cups) may be used in place of the fresh cranberry sauce. Either may also be used without straining.

**PINEAPPLE CHEESE SALAD** (KEY NO. 4)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 envelope Knox Unflavored Gelatine</td>
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<tr>
<td>1/4 cup cold water</td>
<td>3/4 cup grated American cheese or 2 (3 oz.) packages cream cheese, sieved</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td>1/2 cup very hot chicken stock or bouillon</td>
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<tr>
<td>1/2 cup very hot water</td>
<td>1/4 cup heavy cream or 1/8 cup icy cold evaporated milk, whipped</td>
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<tr>
<td>2 tablespoons lemon juice</td>
<td>salad greens</td>
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<tr>
<td>1 cup undrained canned crushed pineapple</td>
<td>mayonnaise</td>
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<tr>
<td>2/3 cup grated American cheese or 2 (3 oz.) packages cream cheese, sieved</td>
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Sprinkle gelatine on cold chicken stock in top of double boiler to soften. Add hot stock and salt and stir over boiling water until gelatine is thoroughly dissolved. Cool. Stir in the lemon juice and mayonnaise. Combine with the chicken, green pepper and celery. Pour into large or individual molds. Unmold (see page 5) on salad greens. YIELD: 6 servings.

**MOLDED CHICKEN SALAD** (KEY NO. 4)

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<tr>
<td>1 envelope Knox Unflavored Gelatine</td>
<td>3/4 cup mayonnaise or salad dressing</td>
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<tr>
<td>1/4 cup cold chicken stock or bouillon</td>
<td>1 cup diced cooked chicken</td>
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<td>1/2 cup very hot chicken stock or bouillon</td>
<td>3 tablespoons minced green pepper</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td>3/4 cup diced celery</td>
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<td>1 tablespoon lemon juice</td>
<td>salad greens</td>
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Sprinkle gelatine on cold water in top of double boiler to soften. Add sugar, salt, and hot water. Stir over boiling water until thoroughly dissolved. Stir in the lemon juice and pineapple. Chill until consistency of unbeaten egg whites. Beat in cheese and whipped cream or whipped evaporated milk. Pour into mold. Chill until firm. Unmold (see page 5) on salad greens. Serve with mayonnaise sprinkled with chopped red or green pepper. YIELD: 6 servings.

**WALDORF SALAD** (KEY NO. 1)

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<tr>
<td>1 envelope Knox Unflavored Gelatine</td>
<td>1/4 cup mild vinegar or lemon juice</td>
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<td>1/2 cup cold water</td>
<td>1/2 cup diced celery</td>
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<tr>
<td>1 cup very hot water</td>
<td>2 cups diced tart apples</td>
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<tr>
<td>1/3 cup sugar</td>
<td>1/4 cup chopped pecans</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td>salad greens</td>
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<tr>
<td></td>
<td>salad dressing</td>
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Sprinkle gelatine on cold water to soften. Add hot water, sugar and salt and stir until thoroughly dissolved. Add vinegar. Chill until consistency of unbeaten egg whites. Fold in the celery, apples and nut meats. Pour into molds. Chill until firm. Unmold (see page 5) on salad leaves and serve with any preferred salad dressing. YIELD: 6 servings.
GOLDEN SALAD (KEY NO. 1)

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
1/4 cup sugar
1/4 teaspoon salt
1 cup very hot pineapple syrup or juice
1/4 cup cold orange juice
1/4 cup vinegar

Sprinkle gelatine on cold water to soften. Add sugar, salt and hot pineapple syrup. If necessary add water to pineapple syrup to complete the measurement. Stir until thoroughly dissolved. Add orange juice and vinegar. Chill until consistency of unbeaten egg whites. Stir in the carrots, oranges and pineapple. Pour into mold. Or, if individual molds are used, place one teaspoon clear jelly in bottom of each. When nearly firm, place on it one tablespoon mayonnaise. When this is firm fill molds with salad mixture. Chill until firm. Unmold (see page 5) on salad greens. Decorate with pineapple. Serve with mayonnaise or salad dressing if desired. YIELD: 6 servings.

