Today's Easier, Low-Cost Way to Feed a Family Better

Modern Gel-Cookery is a basic, economical method of food preparation. It opens up an entire new world of meal-fixing, with an ever-new variety of extra good main dishes, salads and desserts.

Extra good, yes—and at a saving of food-money and kitchen-time. Most Gel-Cookery dishes are easy to put together, and many of them require almost no stove-time at all.

Gel-Cookery enhances the art of dressing up leftovers and lower-cost foods. It offers wonderful, appetizing ways of “stretching” meat, poultry, seafood, eggs, fruits, vegetables, juices and other good things. With it you never need be at a loss for new main dishes, salads and desserts.

THE BASIC METHODS
Gel-Cookery becomes easy and endlessly useful when you know the basic methods of the technic, just as you have mastered the basic methods of roasting, braising, broiling and frying in meat cookery.

The woman who is proud of her cakes with tender crumb and even texture can be equally proud of her delicately tender gelatine dishes.

In this booklet you will find a description of the few basic methods that lead to the hundreds of Gel-Cookery dishes. For simplification, these methods have been divided into five basic “keys.” With these five keys you can produce practically every type of gelatine dish, easily and with sure results.

THE TOUCH THAT WINS APPETITES
Here you will find the fine points of Gel-Cookery. Just when to add solid ingredients to a clear gelatine mixture. How to get maximum fluffiness in a gelatine whip. What makes a perfect Bavarian cream, or a mousse of chef-like perfection, a chif-
fon pie filling of fluffy grandeur, a masterful main dish, or a delicious transformation of leftovers.

The ease of varying gelatine dishes will start you off on a program of combining your own family's favorite foods and flavors.

**THE ESSENTIAL INGREDIENT**

_Gel-Cookery_ begins with Knox plain, unflavored Gelatine, the indispensable ingredient with which you can combine real—not imitation—flavors, and with which you can choose the degree of dessert sweetness, the exact food combinations and textures your family likes best.

Knox is _all real gelatine_—unlike factory-flavored gelatine dessert powders which are about \( \frac{3}{4} \) sugar. Thus Knox does not clash with fresh food flavors, and it adds vital nutrition to every dish.

Knox Gelatine is all protein—no sugar. Whether for diets or for table uses, it is outstandingly supreme.

**ALWAYS UNIFORM**

Each batch of Knox, after being made under rigidly controlled conditions, is tested for clarity, freedom from impurities, proper setting time and strength of gel.

It is economical in two different ways. In itself, Knox is extremely low in cost, each package containing enough gelatine for four different meals. It stretches other ingredients, making possible a second-day serving of a chicken or other foods, for grand dishes that give no hint of their economy.

In this booklet you will find a variety of favorite Gel-Cookery recipes. As a helpful introduction to the recipes, read the brief outline of the five basic Gel-Cookery methods, on the next two pages. These five keys unlock new doors to fresh flavor, nutrition and novelty for your menus, day after day. They enable you to use small amounts of food for the making of substantial, good-tasting main dishes, salads and desserts.
KEY NO. 1—THE BASIC MIX
This is the simple process of softening Knox Gelatine, in a small amount of cold liquid and then dissolving the gelatine in hot liquid. Before adding solid ingredients the gelatine mixture is chilled until it is the consistency of unbeaten egg white.

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 white, is beaten with a rotary egg beater until fluffy, and then thoroughly chilled in a mold.

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 white; then whipped until light. Beaten egg whites are added and the combined mixture beaten till it begins to hold its shape.

KEY NO. 4—EGG AND MILK MIXES
The custard-type gelatines use eggs and milk as important ingredients. Plain unflavored gelatine plus milk and eggs results in a fluffy jellied custard adaptable to main dishes and desserts. Sometimes beaten egg whites are added to give a fluffier texture.

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. This method used for main dish mousses, and desserts like Bavarian Cream, Mousses, Charlottes and some types of Chiffon Pie.
BEFORE YOU WHIP

EVAPORATED MILK

Pour evaporated milk into automatic refrigerator tray and chill until ice crystals begin to form around edges. Then pour into cold bowl and beat with cold rotary egg beater.

EVAPORATED MILK TOPPING

\[ \frac{1}{4} \text{ teaspoon Knox Gelatine} \]
\[ \frac{1}{2} \text{ cup evaporated milk} \]
\[ 1 \text{ teaspoon cold water} \]

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

DON'T WORRY ABOUT MOLDS

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 or mixing bowls 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.

