COLD COOKERY

from the LEONARD kitchen
LEONARD COLD COOKERY

A BOOK OF DELICIOUS AND NOVEL RECIPES
from
MARY LEE GORDON
of the
LEONARD KITCHEN

LEONARD REFRIGERATOR CO.
DETROIT, MICHIGAN
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Your New Leonard Refrigerator has the approval of the Good Housekeeping Institute
Storing Foods

for Best Results

Because cold air is heavier than warm air there is a slight difference in the temperature of the various shelves of a Leonard. When the cooled air leaves the cooling unit it travels down until it reaches the bottom of the food compartment and as it is warmed with heat from the food it travels upward through the refrigerator. So the temperature on the upper shelves is not quite as low as on the bottom. Therefore, foods requiring lower temperatures belong on the lower shelves. Provision has been made for the storage of milk and tall bottles directly at the side of the cooling unit, where the temperature is at a low point.

The air in your Leonard is dry and cold. This is a decided advantage. Moisture in air carries odors. Moist atmosphere is conducive to food spoilage. However, since the air in your Leonard is dry, all foods except those with their own protective coverings, such as cucumbers, oranges, eggs, etc. should be wrapped in waxed paper or placed in covered dishes to protect them from loss of natural moisture.

Lettuce, salad materials and celery should be washed and trimmed—then placed in the Vegetable Crisper. Berries should be picked over and left unwashed.

Meats should be unwrapped, placed in the defrosting tray and covered with waxed paper.

Butter, eggs, lard and cheese can be stored most conveniently in the Dairy Basket.

Left overs should always be kept in covered containers.

Keep beverages in corked bottles.

It is most important that there should always be good circulation of air through the cabinet. Do not block this circulation by placing dishes too close together or too close to the sides of the cabinet.
Special Leonard Features

Chill-Om-Eter

The Leonard Chill-Om-Eter places 12 different freezing speeds at your finger tips, in addition to a special “vacation” temperature that gives food protection while the family is away. The switch at the right of the dial attends to defrosting the cabinet, and when defrosting is completed the control automatically returns to normal. The same switch, thrown in the opposite direction, produces “quick freezing.” And even though the control is set at “quick freezing” there is no danger of food in the cabinet freezing because the control automatically trips back to normal as soon as the cubes or desserts are frozen.

Vegetable Crisper

Vegetables should be sprinkled lightly with water, then thoroughly shaken, before storing in the Leonard Crisper. If prepared in this manner, perishable vegetables will keep crisp and fresh for several weeks.

Rubber Mat

The Leonard rubber mat is an attractive and useful accessory, made of soft rubber with a gray marbleized finish. It protects the cabinet top and enables the home-manager to take full advantage of the flat table top.
Porcelain Cooling Unit

The Leonard cooling units on all models are all-porcelain, both inside and out. None of the tubes carrying the refrigerant are exposed to become contaminated. They are as easy to clean as a china dish. Wipe off with warm water and borax.

Easy Cube Rubber Tray

Just pull the new Leonard rubber tray part way out and press down. The ice cubes pop out instantly for easy removal. The flexible wire front of the Easy Cube Rubber Tray holds tray firmly rigid while it is being filled with water and carried to cabinet.

Ample Storage Space

All models of the new Leonard line provide unusually ample storage space for:

Fruits—On the two top shelves on either side of the center cooling unit.

Milk and other Beverages—On either side of the cooling unit. One shelf on either side is hinged and can be folded back against the sides of the cabinet, providing room for at least 16 bottles. Extra space for the storage of beverages is provided in the Bottle and Dairy Rack which is attached to the bottom shelf.

Vegetables—On the three top shelves for those with their own protective covering such as peppers and tomatoes, in the Vegetable Crisper for perishables such as lettuce and celery.

Meats—In the Defrosting Tray and on the bottom shelves.

Left-overs—In covered containers on the middle shelves.

Butter, Eggs and Cheese—In Dairy Rack attached to the bottom shelf.
THE WISE HOSTESS knows that the old saying, "A poor beginning makes a good ending," does not hold true when she is planning a meal, because the successful meal is the one that starts with a well-chosen appetizer which causes her guests to await with keen anticipation the courses to follow.

There are many occasions when a hot soup is not the most desirable prelude to a meal, and it is then that Leonard can serve the hostess, because there are so many delicious chilled and frozen appetizers from which she may choose.

A fruit cocktail is a simple appetizer and one which is easily prepared, but if the hostess wishes something more elaborate, there are frozen or jellied soups, frozen tomato juice cocktails, frozen seafood cocktails, or as a variation from the fruit cocktail, a fruit cup which is a fruit ice with a sauce of crushed fruit.
The following recipes will suggest many others and provide a wide choice of delicious appetizers.

Iced Fruit Cocktail

Use equal parts pineapple, peach, pear, and apricot, and a small bottle of maraschino cherries. Dice all the fruit, reserving one cherry to top each cocktail. Pour the combined juices over the fruits and place in Leonard tray to chill for half an hour, or prepare earlier and place in a bowl in the bottom of the food compartment for five or six hours.

Frozen Crabmeat Cocktail

1 cup flaked crab meat
1 teaspoon gelatine
2 tablespoons cold water
4 tablespoons tomato catsup

1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
4 teaspoons French dressing
Salt

Paprika

Soak gelatine in cold water and dissolve over hot water. Add catsup, lemon juice, other seasonings, and fish. Turn into Leonard freezing trays, or place in paper cups in trays and freeze. Serves four to six.