NOTE: Whenever fresh or frozen pineapple is used be sure to boil for two minutes before combining with gelatine — otherwise it will not gel.

COOKED DRESSING

Sprinkle one envelope Knox Unflavored Gelatine on one fourth cup cold water to soften. Place over boiling water and stir until gelatine is thoroughly dissolved. Cool. Add gelatine mixture to a quart of cooked salad dressing. This improves the salad dressing and makes it stand up firm and hard. This dressing may be individually molded and passed with the salad or molded and then cut into slices or squares.

Salad dressing or mayonnaise may be colored green with ground spinach, chopped parsley or green vegetable coloring; red with ground beets or red vegetable coloring.

FRENCH DRESSING

1 envelope Knox Unflavored Gelatine
3/4 cup cold water
3/4 cup vinegar
2 tablespoons onion juice
1 tablespoon salt
1/4 teaspoon pepper
1 tablespoon Worcestershire sauce
3 cups olive or salad oil

Sprinkle gelatine on cold water to soften. Place over boiling water. Stir until thoroughly dissolved. Add vinegar, onion juice (extracted by grating onion), salt and pepper. Cool but do not allow to thicken. Pour into bottle. Add the oil and shake until well blended. Use other seasonings as desired. This dressing will remain in emulsion but if placed in a refrigerator it will become jelly-like in consistency. YIELD: 4 1/2 cups dressing.
COCONUT CHIFFON PIE (KEY NO. 4)

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
3 egg yolks, slightly beaten
1/4 cup sugar
1/8 teaspoon salt
1 1/2 cups scalded milk
3/4 cup chopped shredded coconut

1 teaspoon vanilla extract
1/4 cup sugar
3 egg whites, stiffly beaten
1 9-inch baked pastry shell

Sprinkle gelatine on cold water to soften. To beaten egg yolks add 1/4 cup sugar and the salt. Slowly stir in the scalded milk. Cook over hot, not boiling, water, stirring constantly until mixture coats the spoon. Remove from heat. Add gelatine and stir until thoroughly dissolved. Chill until mixture is slightly thicker than consistency of unbeaten egg whites. Add the coconut and the vanilla extract. Beat 1/4 cup sugar into the beaten egg whites. Fold into gelatine-coconut mixture. Pour into baked pastry shell. Chill until firm. Garnish with whipped cream and toasted coconut.

YIELD: 1 9-inch pie.
LEMON CHIFFON PIE (KEY NO. 4)

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
3 egg yolks, slightly beaten
1/3 cup sugar
1/2 cup lemon juice

Sprinkle gelatine on cold water to soften. To the beaten egg yolks, add 1/3 cup sugar, lemon juice and salt. Cook in double boiler over hot, not boiling, water, stirring constantly, until of custard consistency. Add softened gelatine and stir until thoroughly dissolved. Add grated lemon rind. Chill until mixture is consistency of unbeaten egg whites. Fold in the stiffly beaten egg whites to which the remaining 1/3 cup sugar has been added. Pour into baked pastry shell or crumb crust. Chill until firm. Serve with whipped cream, if desired.

ORANGE CHIFFON PIE — Make same as Lemon Chiffon Pie but instead of 1/2 cup lemon juice and 1 teaspoon grated lemon rind, use 1/2 cup orange juice, 1 tablespoon grated orange rind and 1 tablespoon lemon juice.

CHOCOLATE MALLOW PIE (KEY NO. 5)

1 envelope Knox Unflavored Gelatine
3 squares unsweetened chocolate
1/2 cup cold water
1/2 cup sugar
3/4 cup light corn syrup

Melt chocolate and set aside to cool. In top of double boiler sprinkle gelatine on cold water to soften. Place over boiling water and stir until gelatine is thoroughly dissolved. Add the sugar and stir until dissolved. Remove from heat. Pour corn syrup into large bowl of electric mixer. Add the vanilla extract and the gelatine and sugar mixture. Beat on high speed of electric mixer until mixture becomes thick and of soft marshmallow consistency, about 15 minutes. Fold the melted chocolate, which must not be warm when added, into the marshmallow mixture. Fold in the whipped cream or whipped evaporated milk. Pour into baked pastry shell. Chill for about 4 hours. Serve with whipped evaporated milk or whipped cream if desired.

