A GUIDE TO THE USE OF UNFLAVORED GELATINE FOR STUDENTS
Did you ever stop to think what makes gelatine dishes stiff? The answer is all tied up with the chemistry of gelatine itself—but, the important thing for YOU is that gelatine is a wonder cooking ingredient that can turn a liquid into a solid “just like magic.”

There’s something else of importance to know about gelatine—namely—that unflavored gelatine is 85% pure protein! And you know, protein is the body-building food that gives you strength and vigor. (Flavored gelatine dessert powders are only \( \frac{3}{8} \) protein, \( \frac{7}{8} \) sugar.)
There are many reasons why good cooks like unflavored gelatine. Here are a few — important to YOU.

FOR YOU...AS YOU

- **If Pounds are a Problem**, dishes made with unflavored gelatine can look good, taste wonderful, be more satisfying — without adding unwanted calories!

- **News About Nails**. You can end those wails over brittle nails! Wishing won't give you nicer nails, but a daily glass of fruit-juice-plus-unflavored gelatine will! It's the gelatine that does it!

- **For Good Health and Good Looks**. For bright eyes, glowing skin, hair like a shining halo, you need vitamins and minerals. Unflavored gelatine (all protein—no sugar) helps you make interesting dishes with the fruits and vegetables that are so rich in these vital substances.

FOR YOU...AS A COOK

- **It's So Easy to Use**. You learn one simple basic method, and every other gelatine dish is just a variation of this.

- **It's So Versatile**. You can make a different gelatine dish every day of the year without ever repeating. Unflavored gelatine contains no sugar, so you can make soups, salads and main dishes as well as desserts. It contains no flavoring, so you can use almost any of your favorite foods and flavors.

- **It's So Handsome — So Delicious!** Unflavored gelatine gives cooking “banquet airs.” From a simple jellied consomme for the family, to a super-special whipped cream mold for a party, each dish you make can look and taste like the work of an expert!
basic training in how to use

The secret of all gel-cookery lies in learning to make the basic gelatine mixture (a simple combination of unflavored gelatine-plus-liquid). Once you know this basic procedure, you're on your way.

HERE'S HOW MUCH GELATINE TO USE

You can throw away that measuring spoon, for an envelope of unflavored gelatine contains the exact amount necessary to gel 2 cups of liquid. However, if recipe calls for 1 tbs. of gelatine, just substitute the contents of 1 envelope.

HERE'S WHAT TO DO WITH IT

1. **Soften the gelatine** by sprinkling it on ½ cup of cold liquid (this swells the gelatine granules so they will dissolve).

   If the recipe calls for 1 tbs. or more of sugar, you can omit the above, and simply mix the gelatine with the sugar — this has the same effect as softening.

2. **Dissolve the softened gelatine** in hot liquid (the amount called for in the recipe).

3. Add other ingredients as directed.

4. **Pour into mold or dish.**

5. **Chill in refrigerator until firm.**

A pint of gelatine mixture takes from 2-4 hours to set...chills faster in small individual dishes than in a single large one.

To add fruits or vegetables...Chill mixture to the consistency of unbeaten egg white. Add solids. Chill in refrigerator until firm.
unflavored gelatine

HERE'S WHAT YOU CAN MAKE

With this basic method of making clear gelatine, you can concoct different types of dishes for different mealtime situations. You can make...

- **Jellied Soups** to start the meal — with a tangy meat stock or flavorsome vegetable juice as the liquid.
- **Salads** for cool summer luncheons — made with either fruits or vegetables.
- **Aspics** for main dishes or garnishes — savory gelatines made with meat broth or vegetable juice, to be used plain (as garnish) or to mold seafood, chicken, vegetables, etc.
- **Desserts** for a perfect ending — plain or sparkling (you can use a carbonated beverage as the liquid) — with fruits and nuts and fancy toppings.