Sea Food Cocktail—General Recipe

1/2 cup tomato catsup
1/2 teaspoon finely chopped chives
1/4 cup lemon juice
6 to 8 drops tabasco sauce
3/4 cup cooking sherry

Mix all ingredients thoroughly, then chill well in Leonard. Allow one-fourth cup of shrimps, lobster or crab meat, or three oysters to each serving. Chill fish in Leonard, then place in cocktail glasses and add sauce. Above sauce serves six.

Jellied Consomme

1 can consomme
2 cups water
1 small carrot, grated

1/4 teaspoon salt
1 tablespoon gelatine
3/4 cup cold water
2 hard cooked eggs, chopped
3 stalks celery

Combine first six ingredients. Cook for 20 minutes. Strain. Add gelatine which has been dissolved in cold water. Chill for three hours in Leonard. When ready to serve, beat with a fork. Into each cup put a spoonful of chopped hard cooked egg; fill cup with consomme and top with second spoonful of egg. Serves six.

Raspberry Cup

Place a spoonful of raspberry ice (See Page 17) in a stemmed cocktail glass, cover with iced fruit mixture, and garnish with a sprig of mint.
The entree lends itself most admirably to your meal planning. At a formal dinner, it is served as a course preceding the main course of roast or fowl. At an informal dinner or at a luncheon, it may be used as the main course. And best of all, with Leonard in your kitchen, a most delicious chilled or frozen entree may often be evolved with left-overs.

**Stuffed Eggs in Tomato Jelly**

**Part I**

<table>
<thead>
<tr>
<th>4 eggs, hard cooked</th>
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<tr>
<td>4 tablespoons mayonnaise</td>
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<tr>
<td>½ teaspoon salt</td>
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<tr>
<td>½ teaspoon paprika</td>
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<tr>
<td>Paprika</td>
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<tr>
<td>2 cups tomatoes</td>
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**Part II**

<table>
<thead>
<tr>
<th>1 teaspoon grated onion</th>
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<tr>
<td>½ teaspoon salt</td>
</tr>
<tr>
<td>½ teaspoon paprika</td>
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<tr>
<td>2 teaspoons sugar</td>
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<tr>
<td>4 teaspoons gelatine</td>
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<tr>
<td>¼ cup cold water</td>
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Part I. Cut hard cooked eggs in halves lengthwise and remove yolks. Mash yolks with mayonnaise, salt, pepper and paprika, and refill the whites. Part II. Soak gelatine in cold water. Cook tomatoes with onion, salt, sugar and paprika and put through strainer. Dissolve the gelatine in the hot liquid, then cool. Fill mold with layers of stuffed eggs and tomato jelly, letting each layer harden before adding the next one. Chill in Leonard until firm. Serve slices on hearts of lettuce.
Frozen Salmon Loaf

6 cups flaked salmon  2 tablespoons Worcestershire sauce
1 teaspoon salt  1 tablespoon gelatine
¼ teaspoon pepper  2 tablespoons cold water
½ teaspoon paprika  ¾ cup vinegar

Remove skin and bones from canned or freshly cooked salmon. Separate into flakes, add salt, pepper, paprika and Worcestershire sauce. Soak gelatine in cold water, dissolve in hot vinegar and add to the salmon, when slightly jelled. Pack firmly into Leonard tray and freeze for two hours.

Chicken and Rice

2 cups steamed rice  ¼ cup chopped sweet pickles
¼ cup mayonnaise  Salt, pepper, paprika
1 ¾ cups minced chicken

Combine mayonnaise and rice, then add cold roast or fried chicken which has been cut in small pieces, and sweet pickle. Season well, pack in Leonard freezing tray and chill for an hour. Slice and serve on lettuce with mayonnaise.

Veal Loaf

Veal soup bone  ¾ cup cold water
Salt and pepper  2 hard cooked eggs
1 tablespoon gelatine

Boil soup bone in small amount of water until meat is tender. Shred the meat to make one cup, season with salt and pepper. Add one cup of veal liquor to which has been added the gelatine dissolved in cold water. Slice 2 hard cooked eggs. Pack veal and eggs in alternate layers in mold. Chill in Leonard. Serve on lettuce leaves and garnish.

Chicken Supreme

1 ½ cups minced chicken  ¾ cup mayonnaise
¾ cup blanched chopped almonds  ¾ cup heavy cream
¾ cup shredded pineapple  Salt, paprika

Blanch and chop the almonds, drain pineapple and combine with the minced chicken. Combine mayonnaise and cream. Fold into chicken mixture and season, mix lightly but thoroughly. Pour into Leonard tray and freeze.

Jellied Cheese Souffle

1 cup milk  ¾ cup cold water
3 egg yolks  ¾ cup boiling water
¼ teaspoon salt  1 tablespoon gelatine
1 cup grated American cheese  3 egg whites

Make a custard of first four ingredients and cool. Soak gelatine in cold water, dissolve in hot water and beat well. Pour cooled custard over the well-beaten whites of eggs, add well-beaten gelatine, and pour into wet mold. Chill in Leonard until firm.
Salads

Any salad is a most welcome addition to a meal, and is one of the best ways of giving an unusual touch to an ordinary meal. Jellied and frozen salads are especially useful, because they may be prepared in the morning or even the day before, and Leonard will keep them in perfect condition till serving time.