EGGLESS COFFEE CHIFFON PIE (KEY NO. 5)

1 envelope Knox Unflavored Gelatine
1/4 teaspoon salt
1/2 cup boiling water
1/2 cup sugar
1 tablespoon flour
2 teaspoons Instant coffee

Sprinkle gelatine on cold water to soften. Combine sugar, flour, salt and Instant coffee. Slowly stir in the boiling water and cook, stirring constantly until mixture thickens. Dissolve gelatine thoroughly in hot mixture. Remove from heat, add vanilla extract. Chill until mixture is slightly thicker than the consistency of unbeaten egg whites. Beat with rotary type beater until fluffy. Fold the gelatine mixture into the whipped evaporated milk. Pour into baked pastry shell. Chill until firm.
PRUNE WHIP (KEY NO. 3)

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
3/4 cup very hot prune juice
1/2 cup sugar
1/4 teaspoon salt

Sprinkle gelatine on cold water to soften. Dissolve thoroughly in hot prune juice with sugar and salt, stirring well. Add prune pulp and lemon juice. Chill until consistency of unbeaten egg white. Fold in beaten egg whites. Turn into mold. Chill until firm. Unmold (see page 5), or spoon into sherbet glasses. Sprinkle with chopped nuts. Serve with or without whipped cream.

YIELD: 6 servings.

PRUNE WHIP PIE — Turn Prune Whip mixture into a previously baked pastry shell or graham cracker crust and chill thoroughly. Just before serving, garnish with whipped cream. If desired, decorate with whole cooked prunes.

CRUMB PIE SHELLS

1 1/2 cups crushed graham cracker crumbs
1/2 cup melted butter
1/3 cup confectioners' sugar
3 tablespoons sugar


LEMON SNOW PUDDING (KEY NO. 3)

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
1/4 cup very hot water
1/2 cup sugar
1/4 teaspoon salt
1/4 teaspoon grated lemon rind
2 egg whites, stiffly beaten

Sprinkle gelatine on cold water to soften. Add hot water, sugar and salt. Stir until thoroughly dissolved. Add lemon juice and rind. Chill until mixture is slightly thicker than consistency of unbeaten egg whites. Whip until light. Add the stiffly beaten egg whites. Place the bowl in ice water. Continue beating until mixture begins to hold its shape. Pour into large or individual molds. Chill until firm. Unmold (see page 5) and serve with soft custard, chocolate sauce or fresh crushed berries or fruit. YIELD: 6 servings.

CUSTARD SAUCE

2 egg yolks, well beaten
1/8 teaspoon salt
1 cup milk
1/2 teaspoon vanilla

Combine beaten egg yolks, sugar and salt in top of double boiler. Stir in milk. Cook over hot, not boiling, water, stirring constantly until it begins to thicken, or until mixture coats a metal spoon. Pour into jar. Stir in vanilla extract. Cover. Chill. YIELD: 1 1/4 cups sauce. If custard curdles from over cooking, beat with egg beater to restore smoothness.
CHOCOLATE SPONGE  (KEY NO. 3)

1 envelope Knox
  Unflavored Gelatine
1/4 cup cold water
1 1/2 squares chocolate, melted or 4 tablespoons cocoa
1/3 cup sugar
1/4 teaspoon salt
1/4 cup boiling water
3 egg yolks, slightly beaten
1 teaspoon vanilla extract
3 egg whites, stiffly beaten

Sprinkle gelatine on cold water to soften. Combine the chocolate or cocoa, sugar, salt and the boiling water. Bring to the boiling point. Add softened gelatine. Stir until thoroughly dissolved. Cool slightly. Add the beaten egg yolks to the chocolate mixture with the vanilla extract. When mixture begins to thicken, fold in the stiffly beaten egg whites. Pour into large or individual molds. Chill until firm. Unmold (see page 5) and serve with a custard sauce. YIELD: 6 servings.