NOW TRY THIS

**GRAPEFRUIT AND ORANGE MARMALADE MIX**
(Citrus Special)

1 envelope unflavored gelatine 1 ¾ cups orange-grapefruit juice
3 tbs sugar ½ cup orange marmalade

Mix together thoroughly gelatine and sugar.

Heat ¾ cup of the orange-grapefruit juice.

Add to gelatine mixture, stir until gelatine and sugar are dissolved. Add remaining juice.

Chill to the consistency of unbeaten egg white.

Fold in orange marmalade.

Turn into mold and chill until firm.

Yield: 4 servings.

Note: Other jams, preserves and jellies may be used with an appropriate juice.

NOW, let's go on to further adventures in gel-cookery! Discover how a slight change in basic technique, or the addition of an egg or cream can result in dozens of extra-special dishes to delight your family and friends.
A WHIP is clear, basic gelatine that has been chilled until partially set, then removed from the refrigerator and beaten until light and fluffy — and double in volume.

...here's how to WHIP UP A GINGERY GRAPE WHIP*

1 envelope unflavored gelatine  
⅛ cup sugar  
1 cup grape juice  
¾ cup ginger ale

Mix together thoroughly gelatine, sugar, salt.  
Heat grape juice. Add to dry ingredients and stir until gelatine is completely dissolved.  
Add ginger ale.  
Chill until mixture is slightly thicker than the consistency of unbeaten egg white.  
Beat with rotary beater until light and fluffy and double in volume.  
Turn into sherbet glasses and chill until firm.  
Top with whipped cream, garnished with dabs of grape jelly.  
Yield: 4-6 servings  

*The method given in this recipe applies when making any whip.

variation... spanges

These quaintly-named dishes are light gelatine puddings with the airy, delicate texture their names imply. They literally “melt on your tongue.”

SPONGES AND SNOWS are clear, basic gelatines to which egg whites have been added after the mixture has partially set — then beaten until stiff, and chilled until firm.

...here's what you do to MAKE A CHOCO-MOCHA SPONGE

1 envelope unflavored gelatine  
⅛ tsp salt  
⅛ cup sugar  
1½ cups water  
1 tbs instant coffee  
1 tsp vanilla  
1 tbs cocoa  
2 unbeaten egg whites

Mix together thoroughly, gelatine, sugar, coffee, cocoa, salt.  
Heat water. Add to dry ingredients and stir until gelatine and cocoa are completely dissolved.  
Add vanilla.  
Chill until mixture mounds when dropped from spoon.  
Add unbeaten egg whites and beat with rotary beater until mixture holds its shape.  
Turn into mold and chill until firm.  
Yield: 6 servings  

*This method applies to the making of any sponge or snow.
Don’t let the name mislead you... a GELATINE WHIP is pure delight! Delicate and airy, this fluffiest of all gelatine dishes takes its name from the action of an egg beater.

SERVE A WHIP whenever light refreshments are in order. After a soup-and-salad luncheon, for instance, or for an indoor picnic. Whips are nice to have ready when you expect the gang to come back to your house for an after-the-movies snack, or if you have a “pajama party” planned. (And it’s a light – but tasty dessert, too – for someone who’s been ill.)

VARY A WHIP

- Use grape, pineapple, orange, cranberry and other fruit juices as the liquid. Also coffee, maple syrup, coffee-and-cream, chocolate syrup.
- Make “sparkling” whips using cola, ginger ale, and other carbonated beverages.
- At the time the gelatine mixture is beaten, fold in applesauce, diced fruits, strawberry jam, etc.
- Try a double-decker (half ‘n’ half) that is clear gelatine on the bottom, frothy whip on top (see recipe section).

SERVE A SPONGE OR SNOW – The addition of egg whites makes a sponge or snow a bit more elaborate than a simple whip – appropriate to more “formal” occasions. They are fun to serve when there’s a special guest for dinner, or you have invited a few of the girls over for Saturday luncheon. Make them, too, for mother’s bridge ladies – for a club or sorority meeting of your own – for an evening TV party.

