A COOK'S TOUR WITH MINUTE TAPIOCA

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A WORD IN ADVANCE

You naturally think of Minute Tapioca as a delicious, wholesome dessert, nourishing and easy to prepare. But it has other great virtues that you may not know so well—it is a versatile food; the secret of success in a wide variety of dishes.

Easy-to-make desserts of Minute Tapioca are almost endless in number and not only are they good for children but children like them. Many of these desserts are as gay as a rainbow, yet they are readily digested and economical to prepare.

The newly-discovered use of Minute Tapioca as a Precision Ingredient has proved a real boon to housewives; for it assures the success of so-called “different dishes.” For example, it keeps light, fluffy omelets and soufflés from falling; prevents the juice from running out of berry pies, keeps meat loaves and croquettes from crumbling, offers you a new way to make velvet-smooth ice creams without turning a freezer.

You will find that the recipes in this Minute Tapioca cook book have been divided into two groups. The first group is devoted to Minute Tapioca Desserts . . . to those delicious and healthful creams, fruit tapiocas, and puddings in which Minute Tapioca plays the principal role.

In the second group are the Precision Ingredient Recipes. Starting at the beginning and running right through the menu, Minute Tapioca has a use as a precision ingredient. Recipes for a wide variety of interesting dishes are included.

(All measurements are level)

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Once you have started to discover Minute Tapioca, it's really amazing what you can do. One recipe will tempt you to go adventuring and invent a whole series of delicious new desserts. See, for instance, what can be done with Minute Tapioca Cream. Here is such an easy-to-make recipe, and just look at the gay variations you can devise from it! Indeed, Minute Tapioca is a generous food and versatile.

**MINUTE TAPIOCA CREAM**

| 3/4 cup Minute Tapioca | 1 quart milk, scalded |
| 3/4 cup sugar | 1 egg yolk, slightly beaten |
| 3/4 teaspoon salt | 1 teaspoon flavoring |
| 1 egg white, stiffly beaten |

Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire and add flavoring. Fold in egg white. Chill. Serve with any desired fruit, sauce, or garnish. Serves 8. See suggested variations on this page.

1 **Butterscotch Delight.** Pour on your favorite butterscotch sauce to lend mellowness supreme to the delicacy of Minute Tapioca Cream. Garnish with a maraschino cherry.

2 **Chocolate Coconut.** Fold chocolate sauce and coconut into Minute Tapioca Cream. Garnish with whipped cream and coconut. For your next dinner party!

3 **Another Chocolate Dish is Born.** Garnish Minute Tapioca Cream with fluffy chocolate sauce. (Whipped cream and chocolate sauce folded together.)

4 **For Chocolate Fans.** Serve Minute Tapioca Cream with chocolate sauce and whipped cream.

5 **Jelly Surprise.** Garnish Minute Tapioca Cream with whipped cream, jelly or preserves, and shreds of tinted coconut.
6 **Fancy Fig.** Make a sauce of stewed dried figs. Pour over Minute Tapioca Cream.

7 **Peaches and Cream.** Fold whipped cream into Minute Tapioca Cream and garnish with peach sauce or sliced peaches.

8 **Maple Marvel.** Pour a little river of Log Cabin Syrup over Minute Tapioca Cream and garnish with nuts—what flavor!

9 **Minted Orange.** Fold whipped cream into Minute Tapioca Cream—garnish with whipped cream, sections of fresh oranges, and mint jelly.
WHOLE FAMILY DESSERTS

Tempting to Adults ... Good for Children

To know that the dessert which is so thoroughly enjoyed by the grown-up members of a family is at the same time a healthful and nourishing dessert for the youngsters is one of the greatest of all satisfactions to the successful homemaker. This, of course, helps to explain the ever-increasing popularity of Minute Tapioca.

Possesses All Qualities of the Perfect Dessert

Minute Tapioca recipes can make the dessert course a delightful experience. So delicate in flavor, so adaptable in texture is this many-sided ingredient, that it blends with all flavors instantly, perfectly. And its translucence adds a beautiful touch to the color and appearance of the dish.