On Reducing Diets

Low-calorie diets can be appetizing and provide required proteins, vitamins and minerals. Knox has published a 32-page booklet, “Reducing Diets and Recipes” — including the Protein Gelatine Drink, 56 low-calorie recipes and menus, and scientific food-value charts. It is free. Just mail a postcard to Mrs. Knox, Box R, Johnstown, New York.
BAVARIAN CREAM (KEY NO. 5)

1 envelope Knox Unflavored Gelatine
1 1/4 cups cold milk
1/2 cup sugar
1/8 teaspoon salt
2 egg yolks, slightly beaten

1/2 teaspoon vanilla extract
2 egg whites, stiffly beaten
1 cup heavy cream, whipped or 2/3 cup icy cold evaporated milk, whipped

Sprinkle gelatine on cold milk in top of double boiler to soften. Add sugar and salt and place over boiling water. Stir until thoroughly dissolved. Slowly pour hot mixture over the beaten egg yolks. Return to double boiler and cook over hot, not boiling, water, stirring constantly, until mixture coats the spoon. Remove from heat. Add vanilla extract. Chill until mixture is slightly thicker than the consistency of unbeaten egg whites. Fold in the stiffly beaten egg whites; then the whipped cream or whipped evaporated milk. Pour into large or individual molds. Chill until firm. Unmold (see page 5). Decorate with fruit or mint leaves or as desired.

YIELD: 6 servings.

To Prevent Custard from Curdling

When combining beaten egg yolks and hot liquid, add a few tablespoons of the hot liquid to the beaten egg yolks gradually. Hot liquid when poured directly on yolks may solidify or curdle the yolks, preventing smooth blending. If custard should curdle from overcooking, beat it with an egg beater to restore its smoothness.
### RICE Bavarian Cream

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1 envelope Knox Unflavored Gelatine</td>
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<tr>
<td>1/2 cup cold water</td>
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<tr>
<td>1 cup hot, salted cooked rice</td>
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<tr>
<td>1/4 cup sugar</td>
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Sprinkle gelatine on cold water in top of double boiler to soften. Place over boiling water and stir until thoroughly dissolved. Add to the hot rice together with sugar and salt. Mix well. Chill until consistency of unbeaten egg whites. Fold into the whipped cream or whipped evaporated milk and the vanilla extract. Pour into mold or pile in serving glasses. Chill until firm. Unmold (see page 5). Serve with fruit or chocolate sauce. YIELD: 6 servings. One half cup drained chopped maraschino cherries and if desired, one half cup chopped nut meats may also be added.

### Cheese Cake

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1 envelope Knox Unflavored Gelatine</td>
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<tr>
<td>1/2 cup cold milk</td>
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<tr>
<td>1/2 cup sugar</td>
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<tr>
<td>1/6 teaspoon salt</td>
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<tr>
<td>1 egg</td>
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Sprinkle gelatine on 1/4 cup milk to soften. Beat yolk of egg slightly, add sugar, salt and 1/4 cup milk. Cook over boiling water until of custard consistency. Add softened gelatine and stir until thoroughly dissolved. Cool. Stir in cottage cheese, lemon juice, lemon rind and vanilla. Fold in whipped cream and stiffly beaten egg white. Make crumbs for bottom and top of cheese cake as follows: Mix together 2 tablespoons melted butter, 1 tablespoon sugar, 1/2 cup graham cracker crumbs, 1/4 teaspoon cinnamon and 1/4 teaspoon nutmeg. Place part of the crumbs in bottom of pan or pie plate, add cheese mixture. Sprinkle top with the remaining crumbs and chill. When firm, cut and serve. YIELD: 6 servings.

### Blanc Mange

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<tr>
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<tr>
<td>1/4 cup sugar</td>
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</table>

Sprinkle gelatine on cold milk to soften. Scald 1/2 cups milk with the sugar. Add the gelatine and stir until thoroughly dissolved. Cool slightly. Add the salt and flavoring. Pour into mold. Chill until firm. Unmold (see page 5). Serve with currant, strawberry or any preferred jelly or with whipped cream. May also be served with crushed fruit sauce or other flavored sauces such as chocolate, marshmallow mocha, or butter-scotch. YIELD: 4 to 6 servings.

