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 foods 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 3/5 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.

The Keys and Basic Recipes

KEY NO. 1—THE BASIC MIX
This is the simple process of pouring the gelatine into a small amount of cold liquid—then, when the gelatine has absorbed the liquid, 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.

Basic Fruit Gelatine

| 1 envelope Knox Gelatine | 1 cup hot canned fruit juice |
| ½ cup cold canned fruit juice | ¼ cup lemon juice |
| ¼ cup sugar | ⅛ teaspoon salt |

Soften gelatine in cold fruit juice. Add hot fruit juice, lemon juice, sugar, and salt; stir until thoroughly dissolved. Pour into large or individual molds and chill until firm. Unmold (see page 5), and serve with whipped cream or whipped evaporated milk if desired. YIELD: 4 servings.

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 Gelatine | 1¼ cups hot fruit juice |
| ½ cup cold fruit juice | ⅓ cup sugar |
| ½ teaspoon salt |

Soften gelatine in cold fruit juice. Add hot fruit juice, sugar, and salt; stir until 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 Gelatine | ½ cup sugar |
| ½ cup cold fruit juice | ½ teaspoon salt |
| 1 cup hot fruit juice | 2 egg whites, stiffly beaten |

Soften gelatine in cold fruit juice. Add hot fruit juice, sugar, and salt and stir until 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 and chill until firm. Pour into large or individual molds and chill until firm. Pour into large or individual molds and chill until firm. **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 dissolved.

**Spanish Cream**

| 1 envelope Knox Gelatine | ⅛ teaspoon salt |
| 2 cups cold milk | 2 egg yolks, slightly beaten |
| ½ cup sugar | 2 egg whites, stiffly beaten |
| 1 teaspoon vanilla |

Soften gelatine in cold milk in top of double boiler. 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, Mousse, Charlottes and some types of Chiffon Pie.
**Fruit Charlotte**

1 envelope Knox Gelatine

1/2 cup cold fruit juice

1 cup hot fruit juice

1/2 cup sugar

1/8 teaspoon salt

1 cup heavy cream, whipped, or 1/2 cup icy cold evaporated milk, whipped

Soften gelatine in cold fruit juice. Add hot fruit juice, sugar, and salt and stir until 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.

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**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**

1/4 teaspoon Knox Gelatine

1/2 cup evaporated milk

1 teaspoon cold water

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

**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 Gelatine
- ¼ cup cold water
- 1 cup hot water
- ½ teaspoon salt
- 1 tablespoon lemon juice
- ½ cup diced cucumbers
- ½ cup diced celery
- ½ cup finely shredded carrots
- 2 teaspoons grated onion
- 2 tablespoons chopped green pepper

Soften gelatine in cold water in top of double boiler. Add hot water, sugar and salt. Stir over boiling water until 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. 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 ¼ cup diced celery.

**Vegetable Salad Variation:** Use 1 ½ 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 Gelatine
- ¼ cup vinegar
- ¼ cup diced cucumbers
- ¼ cup diced celery
- ¼ cup sugar
- ½ teaspoon salt
- 1 tablespoon lemon juice
- ¼ teaspoon pepper
- ½ cup very hot tomato juice
- 1 teaspoon grated onion
- 2 tablespoons chopped green pepper

Soften gelatine in cold tomato juice. 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 (¼ 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, ½ teaspoon salt.

**Tomato Perfection Salad:** When aspic is consistency of unbeaten egg whites, stir in 1 cup crisp shredded cabbage, ½ cup chopped celery and ¼ cup finely chopped green pepper. Proceed as above.
FRUIT SALAD (KEY NO. 1)

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

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

Gelatine

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.