Ask yourself what qualities the perfect dessert should possess. Ease of preparation ... appetite-appeal ... delicious flavor ... pleasing texture ... inexpensiveness ... and the all-important matter of healthfulness both for children and adults! You will discover that Minute Tapioca desserts have them all ... plus wonderful variety!

Superbly Effective Desserts for Formal and Informal Occasions

The judges in the Minute Tapioca contest selected recipes from over one hundred thousand as the ones that would lend greatest variety to your menus, make new economies possible, and help you maintain your reputation as a skillful cook and distinguished hostess. Some are simple, everyday desserts ... a tapioca cream with the foamy delicacy of a chef's soufflé! Some are desserts for the elaborate dinner party ... decorative triumphs in delicate tastiness. But simple or elaborate, Minute Tapioca desserts in every shape and combination will be voted favorites by young and old.
Orange Minute Tapioca Cream

1/3 cup Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt
1 quart milk, scalded
1 egg yolk, slightly beaten
1 egg white, stiffly beaten
1 teaspoon orange or vanilla extract
4 oranges, sections free from membrane

Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire; fold in egg white and flavoring. Place few sections of orange in bottom of individual serving dishes and cover with tapioca mixture. Garnish with additional orange sections and whipped cream, if desired. Serves 8.

Chocolate Tapioca Cream

1/3 cup Minute Tapioca
2 squares Baker's Unsweetened Chocolate, cut in pieces
1/2 cup sugar
1/4 teaspoon salt
4 cups milk, scalded
1 egg yolk, slightly beaten
1 teaspoon vanilla
1 egg white, stiffly beaten

Add Minute Tapioca, chocolate, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire and add vanilla. Cool. Fold in egg white. Chill. Serve in sherbet glasses. Garnish with whipped cream. Serves 8.

Date Tapioca Cream

3 tablespoons Minute Tapioca
1/4 teaspoon salt
3 cups milk, scalded
1/2 cup sugar
2 egg yolks, well beaten
3/4 cup dates, seeded and quartered
1 teaspoon vanilla
2 egg whites, stiffly beaten

Add Minute Tapioca and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar to egg yolks. Pour small amount of tapioca mixture over egg yolks, stirring vigorously. Return to double boiler and cook until thickened. Add dates and vanilla. Cool. Fold in egg whites. Chill. Garnish with dates. Serves 8.

Pecan Tapioca

6 tablespoons Minute Tapioca
1/2 teaspoon salt
2 cups milk, scalded
3/4 cup Log Cabin Syrup
4 tablespoons pecan meats, coarsely broken

Add Minute Tapioca and salt to milk and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cool. Add Log Cabin Syrup. Chill. Turn into sherbet glasses. Garnish with whipped cream and sprinkle with pecans. Serves 4.
Strawberry Tapioca Flamingo

1 quart fresh strawberries, hulled
1 cup sugar
3/4 cup Minute Tapioca
1/2 teaspoon salt

2 2/3 cups boiling water
2 cups strawberry juice, drained from berries
3/2 cup cream, whipped

Crush strawberries slightly, add sugar, and let stand 30 minutes or longer. Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add strawberry juice to tapioca mixture. Chill. Pour 3/2 of this mixture into parfait glasses. Chill until firm. Fold cream into remaining tapioca mixture. Chill. Pile lightly on mixture in parfait glasses. Chill. Just before serving, top with crushed strawberries. Serves 8.

Masquerade Puddings

1/3 cup Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt

3 1/2 cups milk, scalded
1 egg yolk, slightly beaten
1 teaspoon vanilla
1 egg white, stiffly beaten

Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened, stirring occasionally. Remove from fire and add flavoring. Fold in egg white. Turn into molds. Chill. Unmold. Serve with Cherry Red Sauce, or with sauce of apricots or prunes. Serves 10.