VARY A SPONGE OR SNOW

- Serve with a custard sauce, garnished with sliced fruit.
- Add crushed or mashed bananas, raspberries or peaches to the basic gelatine mixture.
- Combine flavors: coffee and cola, grapefruit and pineapple juice, lemon and lime, grape and ginger ale.
- Fill a prepared pie shell with a sponge mixture.
**MOUSSE AND CHARLOTTES** are clear, basic gelatines with whipped cream folded into the mixture after it has partially set. **BAVARIAN CREAMS** are made like Chiffons (with egg yolk) and the whipped cream is folded in with the beaten egg whites.

...now, let's **PREPARE A PINEAPPLE BAVARIAN “CAKE”**

- **1 envelope unflavored gelatine**
- ½ cup sugar
- ¼ tsp salt
- 3 eggs — separated
- 2 tbs lemon juice

Mix together gelatine, sugar, salt in top of double boiler.

Beat egg yolk slightly; add lemon juice, pineapple and syrup. Add to gelatine mixture.

Cook over boiling water, stirring constantly until gelatine is dissolved (about 8 min.). Remove from heat.

Chill until mixture mounds when dropped from spoon.

Beat egg whites until stiff. Fold into gelatine mixture.

Fold in whipped evaporated milk.

Spoon ¼ of mixture into waxed paper-lined 9” x 5” loaf pan; add layer of cookies. Repeat 3 times, ending with gelatine.

Chill overnight. Unmold and serve with whipped cream.

Yield: 6 servings
Chiffon gelatines—like chiffon fabrics—have a flair for elegance! These rich custard mixtures, with their smooth, fine texture, are heavenly for pie fillings, Spanish Cream desserts, even main dish molds.

CHIFFONS ARE "JUST RIGHT"... Because of their richness and elegance, chiffons, Spanish Creams and other egg gelatine dishes are "just the thing" when you want to show off your cooking skill. Serve them at a luncheon for an out-of-town friend—a special "jam" session with party refreshments—a birthday dinner—or when your home economics class entertains the principal.

OTHER EXCITING DISHES you can make by this same method include Fruit Spanish Cream (any flavor)...lemon, lemon-coconut, chocolate, and many other Chiffon Pies...Chocolate-banana Cream (for a pudding or pie)...AND...by substituting mayonnaise or salad dressing for the egg in the recipe, you can mold mouth-watering main dishes—with tuna or salmon, crabmeat or lobster or shrimp, chicken or turkey or eggs.

You'll say, "A MOUSSE IS MARVELOUS"...for these velvety-textured creations (main dishes as well as desserts)—together with Bavarian Creams and Charlottes (like Charlotte Russe)—are the richest, most luscious of all gelatine dishes.

...and MOLD A MAIN DISH CHICKEN MOUSSE

1 envelope unflavored gelatine
1 1/2 cups diced cooked chicken
1 1/2 cups chicken stock or bouillon
1 tbs lemon juice
1/2 tsp Tabasco
1/2 cup heavy cream—whipped

Sprinkle gelatine on 1/2 cup of chicken stock to soften. Heat remaining cup chicken stock. Add to softened gelatine, and stir until gelatine is completely dissolved.

Add lemon juice and Tabasco. Chill until mixture is the consistency of unbeaten egg white. Mix in chicken and celery. Fold in whipped cream. Turn into 4-cup or individual molds. Chill until firm.

Yield: 6 servings
- **Jellied Soups Should Shimmy.** Use 2 1/2 cups of liquid to each envelope of unflavored gelatine so soup will not be too stiff.

- **For a Quick Chill,** set container of gelatine mixture in a bowl of ice and water and stir until it starts to thicken—or place in freezer compartment for 10 min. If mixture becomes too solid, re-melt over boiling water.