Kidney Bean and Vegetable Salad

1 medium sized can kidney beans
1 hard cooked egg
6 small sweet pickles
1 red pimiento
1/2 cup diced celery
1/4 cup black walnut meats
1 tablespoon gelatine
2 tablespoons cold water
1 teaspoon sugar
1 teaspoon salt
1/2 cup vinegar
1 teaspoon Worcestershire sauce
1 cup boiling water

Soak gelatine in cold water and dissolve in boiling water. Add vinegar, Worcestershire sauce, sugar and salt. Chop pickles, eggs, nuts, pimiento and celery and combine all ingredients. Turn into individual molds, or one large mold, and chill in Leonard. Serve on a bed of greens.
Cottage Cheese Salad

1 lb. cottage cheese  
2 cups crushed pineapple, drained

1 tablespoon gelatine  
Pinch salt

Dissolve gelatine in cold water. Add to juice drained from pineapple and enough boiling water to make 2 cups liquid. Mix cottage cheese and pineapple until thoroughly combined, add salt and combine with liquid. Lastly, color delicate green with vegetable coloring. Chill in Leonard, but do not freeze. Serve on lettuce with mayonnaise.

Grapefruit-Date Salad

1 cup diced grapefruit  
1 cup diced pineapple  
1 3/4 cups chopped dates

1 cup chopped Brazil nuts

Whipped cream mayonnaise


Beet Salad

6 medium sized young beets  
1 tablespoon sugar  
3/4 teaspoon salt

1 tablespoon gelatine  
1 teaspoon vinegar  
1 tablespoon lemon juice

Pepper if desired

Clean new beets thoroughly and boil till tender in water to cover them, then drain, saving the liquid of which there should be 2 cups. Peel and chop the beets. To the hot beet juice add gelatine softened in two tablespoons of cold water, sugar, vinegar and seasoning. Cool till it begins to thicken, then pour over the chopped beets. Pour into Leonard tray and chill till firm. Cut in cubes and serve on lettuce with mayonnaise, or individual molds may be used. Serves six.

Jellied Vegetables in Tomato Cases

6 tomatoes  
1 tablespoon gelatine

1 3/4 cup cold water  
3/4 cup mild vinegar

1 3/4 cups vegetables

1 tablespoon lemon juice  
1 cup boiling water

3/4 cup sugar  
3/4 teaspoon salt

Hollow out six firm red medium sized tomatoes, and place in Leonard to chill. Soak gelatine in cold water, and dissolve in boiling water. Add vinegar, lemon juice, sugar and salt, and chill. When mixture begins to thicken, add a cup and a half of any left over vegetables, cut in small cubes, and fill tomato cases. Replace in Leonard until firm. Serve on a bed of lettuce.
Frozen Peanut Butter Salad

- 9 ozs. cream cheese
- 1/2 teaspoon paprika
- 1/2 cup chopped green peppers
- 1/2 cup chopped pimento
- 1/2 cup peanut butter
- 1/2 cup chopped celery
- 1/2 teaspoon salt
- 1/4 cup chopped pimento
- 1 tablespoon lemon juice
- 1/4 cup mayonnaise
- 1/4 cup whipping cream

Cream the cheese with a fork, then add other ingredients in the order given. Fold in the cream which has been whipped to thin custard. Put into freezing tray of Leonard and freeze.

Frozen Fruit Salad

- 1 cup crushed pineapple
- 1 cup cream, whipped
- 2 tablespoons powdered sugar
- 1 doz. maraschino cherries
- 1/4 pound cream cheese
- 8 marshmallows
- 1 cup mayonnaise

Drain pineapple dry, add sugar, cherries and marshmallows. Soften the cream cheese and gradually work in the mayonnaise to make a smooth mixture, then fold in the whipped cream and combine with the fruit. Pour into Leonard tray. Place cherries on top so that when cut into servings, one will be in the center of each portion. Serve on lettuce. If desired, may be served with mayonnaise, thinned with whipped cream, reserving the cherries for garnish.

Frozen Fruit Supreme

- 1/4 cup whipping cream
- 1 tablespoon lemon juice
- 3/4 cup mayonnaise
- 3 tablespoons chopped pecans
- 1/4 cup crushed pineapple, drained
- 1/4 cup stoned cherries
- 1/4 cup chopped canned apricots
- 1 small banana, sliced

Whip cream until it begins to thicken. Add lemon juice and continue whipping to thin custard. Fold in mayonnaise; add nuts and fruit. Freeze.

Afternoon Bridge Salad

- 1 cup white cherries, seeded
- 1 cup peaches, diced
- 1 cup pears, diced
- 1 cup red cherries
- 1 cup marshmallows, diced
- 1 cup pineapple, diced
- 1 cup mayonnaise
- 1/4 cup cream, whipped

Drain the fruit well, add whipped cream to mayonnaise, blending smoothly, and combine half of it with the fruit. Place in Leonard to chill until serving time. Then add the marshmallows and serve on lettuce. Top with remaining mayonnaise and garnish with cherries. Serves twelve.
Chrysanthemum Salad

Select medium sized perfect oranges, cut the peel into four sections, turning back carefully about two-thirds of distance to stem, then with scissors, cut peel into strips about one-fourth inch wide. Open segments and lay back to form a cup and fill with Chicken Salad. Place on salad plate on which lettuce has been arranged. Before serving, chill oranges thoroughly in Leonard.