TIP FOR UNMOLDING

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

1 envelope Knox Gelatine
1/2 cup cold chicken stock or bouillon
3/4 cup hot chicken stock or bouillon
1/2 teaspoon salt
2 tablespoons lemon juice
1/4 cup pineapple syrup
1 1/4 cups diced cooked chicken
1/2 cup canned crushed drained pineapple
1/2 cup diced celery

Soften gelatine in cold chicken stock. Add hot stock, and salt and stir until dissolved. Add lemon juice and pineapple syrup. Chill until consistency of unbeaten egg whites. Fold in chicken, pineapple and celery. Turn into loaf pan or individual molds and chill, until firm. Unmold and serve with mayonnaise or salad dressing. If desired, garnish with toasted slivered almonds. YIELD: 6 servings.
JELLIED DINNER LOAF
(Meat and Vegetable Main Dish)

1 envelope Knox Gelatine
1/2 cup cold water
1 1/4 cups hot water
2 bouillon cubes
1/4 teaspoon salt
2 tablespoons lemon juice
1 cup finely diced cooked left-over meat
3/4 cup cooked vegetables
1/2 cup diced celery

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. Turn into loaf pan or individual molds and chill until firm. Unmold and garnish with lettuce and serve with salad dressing. Yield: 6 servings.

SHRIMP TOMATO MOLD
(Fish Main Dish)

1 envelope Knox Gelatine
1/2 cup cold tomato juice
1 1/4 cups hot tomato juice
1/2 teaspoon salt
1 teaspoon horseradish
1 tablespoon lemon juice
1/2 cup diced celery
2 tablespoons diced green pepper
1 cup cooked or canned shrimp

Soften gelatine in cold tomato juice. Add hot tomato juice and stir until gelatine is dissolved. Add salt, horseradish and lemon juice. Chill un-
til mixture is the consistency of unbeaten egg whites. Stir in remaining ingredients. Turn into large or individual molds and chill until firm. Unmold on lettuce and serve with mayonnaise.

YIELD: 6 servings.

MIAMI SALAD
(Fruit Salad)

| 1 envelope Knox Gelatine | ¼ teaspoon salt |
| ½ cup canned cold grapefruit juice | ½ cup diced celery |
| 1¼ cups canned hot grapefruit juice | ½ cup chopped pecans |
| ¼ cup sugar | 2 cups diced grapefruit sections, well drained |

Soften gelatine in cold grapefruit juice. Add hot grapefruit juice, sugar and salt and stir until dissolved. Chill until mixture is the consistency of unbeaten egg whites. Fold in celery, pecans and grapefruit sections. Turn into large or individual molds and chill until firm. Unmold on salad greens and serve with fruit French dressing. YIELD: 6 servings. You’ll want to serve this often.

Wherever you see a recipe calling for gelatine, use Knox.
BASIC FRUIT GELATINE

1 envelope Knox Gelatine
1 1/4 cups hot fruit juice
1/2 cup cold fruit juice
1/2 cup sugar
1/8 teaspoon salt

Soften gelatine in cold fruit juice. Add hot fruit juice, sugar, and salt; stir until dissolved. Pour into large or individual molds and chill until firm. YIELD: 4 servings.

COCONUT MOUND
(Dessert)

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

Soften gelatine in cold milk. Add hot milk, sugar and salt and stir until dissolved. Add vanilla. Chill until mixture is the consistency of unbeaten egg whites. Stir in shredded coconut. Turn into large or individual molds and chill until firm. Unmold and serve with chocolate sauce. YIELD: 6 servings. Your family will love this.

Plain unflavored gelatine is an easily digested protein food. Physicians recommend it for special invalid diets.
BASIC FRUIT WHIPS

1 envelope Knox Gelatine  
1 1/4 cups hot fruit juice  
1/2 cup cold fruit juice  
1/3 cup sugar  
1/2 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 beater until light and fluffy and volume has doubled. Pour into large or individual molds and chill until firm. Unmold and serve plain or with whipped cream. YIELD: 6 servings.

For Coffee Whip: Use 1/2 cup water for the cold fruit juice; add 1 1/2 cups hot strong coffee for the hot fruit juice.