### Variation:

When Blanc Mange is consistency of unbeaten egg whites, any drained, sliced, canned, fresh or frozen (thawed) fruit may be added.
### PINEAPPLE SPONGE (KEY NO. 3)

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<tr>
<td>1/2 cup cold water</td>
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<tr>
<td>3/4 cup very hot pineapple syrup</td>
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<tr>
<td>1/3 cup sugar</td>
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</table>

Sprinkle gelatine on cold water to soften. Add hot pineapple syrup, sugar and salt. Stir until thoroughly dissolved. Add lemon juice. Chill until mixture is slightly thicker than the consistency of unbeaten egg whites. Whip until light. Stir in the pineapple. Add to the stiffly beaten egg whites. Place the bowl in ice water and continue beating until mixture holds its shape. Pour into large or individual molds. Chill until firm. Unmold (see page 5). Serve with whipped cream or any desired sauce. Decorate with pineapple. **YIELD:** 6 servings.

### COCONUT MOUNDS (KEY NO. 1)

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<tbody>
<tr>
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<tr>
<td>1/2 cup cold milk</td>
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<tr>
<td>1 1/4 cups very hot milk</td>
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<tr>
<td>1/4 cup sugar</td>
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</table>

Sprinkle gelatine on cold milk to soften. Add hot milk, sugar and salt. Stir until thoroughly dissolved. Add vanilla extract. Chill until mixture is the consistency of unbeaten egg whites. Stir in shredded coconut. Pour into large or individual molds. Chill until firm. Unmold (see page 5). Decorate with shredded coconut. Serve with chocolate sauce. **YIELD:** 6 servings.
ORANGE CHARLOTTE  (KEY NO. 5)

1 envelope Knox Unflavored Gelatine

1/4 cup cold water

1/2 cup very hot water

1 cup sugar

1/4 teaspoon salt

2 tablespoons lemon juice

1 cup orange juice and pulp

3 egg whites, stiffly beaten

lady fingers or stale sponge cake

Sprinkle gelatine on cold water to soften. Dissolve thoroughly in hot water with sugar and salt stirring well. Add lemon juice, orange juice and pulp. Chill until slightly thicker than consistency of unbeaten egg white. Beat until light. Add beaten egg whites and beat thoroughly. Turn into mold lined with stale lady fingers or sponge cake. Chill until firm. Unmold (see page 5). Note: One cup cream, whipped or 3/4 cup evaporated milk, whipped may be used in place of egg whites. Or, use one-half as much whipped cream or whipped evaporated milk and whites of two eggs. YIELD: 6 servings.

CHOCOLATE ICE CREAM  (KEY NO. 1)

1 envelope Knox Unflavored Gelatine

1/2 cup cold water

3 1/2 cups evaporated milk

3/4 cup sugar

1/4 teaspoon salt

6 tablespoons cocoa

1/3 cup sugar

1/2 cup water

1 tablespoon vanilla extract

Sprinkle gelatine on the 1/2 cup cold water in top of double boiler to soften. Dissolve thoroughly over hot water. Combine evaporated milk, 3/4 cup sugar and the salt. Mix thoroughly. Add the dissolved gelatine. Combine the cocoa, 1/3 cup sugar and the 1/3 cup water. Cook over hot water until thickened, stirring constantly. Add to gelatine mixture. Stir until blended. Add the vanilla extract. Pour into refrigerator trays. Freeze at coldest setting, until mixture has frozen one inch from edge. Remove to a chilled bowl. Beat with a rotary type beater until smooth. Return to trays and continue freezing*. YIELD: 8 servings.

PHILADELPHIA VANILLA ICE CREAM  (KEY NO. 5)

1 envelope Knox Unflavored Gelatine

1/4 cup cold milk

1 1/4 cups scalded milk

1/2 cup sugar

1/4 teaspoon salt

2 teaspoons vanilla extract

Sprinkle gelatine on cold milk to soften. Dissolve thoroughly in scalded (not boiled) milk with the sugar. Stir until dissolved. Combine with the cream, salt and vanilla extract. Pour into refrigerator trays and freeze at coldest position. When mixture has frozen about one inch from edge, place in a chilled bowl. Beat until smooth. Return to trays and continue freezing*. YIELD: 4 servings.