Chicken Cream Salad

\[
\begin{align*}
\frac{1}{2} \text{ cup mayonnaise} & \quad 2 \text{ tablespoons cold water} \\
\frac{1}{2} \text{ cup cream, whipped} & \quad 2 \text{ cups cooked chicken, minced} \\
\frac{1}{4} \text{ tablespoon lemon juice} & \quad \frac{1}{2} \text{ cup celery, minced} \\
1 \text{ tablespoon gelatin} & \quad \frac{1}{2} \text{ cup stuffed olives, minced very fine}
\end{align*}
\]

Soak gelatine five minutes, set over hot water until it melts. Add to mayonnaise, fold in the cream and add remaining ingredients. Pour into small molds and chill in Leonard till firm. Arrange shredded lettuce on salad plates with slice of tomato in center on which turn out the mold, top with mayonnaise and garnish with pickle fans. Serves six.

Garnishes for Salads

Much of the attractiveness of a salad depends upon the garnish, and the following suggestions will be found very effective:

Radish Roses—Trim off all but an inch of the stem. Cut off the root and, with a sharp knife, cut down from the tip toward the stem end five times, so that the red outside covering will stand out like the petals of a flower. Drop the radishes into ice water; after an hour or two, the petals will stand out farther.

Celery Curls—Cut the inner stalks into three or four-inch lengths. With a sharp knife, cut each piece down into thin strips, stopping when within an inch of the end. Drop into ice water; as they become chilled, the thin strips curl up.

Green or Red Peppers—Cut them across in thin slices, making rings; remove seeds and white membrane. Or, cut in fancy shapes with small vegetable cutters.

Beets—Sliced, diced, or cut in fancy shapes.

Lemons—Cut in various shaped slices, sprinkle with chopped celery or paprika. These are especially attractive with fish salads or entrees.
Sandwiches

The sandwich plays a most important part in solving food problems. It is most adaptable and may be a substantial one of meat between two slices of bread, or a garnished, open face sandwich, or one of numberless variations. Sandwich spreads for use in emergencies may be made, placed in jars and stored in Leonard. Sandwiches may also be prepared ahead of time, wrapped in a damp cloth, then in waxed paper, placed in a covered container and kept in Leonard till serving time.

Layer Sandwiches

Remove the crust from a whole loaf of sandwich bread and slice the loaf lengthwise in half-inch slices. A different filling may be used between each two slices, or the same may be used throughout. Colored cream cheese makes the finished sandwich look like a piece of layer cake. Wrap the loaf in a damp towel then in waxed paper and place in the Leonard until just before serving, when it should be cut in thin slices.

Ribbon Sandwiches

Ribbon sandwiches are made in the same way as the layer sandwiches except that alternate slices of brown and white bread are used and creamed butter is the only filling used.

Open Sandwiches

Open sandwiches may be cut to a great variety of shapes and decorated according to personal preference. Cream cheese, faintly tinted with vegetable coloring paste makes a good spread. Open sandwiches may be decorated with chopped pickles, pimiento, candied cherries, stuffed olives, nuts, jam and peanut butter.

Sandwich Fillings

The following fillings may be made up ahead of time, and stored in Leonard in covered containers. They may be used in any sandwich calling for a spread.

Three pimientos, two hard cooked eggs, one-fourth pound mild cheese, one and one-fourth cups chopped pecans, blended and bound together with mayonnaise. Anchovies, chopped or paste; Olives chopped, butter to form a paste.

One cup preserved pineapple, one-half cup chopped dates. To be used for nut bread spread.

One-half cup ground peanuts, one-half cup ground carrots, bind with mayonnaise. Add one-half cup peanut butter to one cup stoned dates which have been put through food chopper. Add one teaspoon salt, moisten with cream.
**Rolls and Cookies**

Rolls, biscuits, pie crust and cookies may all be mixed ready for use and stored in Leonard for several days before baking. Pastry which is thoroughly chilled before putting into a hot oven will be much lighter than pastry which has not been chilled.

If your family insists upon baking powder biscuits for breakfast, here is an easy way out. Simply mix them up the night before, and lay damp cloth over dish, cover and place in Leonard. In the morning, shape the dough and bake.

**Leonard Biscuits**

2 cups flour 2 tablespoons shortening
4 teaspoons double action baking powder 3/4 cup liquid (milk, water, or mixture)
1 teaspoon salt

Mix dry ingredients and sift. Cut in shortening, or work in with tips of fingers. Add liquid gradually, mixing with a fork to a soft dough. This dough may be kept in Leonard before baking.

**Leonard Rolls**

1 cup lard
1 cup boiling water
1/2 cup sugar
Cream lard and sugar and add boiling water. Cool
2 yeast cakes
1 cup cold water
2 eggs
1 teaspoon salt
6 cups unsifted flour

When first mixture is cool, add yeast cakes dissolved in lukewarm water; then eggs beaten stiffly. Add flour and salt through sifter. Place in Leonard over night, or until ready to use. Fill muffin tins and let raise two hours before baking. Bake in a hot oven 20 minutes. This dough may be kept in the Leonard several days.

**Leonard Date Cookies**

2 eggs
1 cup butter
2 cups brown sugar
1 teaspoon salt
1 cup nuts
1 cup dates
3 1/2 cups flour
1 teaspoon soda

Cream the butter and sugar and add the well beaten eggs. Mix well. Add the nuts and dates which have been put through the food chopper and then the flour mixed and sifted with the salt and soda. One teaspoon of vanilla may be added if desired.