Soften gelatine in cold fruit juice. Add hot fruit juice, sugar and salt. Stir until 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 Gelatine

1/2 cup cold water
1 teaspoon salt
2 tablespoons lemon juice

1/4 teaspoon Worcestershire sauce

1/8 teaspoon cayenne pepper

3/4 cup mayonnaise or salad dressing

1 1/2 teaspoons grated onion
1/2 cup finely diced celery
1/4 cup finely diced green pepper
1/4 cup chopped pimiento
4 hard cooked eggs, chopped salad greens

Soften gelatine in cold water. Place over boiling water. Stir until gelatine is 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 Gelatine

1/2 cup cold water
2/3 cup hot canned pineapple syrup
1/4 cup sugar
1/4 teaspoon salt
1 tablespoon lemon juice

1/4 cup mild or tarragon vinegar
1 cup diced, drained cucumber
1 cup canned, diced pineapple slices or chunks
salad greens

Soften gelatine in cold water. Add hot pineapple syrup, sugar and salt. Stir until 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 Gelatine
1 1/2 cup cold water
1/2 cup 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


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

1 envelope Knox Gelatine
1/4 teaspoon salt
1 tablespoon onion juice
1/4 cup cold water
1 1/2 cups hot condensed tomato soup
1/2 cup mayonnaise
1/2 cup heavy cream or 1/8 cup icy cold evaporated milk, whipped
1/2 cup chopped stuffed olives

Soften gelatine in cold water. Add hot water and salt. Stir until 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.

**For Best Results**

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

1 envelope Knox Gelatine
\( \frac{1}{4} \) cup cold water
1 cup hot water
\( \frac{1}{4} \) cup sugar
\( \frac{1}{2} \) teaspoon salt
1 tablespoon lemon juice
\( \frac{1}{4} \) cup vinegar
\( \frac{1}{2} \) cup finely shredded cabbage
1 cup finely diced celery
1 pimiento, finely chopped
or 2 tablespoons sweet red or green pepper

Soften gelatine in cold water in top of double boiler. Add hot water, sugar and salt. Stir over boiling water until 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. 1)

1 cup sugar
1 cup water
2 cups fresh cranberries
1 envelope Knox Gelatine
\( \frac{1}{2} \) cup cold water
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{2} \) cup diced celery
\( \frac{1}{2} \) cup chopped nut meats

Make a cranberry sauce by combining the sugar and 1 cup water. Boil 5 minutes. Add the cranberries. Cook without stirring until all skins pop open, about 5 minutes. Soften gelatine in the cold...
water. Add to hot cranberries with the salt. Stir until gelatine is dissolved. Strain. 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)

1 envelope Knox Gelatine

¾ cup cold chicken stock or bouillon

½ cup hot chicken stock or bouillon

½ teaspoon salt

1 tablespoon lemon juice

½ cup grated American cheese or 2 (3 oz.) packages cream cheese, sieved

¼ cup heavy cream or ½ cup icy cold evaporated milk, whipped

1 cup undrained canned crushed pineapple

Soften gelatine in cold chicken stock in top of double boiler. Add hot stock and salt and stir over boiling water until gelatine is 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.

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

1 envelope Knox Gelatine

½ cup cold water

1 cup hot water

½ cup sugar

¾ teaspoon salt

¾ cup mild vinegar or lemon juice

1 cup diced cooked chicken

3 tablespoons minced green pepper

¾ cup diced celery

Soften gelatine in cold water. Add hot water, sugar and salt and stir until 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 Gelatine
\( \frac{1}{4} \) cup cold water
\( \frac{1}{4} \) cup sugar
\( \frac{1}{4} \) teaspoon salt
1 cup hot pineapple syrup or juice
\( \frac{1}{4} \) cup cold orange juice
\( \frac{1}{4} \) cup vinegar

\( \frac{3}{4} \) cup coarsely grated raw carrots
\( \frac{3}{4} \) cup orange sections, cut into small pieces
1\( \frac{1}{2} \) cups drained canned pineapple, cut into small pieces
\( \frac{1}{2} \) cup mayonnaise
salad greens

Soften gelatine in cold water. Add sugar, salt and hot pineapple syrup. If necessary add water to pineapple syrup to complete the measurement. Stir until 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