*To freeze in hand freezer: use three parts finely crushed ice to one part rock salt.

Ice cream which is to be molded in fancy shapes—or even plain brick molds—should always be stiffened with gelatine so that it will keep its shape when unmolded.
COFFEE WHIP (KEY NO. 2)

1 envelope Knox Unflavored Gelatine
1/2 cup cold water

1 1/4 cups very hot strong coffee
1/3 cup sugar
1/8 teaspoon salt

Sprinkle gelatine on cold water to soften. Add hot coffee, sugar and salt. Stir until thoroughly dissolved. Chill until slightly thicker than consistency of unbeaten egg whites. Beat gelatine mixture with rotary type beater until light and fluffy and volume has doubled. Pour into large or individual molds. Chill until firm. Unmold. Serve plain or with whipped cream or whipped evaporated milk (see page 5). Or decorate with fruit if desired. YIELD: 6 servings.

Variations:

Apricot Whip: Use 1 1/4 cups hot apricot puree in place of the hot coffee. Proceed as above.

Two-Toned Whips: Follow the basic recipe for Key No. 2 to prepare a Basic Fruit Whip (see page 3). Then pour half of the gelatine mixture into mold. Chill. Chill remaining gelatine until slightly thicker than the consistency of unbeaten egg whites. Beat with rotary type beater until fluffy. Pour on top of clear gelatine in mold. Chill until firm. Unmold (see page 5) and serve with plain or whipped evaporated milk (see page 5) or whipped cream or a custard or pudding sauce. Layers may be delicately tinted with vegetable food coloring for an unusual variation.
MOLDED CHICKEN LOAF (KEY NO. 1)

1 envelope Knox Unflavored Gelatine
1/2 cup cold chicken stock or bouillon
1 cup very hot chicken stock or bouillon
1/2 teaspoon salt
2 tablespoons lemon juice

1/4 cup canned pineapple syrup
1 1/4 cups diced cooked chicken
1/2 cup drained canned crushed pineapple
1/2 cup diced celery

Sprinkle gelatine on cold chicken stock to soften. Add hot stock and salt. Stir until thoroughly dissolved. Add lemon juice and pineapple syrup. Chill until consistency of unbeaten egg whites. Fold in the chicken, pineapple and celery. Pour into loaf pan or individual molds. Chill until firm. Unmold (see page 5) on salad greens, and serve with mayonnaise or salad dressing. Garnish (if desired) with toasted, slivered almonds.

YIELD: 6 servings.

Jellied mayonnaise or jellied cooked salad dressing (see page 12) may be spread over a molded main dish or salad as a cake is iced. Decorate at once with any design preferred. Press the garnishes into the jellied dressing. Use sliced stuffed olives, sliced pickles, bits of pimiento or green pepper strips, hard cooked eggs, pieces or sections of fruits or slices of cheese.
**SALMON MOUSSE** (KEY NO. 5)

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
1/4 cup vinegar
1 tablespoon sugar
1 1/4 teaspoons salt
1 teaspoon dry mustard
2 cups flaked cooked salmon

1 cup finely diced celery
1 tablespoon capers (optional)
1/2 cup heavy cream, whipped or 1/3 cup icy cold evaporated milk, whipped

Salad greens
Mayonnaise

Sprinkle gelatine on cold water and vinegar to soften. Place over boiling water. Stir until thoroughly dissolved. Add the sugar, salt and mustard. Stir until blended. Cool. Stir in salmon, celery and capers. Fold in the whipped cream or whipped evaporated milk. Pour into large or individual molds. Chill until firm. Unmold (see page 5) on salad greens. Serve with mayonnaise or cucumber dressing. YIELD: 6 servings.

**TUNA FISH MOLD** (KEY NO. 4)

1 envelope Knox Unflavored Gelatine
1/4 cup cold water
1/4 cup cold milk
1 1/2 cups scalded milk
2 egg yolks, slightly beaten
1 teaspoon salt

1/4 teaspoon paprika
1/2 teaspoon prepared mustard
2 tablespoons lemon juice or vinegar

Sprinkle gelatine on cold milk to soften. Dissolve thoroughly in scalded milk. Slowly stir into the combined egg yolks, salt and paprika. Cook over hot, not boiling, water stirring constantly until mixture thickens and
coats spoon. Chill until consistency unbeaten egg white. Stir in the mixed tuna fish, prepared mustard and lemon juice. Turn into large or individual molds. Chill until firm. Unmold on salad greens. Garnish with salad dressing and, if desired, green stuffed olives. Make 6 servings.

