Minute Gelatine Cook Book

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Manufacturers of
MINUTE TAPIoca
MINUTE GELATINE
STAR BRAND PEARL TAPIoca

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What Is Gelatine?

Probably every housewife when preparing a stew or meat broth has many times extracted gelatine from meat stock and did not realize that the substance which rises to the top of the liquor and congeals when cool contains gelatine in unrefined form. Gelatine is a pure animal product extracted from meat tissues by treating with hot water. After the first process of extraction the manufacturer carries it beyond the stage so familiar to the ordinary housewife and by extensive and scientific systems of clarification and filtration reduces the gelatine to its pure and final form—the little fine golden flakes which come to you in the Minute Gelatine envelopes.

There are various grades of gelatine and it is generally considered that calf stock produces the best quality. Clean and sanitary manufacturing conditions are absolutely essential and modern Pure Food regulations are a guarantee to the public that all edible gelatine is of high quality.

Minute Gelatine dissolves completely in hot water leaving no residue. The hot solution is free from odor and on cooling forms a clear, firm jelly.
Food Value of Gelatine

Physiologists agree that gelatine occupies a unique position in the dietary in that it performs other functions in addition to supplying its own inherent food value. Gelatine serves as a conveyor of other foods, offering them in combinations which are attractive and pleasing both in appearance and taste. It is known as a protein sparer, which means that it supplies necessary fuel for nervous energy, thus saving the tearing down of bone and muscle which require protein food for their upbuilding. While this feature interests the normal individual, it especially concerns the invalid and convalescent, for gelatine contributes an easily assimilated food which assists in the digestion of other foods. When used with milk in particular, gelatine serves as an emulsifying agent for the butter fat and exerts a protecting influence over the milk protein in such a way that coagulation in the stomach is prevented or retarded, allowing more complete action of the digestive juices. Gelatine is a true food, easily assimilated, a conserver of protein, a conveyor of other foods, and a general aid to digestion.
Important Directions

FOR JELLY MAKING

1. Minute Gelatine will dissolve more readily if the dry gelatine is first stirred with the sugar and if the hot water or milk is poured on this mixture instead of adding the mixture to the liquid. For salads, or when sugar is not used, dissolve the gelatine in two tablespoons of boiling liquid.

2. Each Minute Gelatine envelope holds an exact, accurately measured quantity for one pint of jelly.

3. To obtain the best results when making jellies to mold, be sure that only a pint of liquid is used with an envelope of gelatine.

4. All fruit juices and sugar when dissolved, are considered liquids and should be included as such.

5. When fresh pineapple juice is used it should be first heated to boiling, otherwise the jelly will not become firm. This is not necessary when using canned pineapple.

6. Minute Gelatine is so prepared as to avoid the necessity of any soaking. It dissolves instantly in boiling water or milk.

7. A little too much gelatine will make a jelly "rubbery," whereas if not quite enough is used the jelly will not become firm. Minute Gelatine is accurately measured for you in envelopes containing the exact number of grams to make one pint of jelly of a delicate consistency. By using exactly one pint of liquid for each envelope of Minute Gelatine called for you are assured of a jelly of the right consistency. All guesswork and uncertainty in measuring the gelatine has been eliminated by use of these accurately measured envelopes.

On the pages following will be found a number of tried recipes for using Minute Gelatine.
MINUTE LEMON JELLY

Minute Lemon Jelly

(6 portions)

1 envelope Minute Gelatine
1 small cup of sugar
1 cup boiling water
2 small lemons
Whipped cream

Dissolve the Minute Gelatine and sugar in the boiling water. Add to this the juice of two lemons and grated rind of one lemon with enough water to make one pint in all. (The juice of one lemon and one orange makes a very pleasing flavor). Strain into cold wet molds. When quite firm break up lightly with a fork and arrange dish with a pyramid of whipped cream in the center.