Cherry Red Sauce for Masquerade Puddings

1 1/2 cups canned red cherries (juice and fruit)
Dash of salt

1 cup sugar
1 tablespoon flour

Heat cherries to boiling. Combine sugar, flour, and salt. Add to cherries and cook until slightly thickened, stirring well. Chill. Makes 1 1/2 cups sauce.
**Golden Apricot Arabesque**

1 pound dried apricots  
2 quarts water  
½ cup Minute Tapioca

½ teaspoon salt  
1 cup sugar  
1 cup cream, whipped


**Ginger Minute Tapioca**

4 tablespoons Minute Tapioca  
½ teaspoon salt  
3 thin strips orange peel  
2 cups milk, scalded  
½ cup sugar  
½ cup orange juice

1½ tablespoons ginger syrup  
2 tablespoons preserved ginger, chopped  
1 egg yolk, slightly beaten  
1 egg white, stiffly beaten  
1 tablespoon sugar  
½ cup cream, whipped

Add Minute Tapioca, salt, and orange peel to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove orange peel. Add sugar, orange juice, ginger syrup, and preserved ginger. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Cool. Fold in egg white. Chill. Add sugar to whipped cream and fold into tapioca mixture. Serve in sherbet glasses. Garnish with additional whipped cream and preserved ginger. Serves 6.
St. Clement’s Tapioca Cream

4 1/2 tablespoons Minute Tapioca
3 tablespoons sugar
1/4 teaspoon salt
2 cups milk
1 egg, slightly beaten
Grated rinds of 1/4 lemon and 1/4 orange
1 orange and 1 lemon, sections free from membrane and drained

Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture slowly over egg, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire and add grated lemon and orange rinds. Cool. For sauce, boil fruit juices and 2 1/3 cup sugar together 3 minutes. Add orange and lemon sections, and cook 3 minutes longer. Chill. Serve pudding in sherbet glasses, pouring small amount of sauce over each serving, just before it is served. Serves 8.

Peanut Butterscotch

4 tablespoons Minute Tapioca
1/2 teaspoon salt
2 cups milk, scalded
1 tablespoon butter
1/4 cup brown sugar, firmly packed
1/4 cup peanuts, chopped

Add Minute Tapioca and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Melt butter and sugar in saucepan and cook until brown; then stir into tapioca mixture and cook until sugar mixture is dissolved. Add peanuts and chill. Serve in sherbet glasses and top with whipped cream. Serves 4.

Samaras Walnut Minute Tapioca

1/4 cup Minute Tapioca
1/2 teaspoon salt
1 cup Log Cabin Syrup
1 egg yolk, slightly beaten
1/2 cup walnut meats, chopped

Add Minute Tapioca, salt, and syrup to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Cool. Add nuts and fold in egg white. Serve in sherbet glasses. Garnish with halves of nuts and whipped cream, or, serve with top milk. Serves 6.

Fruitaroon Minute Tapioca

3 tablespoons Minute Tapioca
1/4 teaspoon salt
2 cups milk, scalded
2 tablespoons sugar
1 egg, slightly beaten
1/4 teaspoon almond extract
1/2 cup cream, whipped
1 cup apricot juice, canned or stewed

Add Minute Tapioca and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Pour a small amount of tapioca mixture over egg, stirring vigorously. Return to double boiler and cook until thickened. Cool. Add flavoring and cream. Chill. Pour apricot juice over macaroons and let stand several hours. Place tapioca mixture in individual serving dishes and top each with 2 tablespoons of apricot mixture. Serves 6.
Coconut Cream Tapioca

3 tablespoons Minute Tapioca
⅛ teaspoon salt
4 cups milk, scalded
1 cup sugar
4 egg yolks, slightly beaten
½ can Baker’s Coconut, Southern Style
½ cup sugar
4 egg whites, stiffly beaten

Add Minute Tapioca and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Combine 1 cup sugar and egg yolks. Pour a small amount of tapioca mixture over egg mixture, stirring vigorously. Return to double boiler, add 4 tablespoons coconut, and cook until slightly thickened. Pour into greased baking dish. Fold ½ cup sugar into egg whites, and pile lightly on top of tapioca mixture. Sprinkle with remaining coconut, and bake in slow oven (300° F.) 15 minutes, or until golden brown. Serves 8.