Toss on a floured board and form into three long rolls. These rolls should be a little smaller than the desired size of the cookies. Wrap in oiled paper and store in bottom of Leonard. To bake, slice thin and bake in hot oven (375 degrees) about ten minutes. Makes about 8 dozen small cookies.
When troubled as to just what type of dessert will be enjoyed most, a frozen dessert is always the safest choice. It can be an elaborate dessert or a simple one, whichever the courses of the meal preceding it seems to demand. In addition to the types of dessert named below, even pie and cake may be prepared in Leonard. (See page 23.)

Frozen desserts may be classified according to the foundation material used. Those with a flavored water base are the ices and sherbets. Mousses are very simple, uncooked desserts made of sweetened and flavored whipped cream. Parfaits are very rich desserts made by pouring a hot syrup over beaten eggs and combining this mixture with whipped cream. Ice creams are usually combinations of a heavy custard with a small amount of whipped cream.

Follow recipes carefully, being very careful to make measurements exact. When whipping cream, take care not to whip beyond the point where it becomes a thin custard or still pours.
When mixtures are to be combined, it is most important that both mixtures be first thoroughly chilled. Bowls used in making a frozen dessert should be placed in Leonard and thoroughly chilled before using.

**Raspberry Ice**

\[
\begin{align*}
\frac{3}{4} \text{ cups raspberry juice} & \quad 2 \text{ cups water} \\
\text{Juice of } \frac{3}{4} \text{ lemon} & \quad \text{1 cup sugar} \\
\text{Rind of one lemon, grated} & \quad \text{Pinch of salt}
\end{align*}
\]

Make a syrup of the water and sugar. Add lemon rind. Cool, strain out rind, add fruit juice, and pour into Leonard tray. When consistency of mush remove to chilled bowl and beat briskly, return to tray and finish freezing. Makes 1 quart.

**Orange Sherbet**

\[
\begin{align*}
\text{1 teaspoon gelatine} & \quad \frac{1}{2} \text{ cup sugar (XXXX)} \\
\frac{1}{2} \text{ cup cold water} & \quad 2 \text{ eggs} \\
\frac{3}{4} \text{ cups boiling water} & \quad \text{Grated rind of 2 oranges} \\
\frac{1}{2} \text{ cups lemon juice} & \quad 1 \text{ pint heavy cream} \\
\text{1 cup sugar} & \quad \text{Few grains salt}
\end{align*}
\]

Soak gelatine in cold water five minutes, then dissolve in boiling water. Add sugar, orange rind and orange and lemon juice. Turn into Leonard tray and freeze to a mush, stirring during the freezing. Whip cream, add sugar and salt. Separate yolks and whites of eggs; beat yolks till thick and lemon colored, and whites until stiff and dry, and add to cream. Combine with frozen mixture and continue the freezing, stirring twice during the process.

**Lemon Sherbet**

\[
\begin{align*}
\frac{3}{4} \text{ cups sugar} & \quad \frac{1}{2} \text{ cup cold water} \\
\frac{3}{4} \text{ cups water} & \quad 2 \text{ egg whites} \\
\frac{1}{2} \text{ teaspoon salt} & \quad \frac{3}{4} \text{ cup pineapple juice} \\
1 \text{ tablespoon gelatine} & \quad \text{Grated rind of 1 lemon} \\
\text{Juice of three lemons} & \quad \text{Grated rind of 3 lemons}
\end{align*}
\]

Boil the sugar and water for five minutes. Add lemon rind. Add gelatine which has been soaked in cold water. Strain out rind. When cool, add fruit juices. Pour into Leonard freezing tray and freeze to mush. Add salt to egg whites and beat until stiff. Remove partially frozen mixture and fold in egg whites. Return to tray and continue freezing, stirring once more during process.

**Pineapple Lensherb**

\[
\begin{align*}
1 \text{ No. 2 can crushed pineapple} & \quad 1 \text{ pinch of salt} \\
\frac{3}{4} \text{ cups confectioner's sugar} & \quad 1 \text{ quart buttermilk} \\
1 \text{ tablespoon vanilla} & \quad \text{1 tablespoon vanilla}
\end{align*}
\]

Squeeze juice out of pineapple. Stir in sugar, salt and buttermilk. Pour in Leonard tray and freeze. Makes 1 1/2 quarts.
Plain Mousse

Garnishing, Dressing or Foundation Recipe

1 cup whipping cream 1 teaspoon vanilla
4 tablespoons confectioner's sugar

Whip cream, add sugar and flavoring and freeze in Leonard tray. This plain mousse may be served instead of a hard sauce or plain whipped cream on such hot dishes as plum pudding, Brown Betty and mince pie. It may be colored and used as a garnish, applied with a pastry tube. If it is to be used in this way, it should be put in the pastry tube or bag and placed in the defrosting tray of the Leonard for half or three-quarters of an hour, before applying to the partially frozen dessert.

This recipe may be used as a foundation for mousse desserts by adding one cup of any fruit pulp before freezing.

Peach Mousse

1 cup whipping cream 1 cup peach pulp
1/4 cup confectioner's sugar 1 teaspoon vanilla

Mash canned or fresh cooked and drained peaches to a pulp. Add sugar and vanilla. Whip cream and fold in peach mixture. Turn into Leonard tray and freeze.

Banana-Macaroon Mousse

2 large bananas 2 tablespoons lemon juice
1/2 cup macaroon crumbs 1/4 cup powdered sugar
1 cup whipping cream 1/2 teaspoon salt

Mash bananas to a pulp. Add salt, lemon juice and macaroon crumbs. Whip cream, add powdered sugar. Combine the two mixtures. Pour into Leonard tray.