Soften one envelope Knox Gelatine in one fourth cup cold water. Place over boiling water and stir until gelatine is 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 Gelatine
\( \frac{3}{4} \) cup cold water
\( \frac{3}{4} \) cup vinegar
2 tablespoons onion juice

1 tablespoon salt
\( \frac{1}{4} \) teaspoon pepper
1 tablespoon Worcestershire sauce
3 cups olive oil

Soften gelatine in cold water. Place over boiling water. Stir until 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\( \frac{1}{2} \) cups dressing.
COCONUT CHIFFON PIE (KEY NO. 4)

1 envelope Knox 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  
whipped cream  
toasted coconut

Soften gelatine in cold water. 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 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 Gelatine
1/2 teaspoon salt
1/2 cup cold water
3 egg yolks, slightly beaten
1/3 cup sugar
1/2 cup lemon juice

Soften gelatine in cold water. 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 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 for about 4 hours. Serve with whipped cream, if desired.

Melt chocolate and set aside to cool. In top of double boiler soften the gelatine in cold water. Place over boiling water and stir until gelatine is 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 until firm. Serve with whipped cream if desired.

EGGLESS COFFEE CHIFFON PIE (KEY 5)

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

Soften gelatine in cold water. Combine sugar, flour, salt and Instant coffee. Slowly stir in the boiling water and cook, stirring constantly until mixture thickens. Dissolve gelatine 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.

ORANGE CHIFFON PIE—Make same as Lemon Chiffon Pie but instead of 1/2 cup lemon juice and 1 teaspoonful grated lemon rind, use 1/2 cup orange juice, 1 tablespoonful grated orange rind and 1 tablespoonful lemon juice.
PRUNE WHIP (KEY NO. 3)

1 envelope Knox Gelatine
1 cup cooked prune pulp
1/4 cup cold water
3/4 cup hot prune juice
3/4 cup sugar
1/4 teaspoon salt
1 envelope Knox Gelatine
2 tablespoons lemon juice
1/4 cup cold water
1/4 cup hot prune juice
1/2 cup sugar
1/4 teaspoon salt
1/2 cup nuts, chopped

Soften gelatine in cold water. 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
1/2 cup confectioners' sugar


LEMON SNOW PUDDING (KEY NO. 3)

1 envelope Knox Gelatine
1/4 teaspoon salt
1/4 cup lemon juice
1/4 cup cold water
1/2 cup boiling water
3/4 cup sugar
1/2 cup nuts, chopped
1/4 cup lemon juice
1 teaspoon grated lemon rind
1/2 cup sugar
2 egg whites, stiffly beaten

Soften gelatine in cold water. Add boiling water, sugar and salt. Stir until 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
3/4 teaspoon salt
1/2 cup milk
1 cup sugar
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 Gelatine
1/4 cup cold water
1 1/2 squares chocolate, melted or 4 tablespoons cocoa
3/4 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

Soften gelatine in cold water. Combine the chocolate or cocoa, sugar, salt and the boiling water. Bring to the boiling point. Add softened gelatine. Stir until 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 post card to Mrs. Knox, Box R, Johnstown, N. Y.
BAVARIAN CREAM (KEY NO. 5)

- 1 envelope Knox Gelatine
- \( 1 \frac{1}{4} \) cups cold milk
- \( \frac{1}{2} \) cup sugar
- \( \frac{1}{8} \) teaspoon salt
- 2 egg yolks, slightly beaten
- \( \frac{1}{2} \) teaspoon vanilla extract
- 2 egg whites, stiffly beaten
- 1 cup heavy cream, whipped or \( \frac{1}{2} \) cup icy cold evaporated milk, whipped

Soften gelatine in cold milk in top of double boiler. Add sugar and salt and place over boiling water. Stir until 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 tablespoonfuls 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 (KEY NO. 5)

1 envelope Knox Gelatine
1/2 cup cold water
1 cup hot, salted cooked rice
1/4 cup sugar
1/4 teaspoon salt
1/2 cup heavy cream or 1/2 cup icy cold evaporated milk, whipped
1 teaspoon vanilla extract

Soften gelatine in cold water in top of double boiler. Place over boiling water and stir until 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.