Variation:
Up to 2 cups crab or lobster meat may be used in place of tuna fish, if desired. Chopped celery or green olives may also be included in the above 2 cups of solids added.

MOLDED MACARONI AND CHEESE (KEY NO. 4)

<table>
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<tbody>
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<tr>
<td>1/2 cup cold water</td>
<td>1 teaspoon salt</td>
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<tr>
<td>3/4 cup very hot water</td>
<td>2 tablespoons chopped parsley</td>
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<tr>
<td>1 cup grated American cheese</td>
<td>1 tablespoon chopped pimiento</td>
</tr>
<tr>
<td>1 tablespoon lemon juice</td>
<td>1/2 cup diced celery</td>
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<tr>
<td>2 teaspoons grated onion</td>
<td>1 1/4 cups very hot tomato juice</td>
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</table>

Sprinkle gelatine on cold water to soften. Add hot water. Stir constantly until gelatine is thoroughly dissolved. Add grated cheese. Stir until cheese has softened. Stir in lemon juice, grated onion and salt. Chill until mixture is consistency of unbeaten egg whites. Stir in remaining ingredients. Pour into large or individual molds. Chill until firm. Unmold (see page 5) on salad greens. YIELD: 6 servings.

SHRIMP TOMATO MOLD (KEY NO. 1)

<table>
<thead>
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<th>Ingredients</th>
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<tbody>
<tr>
<td>1 envelope Knox Unflavored Gelatine</td>
<td>1 teaspoon horseradish</td>
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<tr>
<td>1/2 cup cold tomato juice</td>
<td>1 tablespoon lemon juice</td>
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<tr>
<td>1 1/4 cups very hot tomato juice</td>
<td>1/2 cup diced celery</td>
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<tr>
<td>1/2 teaspoon salt</td>
<td>2 tablespoons diced green pepper</td>
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<tr>
<td>1 cup cooked or canned shrimp</td>
<td>1 cup cooked or canned shrimp</td>
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</table>

Sprinkle gelatine on cold tomato juice to soften. Add hot tomato juice and stir until gelatine is thoroughly dissolved. Add salt, horseradish and lemon juice. Chill until mixture is the consistency of unbeaten egg whites. Stir in remaining ingredients. Pour into large or individual molds. Chill until firm. Unmold (see page 5) on salad greens and serve with mayonnaise. YIELD: 6 servings.

JELLIED DINNER LOAF (KEY NO. U)

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<th>Ingredients</th>
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<tr>
<td>1 envelope Knox Unflavored Gelatine</td>
<td>2 tablespoons lemon juice</td>
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<tr>
<td>1/2 cup cold water</td>
<td>1 cup finely diced cooked left-over meat</td>
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<tr>
<td>3/4 cup very hot water</td>
<td>2 bouillon cubes</td>
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<tr>
<td>1/4 teaspoon salt</td>
<td>1/2 cup mayonnaise or salad dressing</td>
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<tr>
<td>1/2 cup diced celery</td>
<td>1 1/2 cups cooked, broken macaroni</td>
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Sprinkle gelatine on cold water to soften. Add hot water, bouillon cubes, and salt and stir until thoroughly dissolved. Add lemon juice. Chill until mixture is the consistency of unbeaten egg whites. Stir in the meat, cooked vegetables, and celery. Pour into loaf pan or individual molds and chill until firm. Unmold and garnish with lettuce and serve with salad dressing. YIELD: 6 servings.
**CANDIES**