Norwegian Prune Tapioca

4 tablespoons Minute Tapioca
⅛ teaspoon salt
1 teaspoon cinnamon, or 1-inch stick cinnamon
1 cup cooked prunes, seeded and chopped.
2 cups unsweetened prune juice or juice and water
4 tablespoons sugar
1 tablespoon lemon juice

Add Minute Tapioca, salt, and cinnamon to prune juice, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove cinnamon (if stick used), add sugar, lemon juice, and prunes. Chill. Serve with cream. Serves 6.

Fig Tapioca

3 tablespoons Minute Tapioca
⅛ teaspoon salt
1 teaspoon butter
3 cups hot water

Grated rind ½ lemon
⅓ pound figs, finely cut
1 cup sugar
⅛ teaspoon vanilla
1 tablespoon lemon juice

Add Minute Tapioca, salt, and butter to 2 cups water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cook figs with sugar and 1 cup water 20 minutes, or until smooth and thickened. Add to tapioca mixture. Add vanilla, lemon juice, and rind. Serve cold with whipped cream. Serves 6.

Apple Soufflé

4½ tablespoons Minute Tapioca
⅛ teaspoon salt
1 cup milk, scalded
⅛ cup sugar
3 egg yolks, beaten until thick and lemon-colored
⅜ tablespoon lemon juice
1 cup grated raw apple, or drained, cooked apple pulp

3 egg whites, stiffly beaten

Add Minute Tapioca and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Cool. Add egg yolks, lemon juice, and apple. Fold in egg whites. Bake in greased baking dish, placed in pan of hot water, in moderate oven (325° F.) 1 hour. Serve hot with sweetened whipped cream. Serves 8.
Pineapple Minute Tapioca

Add Minute Tapioca and salt to pineapple juice and water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar and pineapple and chill. Serve with whipped cream. Serves 8.

If fresh fruit is used, it should be sweetened to taste and allowed to stand ½ hour or more. Any fruit juice may be used as part of liquid.

Apricot Minute Tapioca

Wash apricots. Soak in 3 cups water 1 hour and cook until tender. Drain. To juice, add enough water to make 2 cups liquid. Add Minute Tapioca and salt, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Cool. Force apricots through sieve. Fold pulp (about 1 cup) into tapioca mixture. Chill and serve with whipped cream. Serves 6.

Grapefruit Minute Tapioca

Add Minute Tapioca to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar and grapefruit juice. Pour over grapefruit sections. Chill. Serve in sherbet glasses. Garnish with sections of orange. Serves 6.
MINUTE TAPIOCA DESSERT RECIPES

**Rhubarb Minute Tapioca**

- 3 cups rhubarb, cut in pieces
- 4 tablespoons Minute Tapioca
- 1/2 teaspoon salt

1 1/2 cups hot water
1 1/4 cups sugar

Add rhubarb and Minute Tapioca to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar and salt. Cook a few minutes longer, or until sugar is dissolved. Chill and serve with whipped cream. Serves 6.

**Deep-dish Cherry Tapioca**

- 1/2 cup Minute Tapioca
- 1 teaspoon salt
- 4 cups hot water and cherry juice
- 1 tablespoon lemon juice
- 2 1/4 cups canned sour red cherries

Add Minute Tapioca and salt to water and cherry juice and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add lemon juice, sugar mixed with spices, butter, and cherries. Pour into greased baking dish and bake in moderate oven (350° F.) 45 minutes. Serve plain or with cream. Serves 8.