PEACH DELIGHT (KEY NO. 5)

1 envelope Knox Gelatine
1/4 cup cold canned peach syrup
1 cup drained canned sliced peaches
1/4 cup lemon juice
1/3 cup sugar
1/4 teaspoon salt
1 teaspoon almond extract
2 egg whites, stiffly beaten
1/2 cup heavy cream, whipped or 1/3 cup icy cold evaporated milk, whipped

Soften gelatine in peach syrup in top of double boiler. Dissolve over boiling water. Mash the peaches. Add lemon juice, sugar, salt, and almond extract. Stir in the dissolved gelatine. Chill until mixture is slightly thicker than consistency of unbeaten egg whites. Fold into stiffly beaten egg whites, and then into the whipped cream or whipped evaporated milk. Pour into sherbet glasses. Chill until firm. Top with peach slices, if desired. YIELD: 8 servings.

BLANC MANGE (KEY NO. 1)

1 envelope Knox Gelatine
1/3 cup sugar
1/4 teaspoon salt
1/2 teaspoon vanilla extract
1/2 cup cold milk
1/2 cup scalded milk

Soften gelatine in cold milk. Scald 1 1/2 cups milk with the sugar. Add the gelatine and stir until 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 butterscotch. YIELD: 4 to 6 servings.

Variations

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)

1 envelope Knox Gelatine
1/2 teaspoon salt
3 tablespoons lemon juice
1/4 cup cold water
3/4 cup hot canned pineapple syrup
1/4 cup sugar
1 cup drained canned crushed pineapple
2 egg whites, stiffly beaten

Soften gelatine in cold water. Add hot pineapple syrup, sugar and salt. Stir until 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)

1 envelope Knox Gelatine
1/4 teaspoon salt
1/2 teaspoon vanilla extract
1/2 cup cold milk
1 1/4 cups hot milk
1/4 cup sugar
1 cup shredded coconut, finely chopped

Soften gelatine in cold milk. Add hot milk, sugar and salt. Stir until 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 Gelatine
1/4 cup cold water
1/2 cup 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

Soften gelatine in cold water. 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 1/4 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: 8 servings.

PHILADELPHIA VANILLA ICE CREAM (KEY NO. 5)

1 envelope Knox Gelatine
1/4 cup sugar
1/2 cup cold milk
1 1/4 cups scalded milk
1/4 teaspoon salt
1 tablespoon vanilla extract

Soften gelatine in cold milk. Dissolve 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 Gelatine 1 1/4 cups hot strong coffee
1/2 cup cold water 1/3 cup sugar

Soften gelatine in cold water. Add hot coffee, sugar and salt. Stir until 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.

**Variation**

*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.
MAIN DISHES

MOLDED CHICKEN LOAF (KEY NO. 1)

1 envelope Knox Gelatine
1/2 cup cold chicken stock or bouillon
1 cup 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

Salt

Soften gelatine in cold chicken stock. Add hot stock and salt. Stir until 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 Gelatine
- ¼ cup cold water
- ¼ cup vinegar
- 1 tablespoon sugar
- 1½ teaspoons salt
- 1 teaspoon dry mustard
- 2 cups flaked cooked salmon
- 1 cup finely diced celery
- 1 tablespoon capers (optional)
- ½ cup heavy cream, whipped or ½ cup icy cold evaporated milk, whipped
- 2 cups flaked cooked greens
- 1 tablespoon mayonnaise

Soften gelatine in cold water and vinegar. Place over boiling water. Stir until 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 Gelatine
- ¼ teaspoon paprika
- ½ cup cold milk
- ½ cups (7 oz. can) drained flaked tuna fish
- 2 cups scalded milk
- 2 egg yolks, slightly beaten
- 1 teaspoon salt
- 1 tablespoon prepared mustard
- 2 tablespoons lemon juice or vinegar