For Two-Tone Whips: Follow the basic recipe to prepare gelatine fruit mixture. Then pour 1/2 of the gelatine mixture into mold. Chill. Chill remaining gelatine until slightly thicker than the consistency of unbeaten egg whites. Beat with rotary beater until fluffy. Pour on top of clear gelatine in mold; chill until firm. Unmold and serve with whipped cream or custard sauce.
LEMON SNOW PUDDING

1 envelope Knox Gelatine  
$\frac{1}{2}$ teaspoon salt  
$\frac{1}{4}$ cup lemon juice  
$\frac{1}{2}$ cup cold water  
$\frac{3}{4}$ cup boiling water  
$\frac{3}{4}$ cup sugar  
1 teaspoon grated lemon rind  
2 egg whites

Soften gelatine in cold water. Add boiling water, sugar and salt and stir until dissolved. Add lemon juice and lemon rind. Chill until mixture is slightly thicker than consistency of unbeaten egg whites. Whip until light. Beat egg whites until stiff; add gelatine mixture. Place the bowl in ice water; continue to beat until mixture begins to hold its shape. Turn into large or individual molds and chill until firm. Unmold and serve with whipped cream or soft custard. YIELD: 6 servings.

APRICOT TWO-TONE SNOW

1 envelope Knox Gelatine  
6 tablespoons sugar  
$\frac{1}{8}$ teaspoon salt  
$\frac{1}{4}$ cup lemon juice  
1 egg white

Soften gelatine in cold apricot nectar. Add hot apricot nectar, sugar and salt and stir until dissolved. Add lemon juice. Pour $\frac{1}{2}$ of the mixture into a large mold; chill. Chill the remaining mixture until slightly thicker than the consistency of unbeaten egg whites. Whip until light. Beat egg white until stiff; add gelatine mixture. Place the bowl in ice water; continue to beat until mixture begins to hold its shape. Pour on top of stiffened gelatine and chill until firm. Unmold and serve with whipped cream or soft custard. YIELD: 6 servings. It’s a grand dessert for any occasion.

PINEAPPLE SPONGE

1 envelope Knox Gelatine  
3 tablespoons lemon juice  
$\frac{1}{2}$ cup cold water  
$\frac{3}{4}$ cup hot canned pineapple syrup  
$\frac{3}{8}$ cup sugar  
$\frac{1}{4}$ teaspoon salt  
2 egg whites

Soften gelatine in cold water. Add pineapple juice, sugar, and salt and stir until dissolved. Add lemon juice. Chill until mixture is slightly thicker than consistency of unbeaten egg white. Whip until light; stir in pineapple. Beat egg whites until stiff; add gelatine mixture. Place bowl in ice water; continue to beat until mixture begins to hold its shape. Turn into large or individual molds and chill until firm. Unmold. YIELD: 6 servings.
SALMON-TUNA FISH MOLD

1 envelope Knox Gelatine
1 teaspoon prepared mustard
1 cup milk
2 egg yolks
1 teaspoon salt

Soften gelatine in cold milk in top of double boiler. Put over boiling water and stir until gelatine is dissolved. Combine the egg yolks, salt, mustard and paprika and beat slightly. Add small amount of the milk to the egg yolk mixture and return to double boiler. Cook over hot, not boiling water, stirring constantly, until mixture thickens. Remove from heat; cool. Stir in lemon juice and flaked fish. Turn into large or individual molds and chill until firm. Unmold and serve with cucumber dressing. 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.

MOLDED EGGS AND VEGETABLES

1 envelope Knox Gelatine
1 1/2 teaspoons grated onion
1/2 cup cold water
1 teaspoon salt
2 tablespoons lemon juice
1/4 teaspoon paprika
2 tablespoons mild vinegar or lemon juice
1/4 teaspoon Worcestershire sauce
Dash of cayenne pepper
3/4 cup mayonnaise or salad dressing
2 cups flaked salmon or tuna fish
1/4 cup finely diced celery

Soften gelatine in cold water. Place over boiling water and stir until gelatine is dissolved. Add salt, lemon juice, Worcestershire sauce and pepper. Cool. Add mayonnaise; mix in remaining ingredients. Turn into large or individual molds and chill until firm. Unmold. YIELD: 6 servings.

MOLDED CHICKEN SALAD

1 envelope Knox Gelatine
3/4 cup finely diced celery
1 cup finely diced green pepper
1/4 cup cold chicken stock or bouillon
2 tablespoons minced green pepper
1/2 cup hot chicken stock or bouillon
1 tablespoon lemon juice

Soften gelatine in cold chicken stock. Add hot stock and salt and stir until gelatine is dissolved. Cool. Add lemon juice, and mayonnaise. Stir in the chicken, green pepper, and celery. Turn into
loaf pan or individual molds and chill until firm. Unmold. YIELD: 6 servings.