**Chocolate Soufflé**

- 2 1/2 squares Baker’s Unsweetened Chocolate, cut in pieces
- 2 tablespoons Minute Tapioca
- 1 cup milk, scalded
- 3 egg whites, stiffly beaten

- 2 tablespoons butter
- 1/2 cup sugar
- 3 egg yolks, beaten until thick and lemon-colored

Add chocolate and Minute Tapioca to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter and remove from fire. Combine sugar and egg yolks. Add tapioca mixture slowly, stirring vigorously. Cool. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 50 to 60 minutes, or until soufflé is firm. Serves 8.

*Chocolate Soufflé (recipe above)*

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Honey Fruit Minute Tapioca

- 4 tablespoons Minute Tapioca
- 1/4 teaspoon salt
- 2 cups hot water
- 1 cup dates, seeded and coarsely chopped
- 1 1/2 cups apples, pared and sliced
- 1/2 cup raisins
- 1/2 cup walnut meats, coarsely cut
- 1/2 cup honey
- 1/2 cup water

Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Combine dates, raisins, nuts, honey, and 1/2 cup water. Heat 5 minutes, stirring constantly. Add to tapioca mixture; add apples. Pour into greased baking dish and bake in moderate oven (350° F.) 30 minutes, or until apples are tender. Serve hot or cold with cream. Serves 8.

Berry Minute Tapioca

- 2 cups fresh berries
- 2 cups hot water
- 5 tablespoons Minute Tapioca
- 1/4 teaspoon salt
- 1/2 cup sugar
- 1 tablespoon lemon juice

Crush berries, and sweeten to taste. Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter and sugar. Remove from fire; add berries and lemon juice. Chill until firm. Serve in sherbet glasses. Garnish with sweetened whipped cream and a few whole berries. Serves 8.

Deep-dish Apple Tapioca

- 3/4 cup Minute Tapioca
- 3 tart apples, thinly sliced
- 2 1/2 cups hot water
- 1 cup seedless raisins
- 1/2 teaspoon salt
- 1/4 cup molasses
- 1/2 cup sugar
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 2 tablespoons butter

Sprinkle Minute Tapioca over apples in greased baking dish. Add water, raisins, and salt, and bake in moderate oven (375° F.) 20 minutes, stirring every 5 minutes. Add molasses, sugar, nutmeg, cinnamon, and butter, and bake 20 minutes longer, or until apples are tender. Serve hot or cold with lemon, maple, or hard sauce, or garnish with whipped cream. Serves 6.

Butterscotch Pineapple Pudding

- 1/2 cup Minute Tapioca
- 4 tablespoons sugar
- 1/4 teaspoon salt
- 1 quart milk, scalded
- 1 egg yolk, slightly beaten
- 1/2 cup brown sugar, firmly packed
- 6 tablespoons butter, melted
- 1 cup crushed pineapple
- 1/2 cup nut meats, finely cut
- 1 egg white, stiffly beaten

Add Minute Tapioca, sugar, and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Cool. Add sugar to butter and stir constantly until melted. Add pineapple and nuts. Add to tapioca mixture. Fold in egg white. Chill. Garnish with whipped cream. Serves 8.
Celestine Lemon Tapioca

\[
\begin{align*}
\frac{1}{2} \text{ cup} & \quad \text{Minute Tapioca} \\
\frac{1}{2} \text{ teaspoon} & \quad \text{salt} \\
1 \text{ quart} & \quad \text{boiling water} \\
\frac{1}{2} \text{ cup} & \quad \text{sugar} \\
\frac{1}{2} \text{ cup} & \quad \text{lemon juice (2 lemons)} \\
\text{Grated rind} & \quad \text{1 lemon} \\
1 \text{ cup} & \quad \text{cream, whipped}
\end{align*}
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Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar, lemon juice, and lemon rind. Cool. Fold in whipped cream. Chill until thickened. Pile lightly in sherbet glasses. Garnish with maraschino cherries. Serves 8.