- **How Thick is Thick?** Before adding solids, gelatine should be chilled to the consistency of unbeaten egg white. Solids will sink to bottom or rise to top if added when mixture is too thin. Before whipping, gelatine should be chilled to a slightly thicker consistency than unbeaten egg white. If whipped too soon, mixture will become fluid again or will separate, leaving a layer of clear gelatine at bottom. Before adding beaten egg whites or whipped cream, gelatine mixture should be chilled until it mounds slightly when dropped from a spoon.

- **Dissolving Gelatine Over Direct Heat.** If gelatine has been softened in cold water, it can be dissolved over direct heat without adding an additional liquid. Heat must be kept low, and gelatine stirred constantly. Gelatine softened on water may also be dissolved by placing mixture over boiling water.

- **For a Smoother Chiffon Filling,** add cream of tartar to the beaten egg whites (1/2 tsp. to 4 egg whites) while they are still in the foamy stage. Then add sugar, beat until very stiff, and fold into the chilled gelatine mixture as directed.

- **To Whip Evaporated Milk.** Chill overnight, or freeze it until ice starts to form around edges. Pour into a cold bowl and beat with a rotary beater until soft peaks form. Adding 2 tbs. lemon juice for each cup of milk aids stiffening. As a substitute for whipping cream, count 1/8 cup evaporated, plus added lemon juice, as 1/2 cup of heavy cream.

- **Coffee, Anyone?** Mix instant coffee and dry milk with the sugar and gelatine for a tasty coffee-flavored dessert. Saves time, extra dishes.

- **Frozen or Canned** fruits and vegetables should be drained thoroughly before adding, to avoid diluting gelatine mixture.

- **Fresh or Frozen Pineapple** must be boiled for 2 minutes before combining with gelatine—otherwise mixture will not gel.

- **Waste Not!** Left-overs take on a glamorous disguise when molded in gelatine—they’ll go further, too.
MOLD IT!

All sorts of dishes and pans can serve as molds for gelatine. True, for gala occasions it's nice to have special decorative molds, but it is also fun to see how ingenious you can be. For example, use muffin pans, cake pans, ice cube trays, empty coffee cans or small frozen fruit juice cans, custard cups, mixing bowls, even paper cups.

Note: Mold chocolate or acid foods in glass or aluminum. Tin tends to change the color.

UNMOLD IT!

1. Dip mold in warm (not hot!) water to the depth of the gelatine mixture.
2. Loosen around edge with tip of a paring knife.
3. Rinse serving plate in cold water and place on top of mold. Hold tight! and turn mold and plate upside down. Shake mold gently, and lift up carefully.

DON'T UNMOLD IT!

Gelatine does not always have to be unmolded. Instead, you can . . .

- Make it in a pretty bowl, or in individual dishes or sherbet glasses, which may be brought right to the table.
- Mold and serve it in half an orange or grapefruit shell, or for non-sweet mixtures, in a scooped out tomato or green pepper. (A spicy gelatine mixture molded in a green pepper, may be sliced when firm, and served with meat. Makes a novel and tasty garnish.)
- Spoon it directly from container into individual dishes.
- Mold it in a shallow square or rectangular pan, then cut in cubes or fancy shapes. Use a knife or cookie cutter, and keep dipping it in warm water. Lift out pieces with a broad, thin-bladed server.

ALWAYS KEEP GELATINE DISHES IN REFRIGERATOR UNTIL READY TO SERVE
FRUIT JUICE SNOW (B)
(8 Servings)

1 envelope unflavored gelatine  
$\frac{1}{2}$ cup sugar  
$\frac{1}{4}$ tsp salt  
1 $\frac{1}{4}$ cups very hot water  
1 can (6 ounces) frozen concentrated fruit juice  
2 unbeaten egg whites.

Mix together gelatine, sugar and salt.

Add hot water and stir until gelatine is completely dissolved.

Add fruit juice; stir until melted.