Peanut Brittle Mousse

1/2 pound peanut-brittle 2 cups whipping cream

Put the brittle through the food chopper, whip the cream, combine mixtures, pour into a mold or tray and freeze in Leonard without stirring.

Maple Parfait

1/2 cup maple syrup 3 egg whites
2 cups whipping cream

Cook maple syrup until it spins a thread (270 degrees F.). Pour the syrup over the stiffly beaten egg whites and beat until cold. Fold into the whipped cream. Place in freezing tray of Leonard. When frozen, pile lightly in sherbet glasses and serve with sweetened whipped cream. Fills one tray.
Plain Parfait

Foundation Recipe

1 cup sugar  
2 cups whipping cream  
2 1/2 cups water  
2 whole eggs, yolks and whites beaten separately  
1 teaspoon vanilla

Boil the sugar and water until the syrup forms a thread, then pour it slowly over the yolks of the eggs, which have been beaten until they are thick and lemon colored. Beat the whites of the eggs until very stiff, and whip the cream. Fold the yolk mixture into the whites, and that mixture into the cream; flavor, and pile lightly in Leonard tray.

Variations:
1. Angel or white parfait, substitute the whites of three eggs for the whole eggs.
2. Rich yellow parfait, substitute the yolks of four eggs for the whole eggs.

Caramel Parfait

1 cup sugar  
4 tablespoons hot water  
3/4 cup macaroon crumbs  
1 1/2 cups whipping cream  
2 eggs  

Melt the sugar in a sauce pan, stirring constantly. Add the hot water and cook until the syrup spins a good thread. Pour syrup slowly onto the beaten yolks of eggs, and fold this mixture into the stiffly beaten whites. Whip the cream, and fold the macaroon crumbs, finely crushed, and the egg and sugar mixture into the cream. Fills one tray.

Coffee Parfait

3/4 cup sugar  
3/4 cup coffee  
1 teaspoon vanilla  
2 whole eggs  
2 cups whipping cream  
Salt

Make coffee in the proportion of 2 tablespoons of coffee to 1 cup water. Boil one-half cup of the coffee with the sugar until it spins a thread. Pour this syrup over the well-beaten egg yolks, cool, and fold this mixture into the well-beaten whites. Add vanilla and fold into the whipped cream. Pile in Leonard tray and freeze. Fills one tray.

Apricot Parfait

1 can apricots (No. 2 size)  
3/4 cup sugar  
Whites of 2 eggs  
3/4 cup whipping cream  

Drain juice from apricots, add sugar and boil ten minutes. Beat the syrup into the stiffly beaten egg whites and cool. Press drained apricots through a coarse sieve and chill in Leonard for about 20 minutes. Whip chilled cream and add apricot pulp, mixing lightly but thoroughly, then combine with chilled syrup and egg mixture, again mixing thoroughly but not too vigorously. Fills one tray.
Vanilla Ice Cream

2 cups milk
4 teaspoons cornstarch
4 egg yolks

3/4 cup sugar
1 cup cream
1 teaspoon vanilla

Scald the milk in the upper part of a double boiler. Add the cornstarch and sugar mixed, and cook for 15 or 20 minutes. Pour this mixture over the slightly beaten egg yolks, return to double boiler and cook for five minutes longer. Remove from stove and cool. Whip cream, add vanilla to custard and fold in whipped cream. Place in Leonard tray and freeze. Fills one tray.

Marshmallow Ice Cream

10 marshmallows
1 cup milk
1 cup whipping cream

1/2 teaspoon vanilla
Small pinch salt

Cut marshmallows into quarters and cook slowly with milk in double boiler until completely dissolved. Cool, add salt and vanilla, then chill thoroughly. Whip cream and mix thoroughly but lightly with marshmallow mixture, turn into Leonard tray and freeze. Flavoring may be varied, or fruit may be added. If using fruit, it should be well crushed and juice drained from it.

Orange Ice Cream

2 cups whipping cream
1 cup sugar
1 cup orange juice

Juice of one lemon
Pinch of salt

Put one-half the cream and one-half the sugar into double boiler, heat and stir till sugar is dissolved; cool, and add balance of cream. Add balance of sugar to orange and lemon juice and stir till sugar is dissolved. Pour cream into Leonard tray and freeze to mushy consistency. Remove to bowl and beat thoroughly, add orange juice and again beat thoroughly. Return to tray and finish freezing. Serves six.

Lemon Ice Cream

1 cup sugar
3 tablespoons cornstarch
1 cup boiling water

1 lemon, rind and juice
2 eggs, separated
1 tablespoon butter

Combine cornstarch and sugar. Add boiling water slowly and cook over direct heat, stirring constantly, until clear and thick. Pour hot mixture over yolks of eggs which have been beaten slightly, add butter, and cook over water, stirring constantly until butter is melted, and mixture is well blended. Cool. Fold in stiffly beaten egg whites, lemon rind and juice, and the cream whipped until it will hold its shape. Pile lightly in Leonard tray and freeze. Makes one quart.
Banana Ice Cream

1 banana
\( \frac{3}{4} \) cup sugar
1 cup milk

Mash banana and sugar to smooth paste and add other ingredients, stirring to blend thoroughly. Put in Leonard tray and freeze to mush. Fold into whipped cream and return to tray to complete freezing.

Neapolitan Ice Cream

Any three flavors of ice cream or mousse, or two kinds of ice cream and a water ice may be used in making Neapolitan ice cream. Fill the Leonard tray one-third full of the first flavored ice cream, let it partially harden and add the ice or the second ice cream. When this is firm, fill the tray with the third mixture and freeze. When ready to serve, remove from the tray and slice.