Minute Tapioca Grape-Nuts Pudding

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\begin{align*}
4 \text{ tablespoons} & \quad \text{Minute Tapioca} \\
\frac{1}{2} \text{ cup} & \quad \text{brown sugar, firmly packed} \\
\frac{1}{4} \text{ teaspoon} & \quad \text{salt} \\
2 \text{ cups} & \quad \text{hot water} \\
\frac{1}{2} \text{ cup} & \quad \text{raisins} \\
4 \text{ tablespoons} & \quad \text{walnut meats, chopped} \\
1 \text{ small apple, pared and chopped} \\
\frac{1}{4} \text{ teaspoon} & \quad \text{vanilla} \\
\frac{1}{2} \text{ cup} & \quad \text{Grape-Nuts}
\end{align*}
\]

Add Minute Tapioca, sugar, and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire; add raisins, nuts, apple, and vanilla. Just before serving, add Grape-Nuts. Serve with cream. Serves 6.

Blushing Apple Tapioca

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\begin{align*}
\frac{1}{2} \text{ cup} & \quad \text{sugar} \\
1\frac{1}{2} \text{ cups} & \quad \text{boiling water} \\
1 \text{ lemon, thinly sliced} \\
1 \text{ tablespoon} & \quad \text{lemon juice} \\
2 \text{ tablespoons} & \quad \text{red cinnamon drops} \\
4 \text{ large apples, cored and pared} \\
2 \text{ tablespoons} & \quad \text{Minute Tapioca}
\end{align*}
\]

Combine sugar, water, lemon, and cinnamon drops, and cook until cinnamon drops are dissolved, stirring constantly. Add apples and cook until tender, being careful that syrup does not boil away. Remove apples, measure syrup, and add enough water to make 1 cup. Add Minute Tapioca and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire and add lemon juice. Fill apples to overflowing with tapioca mixture. Chill. Serve with whipped cream. Serves 4.

Red Plum Puff Pudding

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\begin{align*}
1 \text{ dozen fresh} & \quad \text{red plums, halved and seeded} \\
1 \text{ cup} & \quad \text{sugar} \\
\frac{1}{2} \text{ cup} & \quad \text{water} \\
2 \text{ tablespoons} & \quad \text{Minute Tapioca} \\
6 \text{ tablespoons} & \quad \text{sugar} \\
2 \text{ egg yolks, beaten until thick and lemon-colored} \\
2 \text{ egg whites} \\
\frac{1}{8} \text{ teaspoon} & \quad \text{salt} \\
\frac{1}{4} \text{ teaspoon} & \quad \text{cream of tartar} \\
6 \text{ tablespoons} & \quad \text{sifted flour}
\end{align*}
\]

Place plums, sugar, and water in casseroles. Sprinkle with Minute Tapioca and bake in moderate oven (350° F.) 25 minutes. Add sugar to egg yolks. Beat egg whites and salt until foamy, add cream of tartar, and continue beating until stiff enough to hold up in peaks, but not dry. Fold in egg yolks; then flour gradually. Stir plum mixture thoroughly and pour batter over it. Reduce heat to 325° F. and bake 25 minutes, or until cake is done. Chill. Serve with whipped cream. Serves 8.
Raspberry Tapioca Sunset

4 tablespoons Minute Tapioca
⅛ teaspoon salt
1 ½ cups boiling water
⅔ cup cream, whipped
⅛ cup fresh red raspberries, crushed
⅔ cup sugar
1 tablespoon lemon juice

Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire, add raspberries, sugar, and lemon juice. Cool. Reserve ⅓ of mixture and fold whipped cream into it. Pour remaining tapioca mixture into parfait glasses, alternating tapioca mixture with additional whole raspberries until glass is ⅔ full. Top with tapioca and whipped cream mixture. Chill. If desired, a fruit sauce of raspberries and sliced fresh peaches may be served with it. Serves 6.