Chill until mixture is slightly thicker than consistency of unbeaten egg white.

Add unbeaten egg whites.

Beat with rotary beater until mixture holds shape.

Turn into individual molds or sherbert glasses. Chill until firm. (Use remaining 2 egg yolks for a custard sauce, if desired.)

STRAWBERRY GINGER PIE (C)
(9” Pie)

1 envelope unflavored gelatine  
$\frac{3}{4}$ cup ginger ale  
3 tbs sugar  
1 tbs lemon juice  
$\frac{1}{2}$ tsp salt  
1 10-oz pkg frozen strawberries  
1 egg  
$\frac{1}{4}$ cup ice-cold water  
$\frac{1}{2}$ cup non-fat dry milk

Mix together gelatine, sugar, salt in top of double boiler.

Beat together egg yolk and ginger ale. Add to gelatine mixture and cook over boiling water, stirring constantly until gelatine is completely dissolved.

Remove from heat, stir in lemon juice and strawberries (still partially frozen). Chill until mixture mounds when dropped from spoon.

Fold in stiffly beaten egg white.

Beat together ice water and dry milk until mixture stands in peaks (10 min.). Fold into gelatine.

Turn into cooled gingersnap pie shell.*


*Recipes are graded “A”—simple; “B”—intermediate; “C”—advanced.
PICNIC TODAY! — INDOORS

Franks in Blankets (batter)
Baked Beans or Corn-on-cob
Pickles, Olives, Carrots
Two-tone Coffee Whip
Cookies — Milk

TWO-TONE COFFEE WHIP (A)
(6 Servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 envelope unflavored gelatine</td>
<td>1/3 cup sugar</td>
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<tr>
<td>2 tsp instant coffee</td>
<td>1/8 tsp salt</td>
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<tr>
<td>1 1/4 cups very hot water</td>
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Mix together gelatine, instant coffee, sugar and salt.
Add hot water and stir constantly until gelatine is dissolved.
Pour half of mixture into glass custard cups (fill only half way). Chill.
Chill remaining mixture until it mounds when dropped from spoon.
Beat with a rotary beater until light and fluffy.
Pour on top of clear gelatine in cups. Chill until firm. Serve in cups, topped with whipped cream.

CLUB OR SORORITY MEETING

Ham and Cheese Loaf
Sliced Tomatoes, Cucumbers, Olives, Radishes
Angel Food Cake
Beverage

HAM 'n' CHEESE LOAF (A)
(4-6 Servings)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 envelope unflavored gelatine</td>
<td>1 cup diced cooked ham</td>
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<tr>
<td>1/2 cup cold water</td>
<td>1 cup grated American Cheese</td>
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<tr>
<td>3/4 cup very hot water</td>
<td>1/4 cup diced celery</td>
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<tr>
<td>1/4 cup vinegar</td>
<td>1/4 cup diced sweet pickles or pickle relish</td>
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<tr>
<td>1/4 tsp salt</td>
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Sprinkle gelatine on cold water to soften.
Add very hot water, and stir until gelatine is thoroughly dissolved.
Add vinegar and salt.
Chill until mixture mounds when dropped from spoon.
Fold in ham, cheese, celery, pickles.
Turn into loaf pan. Chill until firm.
Unmold on salad greens.

more good things to eat
**LUNCHEON**
- **STRICTLY FOR THE GIRLS**
  - Tomato Juice
  - Tuna Fish Mold
  - Mixed Vegetables
  - Hot French Bread
  - Endive Salad
  - Fruit Pie
  - Beverage

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### TUNA FISH MOLD (B)
*(6 servings)*