Soften gelatine in cold milk. 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. Makes 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>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 envelope Knox Gelatine</td>
<td>1 teaspoon salt</td>
</tr>
<tr>
<td>½ cup cold water</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>¾ cup hot water</td>
<td>chopped parsley</td>
</tr>
<tr>
<td>1 cup grated American cheese</td>
<td>1 tablespoon</td>
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<tr>
<td>1 tablespoon lemon juice</td>
<td>chopped pimiento</td>
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<tr>
<td>2 teaspoons grated onion</td>
<td>½ cup diced celery</td>
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<tr>
<td></td>
<td>1¼ cups cooked,</td>
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<tr>
<td></td>
<td>broken macaroni</td>
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<tr>
<td></td>
<td>½ cup mayonnaise or salad dressing</td>
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</tbody>
</table>

Soften gelatine in cold water. Add hot water. Stir constantly until gelatine is 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>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 envelope Knox Gelatine</td>
<td>1 teaspoon horseradish</td>
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<tr>
<td>½ cup cold tomato juice</td>
<td>1 tablespoon lemon juice</td>
</tr>
<tr>
<td>1¼ cups hot tomato juice</td>
<td>½ cup diced celery</td>
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<tr>
<td>½ teaspoon salt</td>
<td>2 tablespoons</td>
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<td></td>
<td>diced green pepper</td>
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<td></td>
<td>1 cup cooked or canned shrimp</td>
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</tbody>
</table>

Soften gelatine in cold tomato juice. Add hot tomato juice and stir until gelatine is 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. 1*)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 envelope Knox Gelatine</td>
<td>2 tablespoons lemon juice</td>
</tr>
<tr>
<td>½ cup cold water</td>
<td>1 cup finely diced cooked left-over meat</td>
</tr>
<tr>
<td>¾ cup hot water</td>
<td>¼ cup cooked</td>
</tr>
<tr>
<td>2 bouillon cubes</td>
<td>vegetables</td>
</tr>
<tr>
<td>1½ cups cooked, broken</td>
<td>½ cup diced celery</td>
</tr>
<tr>
<td>macaroni</td>
<td></td>
</tr>
<tr>
<td>½ cup mayonnaise or salad</td>
<td></td>
</tr>
<tr>
<td>dressing</td>
<td></td>
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</tbody>
</table>

Soften gelatine in cold water. Add hot water, bouillon cubes, and salt and stir until 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 Gelatine
1/2 cup cold water
1/2 cup sugar

2/3 cup light corn syrup
1 teaspoon vanilla extract
4 cups Corn Flakes or Rice Krispies.

Soften gelatine in cold water in top of double boiler. Place over boiling water and stir until gelatine is dissolved. Add sugar and stir until dissolved. Remove from heat. Pour corn syrup into large bowl of electric mixer. Add vanilla extract and the gelatin 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 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

Soften gelatine in cold water. Combine boiling water, sugar and salt. Bring to boiling point. Add softened gelatine. Stir until 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 \( \frac{3}{4} \) inch depth. Put in a cool place (not a refrigerator) and let stand overnight. With a wet 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)*

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 envelopes Knox Gelatine</td>
<td>2 tablespoons lemon juice</td>
</tr>
<tr>
<td>( \frac{1}{2} ) cup cold water</td>
<td>( \frac{1}{2} ) cup chopped nut meats</td>
</tr>
<tr>
<td>2 cups sugar</td>
<td>( \frac{1}{2} ) cup raisins</td>
</tr>
<tr>
<td>( \frac{1}{4} ) teaspoon salt</td>
<td>( \frac{1}{2} ) cup orange juice</td>
</tr>
<tr>
<td>( \frac{1}{2} ) cup boiling water</td>
<td>red food coloring</td>
</tr>
<tr>
<td>( \frac{1}{4} ) cup orange juice</td>
<td>confectioners' sugar</td>
</tr>
</tbody>
</table>

Soften gelatine in cold water. Heat sugar, salt and boiling water to boiling point. Add softened gelatine and stir until 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.
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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In Every Package... 4 Envelopes for 4 Meals