Minute Fruit Jelly

1 envelope Minute Gelatine
½ cup sugar
1 cup boiling water
1 cup fruit juice
Whipped cream

Mix Minute Gelatine with sugar and dissolve in boiling water, add any left-over fruit juice. Pour into cold wet molds and set in a cool place. Serve with whipped cream. Jelly made from fresh pineapple juice may not harden unless the juice is heated to boiling before adding it to the gelatine. Lemon improves some fruit juices.
Minute Orange Sponge

1 envelope Minute Gelatine  
1 cup sugar  
1 cup boiling water  

½ cup orange juice  
2 tablespoons lemon juice  
Whites of 2 eggs (well-beaten)

Mix together Minute Gelatine and sugar, dissolve in hot water, and add orange and lemon juice. When cold and partially stiff, add the well-beaten egg whites and beat mixture until stiff. Mold and serve with whipped cream.

Minute American Cream

(6 portions)

1 pint boiling milk  
1 envelope Minute Gelatine  
4 tablespoons of sugar  
2 eggs  
¼ teaspoon of salt  
Flavoring

Mix the Minute Gelatine with two tablespoons of sugar and dissolve in the boiling milk. Pour a half cup of the hot milk into a bowl, cool until luke warm, add the yolks of eggs, salt and beat well with an egg beater. Add slowly to the boiling milk and cook one minute, stirring constantly. Remove from the fire, stir in the beaten whites of eggs which have been sweetened with two tablespoons of sugar and add any flavoring desired. It may be served with chocolate sauce, with whipped cream or plain.
Minute Jellied Peaches

1 envelope Minute Gelatine
1 cup sugar
1 cup boiling water or peach juice

½ cup orange juice
Juice of 1 lemon
Fresh or canned peaches
Cream

Mix together Minute Gelatine and sugar and dissolve in boiling water. Add orange and lemon juice and when partially stiff pour over ripe peaches sliced thin. Serve cold with cream.
If canned peaches are used all available juice should be included as part of the liquid.

Minute Cranberry Jelly

1 quart cranberries
1 cup sugar
1 envelope Minute Gelatine

Cook cranberries until tender. Strain and measure one and one-half cups of the juice. Mix Minute Gelatine with sugar and dissolve in hot cranberry juice. If the cranberries are desired, rub through a sieve and make a full pint. Then add envelope of gelatine stirred with the sugar. Mold and set in a cool place.

MINUTE CRANBERRY JELLY
Minute Grape Juice Jelly

1 envelope Minute Gelatine
1 cup sugar
3/4 cup boiling water
2 tablespoons lemon juice
1 cup grape juice
Whipped cream

Mix the Minute Gelatine and sugar, add boiling water, and stir until dissolved. Add lemon juice and grape juice to make one pint. Mold and serve with whipped cream slightly sweetened and flavored.

Minute Prune Whip

1 cup prunes
3/4 cup sugar
1 cup hot water
1 envelope Minute Gelatine
Whites of 2 eggs
Pinch of salt

Soak prunes in warm water and stew until tender. Rub through a sieve. To one cup of sifted prunes add sugar, salt, and hot water in which Minute Gelatine is dissolved. When cool whip into this the well-beaten whites of eggs. Serve with a custard sauce.
**Minute Apple Crush**

1 pint apple sauce
1 envelope Minute Gelatine
Whipped cream

Beat the Minute Gelatine thoroughly into hot apple sauce, strained, sweetened, and flavored to taste. Pour into cold, wet molds, and set in a cool place. Serve with sweetened whipped cream and garnish with Maraschino cherries.

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**Minute Cocoa or Chocolate Jelly**

(6 portions)

1 pint hot chocolate or cocoa
1 envelope Minute Gelatine
½ cup sugar
Pinch of salt
Vanilla
Whipped cream

Mix together dry Minute Gelatine, sugar, and salt, and add through a strainer the hot cocoa or chocolate made to the proper strength for drinking. Flavor with vanilla and pour into cold wet molds. Set in cool place until firm, and serve with whipped cream. This recipe may be used as a filling for chocolate pie.
Minute Charlotte Russe
(6 portions)

1 envelope Minute Gelatine
1/2 cup sugar
1/2 teaspoon salt

1 cup of hot milk
1 cup cream
Sponge cake, or lady fingers

Mix the Minute Gelatine with sugar and salt, dissolve in hot milk and cool. Beat to froth one cup of cream. If heavy cream is used add one-half cup of milk to cream and then whip. When the gelatine begins to thicken add the whipped cream and flavor with vanilla. Stir until thick and pour into mold lined with sponge cake or lady fingers, set on ice until ready to serve.