<table>
<thead>
<tr>
<th>1 envelope unflavored gelatine</th>
<th>3/4 cup mayonnaise</th>
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<tr>
<td>3/4 cup water</td>
<td>1 cup finely diced celery</td>
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<tr>
<td>1/2 tsp salt</td>
<td>1/4 cup finely diced green pepper</td>
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<tr>
<td>2 tbs lemon juice</td>
<td>1/4 cup chopped pimento</td>
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<tr>
<td>1/4 tsp Tabasco</td>
<td>1 cup flaked tuna</td>
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Sprinkle gelatine on cold water in saucepan to soften. Place over boiling water. Stir constantly until gelatine is completely dissolved. Remove from heat; stir in salt, lemon juice and Tabasco. Cool. Stir into mayonnaise gradually, until blended. Mix in remaining ingredients. Turn into ring mold. Chill until firm. Unmold and serve with mixed vegetables in center of ring.

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### SPANISH CREAM (C)
*(6 Servings)*

<table>
<thead>
<tr>
<th>1 envelope unflavored gelatine</th>
<th>2 eggs, separated</th>
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<tbody>
<tr>
<td>6 tbs sugar</td>
<td>2 cups milk</td>
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<tr>
<td>1/4 tsp salt</td>
<td>1 tsp vanilla</td>
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Mix together gelatine, 2 tbs sugar and salt in top of double boiler. Beat together egg yolks and milk. Add to gelatine mixture. Place over boiling water and stir constantly until the gelatine is thoroughly dissolved (10 min.). Remove from heat; stir in vanilla. Chill until mixture mounds when dropped from spoon. Beat egg whites until stiff but not dry. Add gradually remaining 4 tbs sugar and beat until very stiff. Fold in gelatine mixture. Turn into individual molds. Chill until firm. Unmold and serve with fresh or frozen strawberries.

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*Recipes are graded “A”—simple; “B”—intermediate; “C”—advanced.*
SHOWER TONIGHT
— Sue’s getting married!

Turkey-Tomato Mold

Watercress and Grated Carrot Salad
Celery, Radishes, Olives
Hot Biscuits
Ice Cream and Cake
Beverage

TURKEY-TOMATO MOLD (A)
(8 Servings)

2 envelopes unflavored gelatine
1 10½-oz. can concentrated consomme
1 17½-oz. can tomato juice
2 tsbs lemon juice
½ tsp Tabasco
2 5-oz. cans boned turkey (or chicken)
1 cup chopped celery
cup chopped cucumbers
½ cup chopped stuffed olives

Sprinkle gelatine on 1 cup of consomme to soften.
Place over boiling water and stir until gelatine is thoroughly dissolved.
Add remaining consomme, tomato juice, lemon juice and Tabasco.
Chill until mixture is slightly thicker than unbeaten egg white.
Fold in turkey, celery, cucumber and olives.
Turn into a fancy 6-cup mold. Chill until firm.

A SPECIAL GUEST COMES TO DINNER

Jellied Consomme
Roast Chicken
Mashed Potatoes
Spiced Peach Halves
Asparagus
Mixed Green Salad
Brown ’n’ Serve Rolls
Nesselrode Pie

NEsselrode Pie (C)
(9” Pie)

1 envelope unflavored gelatine
½ cup sugar
½ tsp salt
2 eggs—separated
1 ¼ cups milk
¼ tsp almond flavoring
¼ tsp nutmeg
1 cup heavy cream (whipped)
¼ cup chopped, drained, maraschino cherries
¼ cup chopped nuts
1 9” baked pastry shell

Mix together gelatine, ¼ cup sugar and salt in top of double boiler.
Beat together egg yolks and milk. Add to gelatine mixture.
Place over boiling water, and stir constantly until gelatine is completely dissolved.
Remove from heat. Add almond flavoring and nutmeg.
Chill until mixture mounds slightly when dropped from a spoon.
Beat egg whites until stiff, but not dry. Add gradually remaining ¼ cup sugar and beat until very stiff. Fold into gelatine mixture.
Fold in whipped cream, cherries and nuts.
Turn into pastry shell. Chill until firm.
Garnish with additional whipped cream, cherries and nuts.