Peach Tapioca

2 cups milk
3 tablespoons tapioca
\( \frac{3}{4} \) cup sugar
\( \frac{1}{2} \) teaspoon salt
1 egg yolk

Scald milk in double boiler, add tapioca, sugar and salt, and cook 15 minutes, stirring frequently. Pour over slightly beaten egg yolk and return to double boiler and cook until mixture thickens. Remove from fire, add peach pulp and chill. Whip cream, combine with confectioner’s sugar and vanilla, and when custard is cool, combine with the whipped cream. Turn into Leonard tray and freeze.

Apple Snowfluff

1 large tart apple
Juice of one-half lemon
\( \frac{3}{4} \) cup powdered sugar
Whites of 2 eggs

Peel the apple and grate into a bowl. Sprinkle over it the sugar and lemon juice to keep it from turning dark. Beat the whites of two eggs until stiff and add to the apple, sugar mixture, and beat all together for 15 minutes. Pile lightly in Leonard tray and freeze. Serves six.

Prune Whip

1 cup prune pulp
Juice one lemon
Juice one orange
\( \frac{1}{2} \) cup chopped nuts
\( \frac{1}{4} \) cups whipping cream
Pinch salt

Prepare prune pulp by rubbing well cooked prunes through sieve, add nuts and salt, and chill thoroughly. Whip chilled cream and add lemon and orange juice and combine with prune mixture. Pour into Leonard tray and freeze. Serves six.
**BEVERAGES**

Save all fruit juices, store them in your Leonard and bring them forth later as delicious beverages. This you can do easily and economically by making up a foundation syrup and keeping it on hand ready for instant use. The year around, and especially in warm weather, iced drinks served with wafers or cookies make most delicious impromptu refreshments.

**Foundation Punch**

| 4 oranges | 1 cup sugar |
| 2 lemons | ½ cup water |

Squeeze the juice from the oranges and lemons. Boil sugar and water to the thread stage. Add fruit juice and enough water to make two quarts. One cup of chopped mint leaves may be steeped in boiling water, strained and substituted for part of the water. Cool the punch, turn into a glass jar and store in Leonard until ready to use.

**Other Fruit Punches**

Take equal parts of the foundation punch, and berry or other fruit juices, combine, and chill in Leonard.

**Pineapple Punch**

1 heaping tablespoon crushed pineapple
2 Maraschino cherries

Combine all ingredients in tall glass. Serve with sprig of mint. Serves one.

**Chocolate Syrup**

4 ounces unsweetened chocolate
1¾ cups sugar

Melt chocolate in double boiler, add sugar and salt and stir until well mixed, then pour on the boiling water slowly, stirring constantly until well mixed. Place over direct heat and bring to a boil. Boil for five minutes, cool, and turn into glass jar, cover, and store in Leonard until needed.

**Iced Chocolate**

2 tablespoons chocolate syrup

Have milk and syrup thoroughly chilled. Add syrup to glass of milk and stir until thoroughly blended.
MISCELLANEOUS RECIPES

Date Nut Refrigerator Cake

\[ \begin{align*}
\frac{3}{4} \text{ lb. Graham crackers} & \quad \frac{1}{2} \text{ cup marshmallows, cut into bits} \\
1 \text{ cup dates, chopped} & \quad 1 \text{ cup cream} \\
1 \text{ cup nutmeats, chopped} & \quad \frac{1}{4} \text{ teaspoon salt}
\end{align*} \]

Crumb crackers rather fine, add other ingredients, cream last and mix thoroughly until cracker crumbs are all moistened. Pack into square tin or mold lined with waxed paper and let stand in Leonard 12 hours. Slice and serve with or without whipped cream.

Leonard Fruit Cake

\[ \begin{align*}
\frac{3}{4} \text{ lb. Graham crackers} & \quad \frac{1}{2} \text{ cup marshmallows, cut into bits} \\
1 \text{ cup dates, chopped} & \quad 1 \text{ cup cream} \\
\frac{3}{4} \text{ cup raisins, chopped} & \quad \frac{1}{2} \text{ cup currants} \\
2 \text{ tablespoons chopped orange peel} & \quad 2 \text{ tablespoons chopped candied cherries} \\
\frac{3}{4} \text{ cup citron sliced very thin} & \quad 1 \text{ scant teaspoon cinnamon} \\
\frac{3}{4} \text{ teaspoon grated nutmeg} & \quad \frac{3}{4} \text{ teaspoon ground cloves} \\
\frac{3}{4} \text{ teaspoon ground allspice} & \quad \frac{3}{4} \text{ teaspoon salt}
\end{align*} \]

Crumb crackers rather fine, soften currants in hot water and drain. Add spices and salt to dry cracker crumbs and mix then add other ingredients, cream last, and mix thoroughly until cracker crumbs are all moistened. Pack into square tin or mold lined with waxed paper and let stand in Leonard 12 hours. Serve with or without whipped cream, or with hard sauce or pudding sauce. Makes a 2 lb. loaf.

Leonard Peach Pie

Peel and cut into rather small pieces enough fresh peaches to yield one pint when cooked. Add one-half cup sugar, small pinch salt, and sufficient water to start cooking and simmer gently for ten minutes. Remove from stove and add one tablespoon gelatine which has been soaked for five minutes in two tablespoons of cold water. Cool and chill in Leonard until it begins to set. Then pour into baked pastry shell and return to Leonard. When firm and ready to serve, top with one cup cream, whipped, sweetened and flavored.