Minute Coffee Jelly
(6 portions)

1/2 cup sugar
Pinch of salt

1 envelope Minute Gelatine
1 pint boiling coffee (plain)
Cream

Stir together dry in a pint measure the sugar, salt, and Minute Gelatine. Fill measure with boiling coffee and stir thoroughly until gelatine and sugar are completely dissolved. Strain into cold wet molds and set in a cool place. Serve with sugar and plain or whipped cream.
Minute Maple Cream
(6 portions)

1 envelope Minute Gelatine
1 cup hot milk
2 eggs
1 cup maple syrup
1 teaspoon vanilla
1/2 cup chopped walnuts
Whipped cream

Dissolve the Minute Gelatine in 2 tablespoons of the hot milk, and then add to the remainder. While still on the stove add well-beaten yolks of the eggs and stir until just beginning to thicken. Remove from the fire and stir in the stiffly beaten whites of eggs. Beat in maple syrup and vanilla. When beginning to jell stir in the nut meats, and serve with whipped cream.

Minute Snow Ice Thaw
(6 portions)

1 cup hot water
1 envelope Minute Gelatine
3/4 cup sugar
Pinch of salt
Juice of one lemon
Whites of 2 eggs

Mix Minute Gelatine, sugar, and salt dry and dissolve in hot water. Add lemon juice and cool. When beginning to jell add the well-beaten whites of eggs and beat all together until stiff. Pour into cold wet mold and serve with custard sauce and lady fingers.
Minute Jellied Meat

1 pint hot meat broth  
1 envelope Minute Gelatine

1/2 pound chopped meat  
Salt and pepper

Dissolve Minute Gelatine in hot meat broth. Cool, and after it has begun to thicken, add chopped chicken, ham, tuna fish, or any left-over meat. Put in mold and when hard turn out on a platter. Slice with a sharp knife and garnish with parsley and hard-boiled eggs. Tuna fish jelly is improved by the addition of a little lemon juice.

Minute Cafe Parfait

1 envelope Minute Gelatine  
1 cup sugar

1 cup hot coffee  
Yolks of 2 eggs (well-beaten)

1 pint whipped cream

Mix together Minute Gelatine and sugar and dissolve in hot coffee made the proper strength for drinking. Stir in the well-beaten yolks and cook in a double-boiler till it begins to thicken. Remove from fire and cool in ice-box. Just before serving stir sweetened whipped cream into the cold custard.
Minute Raisin Dessert

(6 portions)

1 cup boiling water
1 cup sugar
Pinch of salt
1 envelope Minute Gelatine
4 tablespoons lemon juice
1/2 cup raisins (chopped fine)
1/2 cup nut meats (chopped fine)

Mix together dry the sugar, salt, and Minute Gelatine, add the boiling water, and stir until dissolved. Add lemon juice and put in ice box or pan of cold water. When just beginning to jell beat with an egg-beater until very thick (like stiffly-beaten white of egg) and with a spoon fold in the chopped raisins and nut meats. Blend thoroughly and let stand a few minutes until the raisins will not settle, and pour into glass dish or sherbet dishes. Serve with custard sauce.

Minute Tomato Salad

(6 portions)

1 envelope Minute Gelatine
2 teaspoons sugar
1 tablespoon lemon juice
1 pint cooked tomatoes
Salt and paprika

Mix Minute Gelatine, sugar, and lemon juice, and add hot tomatoes. Season with salt and paprika and cool. When jellied, cut in cubes and serve on crisp lettuce leaves with mayonnaise dressing.
Minute Fruit or Vegetable Salad

1 1/2 cups boiling water
2 envelopes Minute Gelatine
1/4 cup sugar

1/2 teaspoon salt
1/4 cup mild vinegar
1 tablespoon lemon juice
Fruit, nuts, vegetables

Stir the Minute Gelatine, sugar, and salt together dry and dissolve in the boiling water. Add the lemon juice and vinegar. When beginning to jell stir in any available vegetables, fruit, or nuts. Mold and serve on lettuce leaves with salad dressing. Pineapple, orange, banana, and apple pulp mixed with marshmallows is a pleasing combination. Also nut-meats, chopped apples, and celery may be used together.