MOLDED MACARONI AND CHEESE

1 envelope Knox Gelatine
½ cup cold water
¾ cup hot water
1 cup grated American cheese
1 tablespoon lemon juice
1 teaspoon salt

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, salt, and grated onion. Chill until mixture is consistency of unbeaten egg whites. Stir in parsley, pimiento, celery, macaroni, and mayonnaise or salad dressing. Turn into large or individual molds and chill until firm. Unmold. YIELD: 6 servings.

SPANISH CREAM

1 envelope Knox Gelatine
2 cups cold milk
½ cup sugar
½ teaspoon salt

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 dissolved.

Beat egg yolks slightly. Slowly pour small amount of the hot mixture over 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. Chill until mixture is slightly thicker than consistency of unbeaten egg whites. Beat egg whites until stiff. Fold the gelatine mixture into the beaten egg whites. Turn into large or individual molds and chill until firm. Unmold. YIELD: 6 servings.

LEMON CHIFFON PIE

1 envelope Knox Gelatine
¼ cup cold water
⅓ cup lemon juice
1 teaspoon grated lemon rind
3 eggs, separated
9-inch baked pastry shell or crumb crust
½ teaspoon salt

Soften gelatine in cold water and lemon juice in top of double boiler; add salt and ⅓ cup of the sugar and lemon rind. Place over boiling water and stir until gelatine is dissolved. Beat egg yolks slightly. Slowly pour small amount of hot mixture over egg yolks. Return to double boiler and cook over hot, not boiling water, stirring constantly until mixture is thickened slightly. Remove from heat; cool and when mixture thickens to the consistency of unbeaten egg white, fold in stiffly beaten egg whites to which the remaining ⅓ cup of sugar has been added. Turn into baked pastry shell; chill until firm. YIELD: 1 9-inch pie.
SALMON MOUSSE

1 envelope Knox Gelatine
1 cup finely diced celery
1/4 cup cold water
1/4 cup vinegar
1 tablespoon sugar
1/4 teaspoons salt
1 teaspoon dry mustard
2 cups flaked cooked salmon
1 cup heavy cream, whipped
1 tablespoon capers, optional
1/2 cup icy cold evaporated milk, whipped

Soften gelatine in cold water and vinegar. Place over boiling water and stir until dissolved. Add sugar, salt and mustard; stir until blended. Cool. Stir in salmon, celery and capers. Fold in whipped cream or whipped evaporated milk. Turn into large or individual molds and chill until firm. Unmold and serve with mayonnaise or cucumber dressing. YIELD: 6 servings.
**BAVARIAN CREAM**

1 envelope Knox Gelatine  
1 1/4 cups cold milk  
1/2 cup sugar  
1/6 teaspoon salt  
2 eggs, separated

1/2 teaspoon vanilla  
1 cup heavy cream, whipped  
1/3 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. Beat egg yolks slightly. Slowly pour small amount of the hot mixture over 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. Chill until mixture is slightly thicker than the consistency of unbeaten egg whites. Beat egg whites until stiff; fold in gelatine mixture. Fold in whipped cream or whipped evaporated milk. Turn into large or individual molds and chill until firm. Unmold. YIELD: 6 servings.

**EGGLESS COFFEE CHIFFON PIE**

1 envelope Knox Gelatine  
1/2 cup cold water  
1/2 cup sugar  
1 teaspoon almond extract  
2 egg whites  
1/3 cup icy cold evaporated milk, whipped

1/4 teaspoon salt  
3/4 cup boiling water  
1/4 teaspoon vanilla  
3/8 cup icy cold evaporated milk, whipped

Soften the gelatine in peach syrup. Dissolve over boiling water. Mash the peaches with a fork; add lemon juice, sugar, salt, and almond extract. Stir in the dissolved gelatine. Chill until mixture is slightly thicker than consistency of unbeaten egg white. Beat egg whites until stiff; fold in gelatine mixture. Fold in whipped cream or whipped evaporated milk. Turn into sherbet glasses; chill until firm. Top with peach slices, if desired. YIELD: 8 servings.
More and more homemakers depend on their package of Knox plain Gelatine in the preparation of fresh new meals, day after day. There are so many more wonderful things you can do with Knox than with the already-flavored gelatine dessert powders. You will soon find that Knox Gelatine is just about the most all-useful food item you can have in your kitchen.

In Every Package... 4 Envelopes for 4 Meals

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