**MARSHMALLOWS** *(KEY NO. 2)*

1 envelope Knox Unflavored Gelatine

\(\frac{1}{3}\) cup cold water

\(\frac{1}{2}\) cup sugar

\(\frac{3}{4}\) cup light corn syrup

1 teaspoon vanilla extract

4 cups Corn Flakes or Rice Krispies

Sprinkle gelatine on cold water in top of double boiler to soften. Place over boiling water and stir until gelatine is thoroughly dissolved. Add sugar and stir until dissolved. Remove from heat. Pour corn syrup into large bowl of electric mixer. Add vanilla extract and the gelatine and sugar mixture. Beat on highest speed of electric mixer until mixture becomes thick and of soft marshmallow consistency, about 15 minutes. While mixture is beating, grease a pan preferably about 7" x 10" x 1 1/2". Crush the Corn Flakes or Rice Krispies with a rolling pin, using part to thoroughly line sides and bottom of pan. Pour in the marshmallow, smoothing off top with spoon or knife and sprinkle top with remaining Corn Flakes or Rice Krispies. Let stand in a cool place (not a refrigerator) until well set—about 1 hour. To remove from pan, loosen around edges with knife and invert over a cooky sheet or board. Cut into squares with a sharp knife, moistened with cold water. Roll marshmallows in remaining Corn Flakes or Rice Krispies to coat the sides of the marshmallows.
Variations:

For Plain Marshmallows, roll with equal parts, 6 level tablespoons each confectioners' sugar and cornstarch. Thoroughly cover bottom of pan with sugar and cornstarch mixture. Do not grease pan. When cutting in squares, moisten knife with cold water.

For Coconut Marshmallows, use 3 cups shredded coconut finely chopped and toasted in moderate (350-375° F.) oven. Proceed as for marshmallows rolled in Corn Flakes.

For Ginger or Chocolate Marshmallows, roll in 18 crushed ginger snaps or crisp chocolate cookies. Proceed as for marshmallows rolled in Corn Flakes.

KNOX DAINTIES (KEY NO. 1)

4 envelopes Knox Unflavored Gelatine
1 cup cold water
1 1/2 cups boiling water
3 cups sugar
1/4 teaspoon salt

red and green food coloring
1/2 teaspoon peppermint extract
1 teaspoon cinnamon extract
confectioners' or fine granulated sugar

Sprinkle gelatine on cold water to soften. Combine boiling water, sugar and salt. Bring to boiling point. Add softened gelatine. Stir until thoroughly dissolved. Boil slowly 15 minutes. Remove from heat and divide into two equal parts. Color one part a delicate red and flavor with cinnamon extract. Color the other part a
soft green and flavor with peppermint extract. Rinse two pans (size about 8” x 4”) in cold water. Pour in the candy mixture to about ¾ inch depth. Put in a cool place (not a refrigerator) and let stand overnight. With a sharp knife loosen around edges of the pan onto a board lightly covered with confectioners’ sugar. Cut into cubes and roll in confectioners’ or fine granulated sugar. If lemon flavor is desired, add three tablespoons lemon juice and two teaspoons lemon extract to one part of the candy and leave it uncolored. Any preferred flavoring or coloring may be used.

TURKISH DELIGHT (KEY NO. 1)

2 envelopes Knox Unflavored Gelatine
1/2 cup cold water
2 cups sugar
1/4 teaspoon salt
1/4 cup boiling water
1/4 cup orange juice

2 tablespoons lemon juice
1/2 cup chopped nut meats
1/2 cup raisins
red food coloring
confectioners’ sugar

Sprinkle gelatine on cold water to soften. Heat sugar, salt and boiling water to boiling point. Add softened gelatine and stir until thoroughly dissolved. Boil slowly 20 minutes. Remove from heat. Add orange and lemon juice. Color desired shade of red. Cool. When consistency of unbeaten egg whites, add nut meats and raisins. Pour into a pan (size about 8” x 4”) that has been rinsed in cold water. Cool until thick and firm. With a wet sharp knife, loosen around edges of pan. Turn out on board lightly covered with confectioners’ sugar. Cut into squares. Roll in the confectioners’ sugar.

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Are You On a Diet?

Reducing, low salt, convalescent, diabetic and other special diets can be made more enjoyable and effective with certain Knox recipes. All protein, no sugar, Knox dishes are recommended by doctors—dishes so downright delicious that the whole family will enjoy them, too. See the folder in the Knox Gelatine package for list of free special-diet books.

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