Minute Ivory Jelly

(6 portions)

1 envelope Minute Gelatine
1/2 cup sugar
1/2 cup hot milk

Pinch of salt
1 cup cream
Vanilla

Mix together dry the Minute Gelatine and sugar. Add the hot milk, salt, and cream, and stir until dissolved. When beginning to jell, flavor with vanilla, stir thoroughly and mold. This is delicious served with any fresh fruit.
**Minute Gelatine Cheese Salad**

2 cups hot milk  
½ cup grated cheese  
1 teaspoon vinegar  
1 envelope Minute Gelatine

½ teaspoon salt  
1 teaspoon mustard  
1 egg  
Pimentos

Melt the cheese in the hot milk. Stir together the vinegar, Minute Gelatine, salt and mustard. Dissolve in a little of the hot liquid, and then stir into the melted cheese. Add the well-beaten egg and cook until it thickens. If the mixture curdles use an egg-beater. Cool, and serve on lettuce with salad dressing, and garnish with sliced pimentos, green peppers or olives. It may also be used for sandwich filling.

**Minute Coconut Pie**

1 pint hot milk  
Yolks of 2 eggs  
½ cup sugar  
Pinch of salt  
1 envelope Minute Gelatine  
1 teaspoon vanilla  
1 cup coconut

Make a custard by beating together eggs, sugar, salt, and Minute Gelatine and adding to hot milk. Stir constantly and remove from fire when beginning to thicken. When cool add vanilla and coconut. Pour into wet pie plate, cover with meringue, and sprinkle coconut on top.
Minute Banana Filling

(6 portions)

1 pint hot milk
1 envelope of Minute Gelatine
2 level tablespoons sugar
1 banana
Vanilla

Stir Minute Gelatine with sugar and dissolve in hot milk. Set in a cool place. When beginning to jell, stir in banana cut in small pieces. Flavor with vanilla. This recipe is suitable for pies or for almost any kind of cake, and is especially good when whipped cream is used in place of frosting.

Minute Pineapple Sherbet

1 envelope Minute Gelatine
2 cups sugar
1½ pints boiling water
Juice of 1 lemon
White of 1 egg (well-beaten)
1 can pineapple (grated or chopped)

Mix Minute Gelatine with sugar and dissolve in boiling water. When cool add lemon juice, well-beaten white of egg, and pineapple. Freeze.
Minute Chocolate Turkish Paste

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 envelopes Minute Gelatine</td>
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<tr>
<td>2 cups sugar</td>
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<td>Pinch of salt</td>
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<tr>
<td>1 teaspoon cinnamon (ground)</td>
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<tr>
<td>1 cup hot water</td>
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<td>2 squares chocolate</td>
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<td>1 teaspoon vanilla</td>
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Stir together the Minute Gelatine, sugar, salt, and cinnamon, and dissolve in the hot water. Add chocolate (melted over boiling water) and cook without stirring until it threads from the spoon (about 20 minutes). Just before removing from fire add vanilla but do not stir or it may grain. Pour into pan which has been rinsed in cold water, and leave until next day. Cut in squares with knife covered with cornstarch and roll in cornstarch. Nut-meats or candied fruit makes a pleasing addition.

Minute Chocolate Caramels

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<tr>
<td>1 envelope Minute Gelatine</td>
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<tr>
<td>2 cups brown sugar</td>
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<td>Pinch of salt</td>
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<tr>
<td>¾ cup hot water</td>
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<td>1 square chocolate</td>
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<td>1 tablespoon butter</td>
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<td>1 tablespoon vinegar</td>
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<td>½ teaspoon vanilla</td>
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Stir together the Minute Gelatine, sugar, and salt, and dissolve in the hot water. Boil until a soft ball will form when dropped into cold water. Add chocolate (melted over boiling water), butter and vinegar. Do not stir, but shake to keep from sticking. Boil until brittle when dropped into cold water. Remove from fire, flavor with vanilla, and pour into a well-buttered shallow pan. When cool cut in squares.
Minute Gelatine
IS ENDORSED BY ALL WELL-KNOWN FOOD-TESTING LABORATORIES