Leonard Puff Paste

\[ \begin{align*}
2 \text{ cups sifted flour} & \quad 1 \text{ teaspoon salt} \\
2 \text{ tablespoons lard} & \quad \text{Ice water} \\
\frac{3}{8} \text{ cup butter} &
\end{align*} \]

Chill all ingredients and utensils thoroughly in Leonard. Cut the lard into the flour, then add just enough ice water to hold the dough together. Place the dough on a slightly floured board and roll out. Dot with small pieces of butter, fold the two sides to the center, then fold at the center, so that there are four layers, then roll out. Dot with butter again and fold, and continue in this way until all the butter has been used. Chill in Leonard for twenty-four hours.
How to Care for Your
LEONARD

Leonard will bring you freedom from worry, ease in housekeeping and food preparation, and saving in time and money, when properly used, all with a minimum of attention.

Defrosting—The current of air which is continuously circulating through the refrigerator picks up all excessive moisture and carries it to the cooling unit. Because the cooling unit is colder than the air the moisture collects on it in the form of frost. It might seem that this white frost would help to cool the cabinet, but quite the opposite is true. When frost becomes too thick on the cooling unit, it becomes an insulator and prevents the cooling unit from readily absorbing heat.

Just how frequently your Leonard should be defrosted depends on several factors; the season, the humidity, and the food storage in the cabinet. In general, it should be defrosted when the frost forms a 3/8" coating on the cooling unit.

It takes several hours to defrost Leonard completely, but during this period the cooling unit will be sufficiently cold to provide adequate refrigeration. To defrost, follow the defrosting instructions on the door. When defrosting, see that the glass defrosting tray is in position and always remove the freezing trays, as otherwise the melting frost may drip into the ice cubes or dessert. After defrosting, empty the defrosting tray.

Cleaning—It is easy to keep your Leonard clean. Use a solution of two tablespoonfuls of borax to a quart of water. Borax is a mild, harmless antiseptic. To clean and polish porcelain, either exterior or interior, use Leonard Porcelain Cleaner and Polish, which is made especially for this purpose.

Wash the freezing trays occasionally with boiling water, to which a little borax has been added. Wash the defrosting tray with cold, not hot, soapy water after defrosting, rinsing thoroughly before returning to the cabinet.

The outside of the Leonard can be cleaned by using a lukewarm solution of pure soapsuds, then wiping with a clean dry cloth. But to keep the exterior of lacquered cabinets in the best condition, use Leonard Lacquer Cleaner, Polish and Wax.

Oiling—The two motor bearings should be oiled once a year with good, medium grade automobile oil, slowly pouring the oil into the oil cups.

If the Leonard is not to be used for several days during warm weather, it is recommended that the Chill-Om-Eter be moved to the Vacation position at which setting the Leonard operates most economically. Or the Leonard should be stopped and the compressor suction service valve (located on the side or crankcase of the compressor) closed, that is, turned in. If the Leonard is in a cold room and not to be used for several weeks, just turn it off.

Moving—If the Leonard is to be moved from one residence to another, the unit must be bolted down during moving to prevent damage.
General Rules for the Making of Frozen Salads and Desserts

There are a few general rules for the preparing of all sorts of frozen mixtures, and in order to get the very best results it is suggested that these rules, given below be studied before undertaking the making of any frozen dish.

The Use of Sugar—Sugar in a frozen mixture has the same effect as has alcohol in the radiator of a car in the winter time . . . it lowers the temperature at which freezing will take place. All Leonard recipes have been carefully tested, and include sufficient sugar for the average taste, and yet not enough to interfere with the freezing process. When canned fruit is substituted in a recipe calling for fresh fruit, allowance must be made for the extra sugar used in preserving.

When uncooked sugar is used in a mixture to be frozen, as in mousses or sponges, confectioner's (XXXX) sugar should always be used. Granulated sugar should only be used when it is first cooked in a syrup or custard, as in parfaits and ice creams.

To Whip Cream—One of the most frequent mistakes made in the preparation of frozen mixtures is that the cream is too stiffly whipped. This results in a grainy dish with an unpleasant buttery taste. Thirty per cent cream should be used and whipped only until it will hold its shape but will still pour, not until it is stiff.

To Whip Evaporated Milk—Evaporated milk may be whipped and used in place of cream in many frozen recipes. It should first be scalded; either by placing the unopened cans in cold water, bringing water to the boiling point, boiling for five minutes and then cooling; or by opening the cans and scalding the milk in the top of a double boiler and then chilling thoroughly in one of the trays. After the milk is chilled it should be placed in a bowl surrounded with ice cubes, salt and a little water, then whipped. If this method is followed, evaporated milk may be whipped very successfully.

Fruits—Careful testing has shown that fruits are apt to crystallize if frozen whole, forming little lumps of solid ice in an otherwise smooth, creamy mixture. When fruit is called for in a Leonard recipe, unless otherwise specified, a fruit puree, that is, the crushed fruit with all the juice carefully drained off, should always be used. The juice may be used instead of other liquids called for by the recipe, but if added with the fruit will thin the mixture down too much.

Temperatures—in order to prevent "separation" of mixtures during the freezing process it is important that all ingredients should be at approximately the same temperatures when combined. This is particularly true when folding mixtures into whipped cream. If a mixture which is not well chilled is added to whipped cream, "separation" is very apt to take place during freezing.

Freezing Time—Freezing times are not given for the recipes because conditions vary so greatly that any time stated could be only approximate.