Lemon Sponge

4 tablespoons Minute Tapioca
⅛ teaspoon salt
1 cup hot water
⅔ cup sugar
1 egg yolk, slightly beaten
Grated rind ⅛ lemon
1 egg white, stiffly beaten
2 tablespoons lemon juice
1 banana, sliced, or
12 maraschino cherries, cut in eighths

Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Pour small amount of tapioca mixture over egg yolk and lemon rind, stirring vigorously. Return to double boiler and cook 2 minutes longer. Fold tapioca mixture into egg white. Add lemon juice. Cool. Fold in banana or cherries as desired. Serves 4.
Coffee Carnival

4 tablespoons Minute Tapioca  2 cups strong coffee
1/4 teaspoon salt  1/2 cup sugar
1/2 cup seedless raisins  1 teaspoon vanilla
1 cup cream, whipped

Add Minute Tapioca, salt, and raisins to coffee, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Chill. Add vanilla; fold in cream. Serve in sherbet glasses. Serves 6.

Chantilly Orange Tapioca

4 tablespoons Minute Tapioca  1/2 cup sugar
1/4 teaspoon salt  1 cup orange juice
1 1/2 cups boiling water  Grated rind 1/2 orange
1/2 cup cream, whipped

Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar, orange juice, and orange rind. Cool. Fold in whipped cream. Chill until thickened. Pile lightly in sherbet glasses. Just before serving, garnish with very fine 1/4-inch shreds of orange rind, free from all white membrane. Serves 6.
MINUTE TAPIOCA DESSERT RECIPES

Tutti-frutti Minute Tapioca

2 apples, cored and quartered
2 tablespoons water
3 tablespoons sugar
3 tablespoons Minute Tapioca
¼ teaspoon salt
2 cups hot water
½ cup sugar
½ cup seedless white grapes, halved
¼ cup nut meats, coarsely broken
½ cup dates, coarsely cut

Combine apples, water, and sugar in covered baking dish and bake in moderate oven (375° F.) 30 minutes, or until apples are tender. Add Minute Tapioca and salt to hot water and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add ½ cup sugar. Cool. Add grapes, nuts, and dates. Pour tapioca mixture over cooked apple sections. Chill. Serve with cream. Serves 6.

Rhubarb and Strawberry Tapioca

½ cup Minute Tapioca
½ teaspoon salt
2½ cups hot water
3 cups rhubarb, cut in pieces
1½ cups sugar
1 cup fresh strawberries, cut in halves

Add Minute Tapioca and salt to water, and cook in double boiler about 5 minutes, or until slightly thickened; then add rhubarb and cook 10 minutes longer, or until tapioca is clear, stirring frequently. Add sugar, remove from fire, add berries, and chill. Pile lightly in sherbet glasses. Garnish with whole berries. Serves 8.

Peach Tapioca à la Crème

4 tablespoons Minute Tapioca
½ teaspoon salt
1¼ cups boiling water
½ cup sugar
2 cups peaches, thinly sliced and sweetened
Few drops almond extract
½ cup cream, whipped

Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar, peaches, and almond extract. Cool. Fold in whipped cream. Chill. Pile lightly in sherbet glasses. Just before serving garnish with additional whipped cream and peaches. Serves 6.

Pineapple Cream Pudding

4 tablespoons Minute Tapioca
½ teaspoon salt
1¼ cups boiling water
½ cup sugar
1¼ cups crushed pineapple
1½ tablespoons lemon juice
Grated rind of ¼ lemon
½ cup cream, whipped

Add Minute Tapioca and salt to boiling water and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar and remove from fire. Add pineapple and lemon juice and rind. Cool. Fold in whipped cream. Chill until thickened. Pile in sherbet glasses. Serves 6.
Coffee Soufflé

1 cup milk
1 tablespoon ground coffee
4 1/2 tablespoons Minute Tapioca
Dash of salt
1/4 cup sugar
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Scald milk with coffee and strain immediately. Add Minute Tapioca and salt, and cook 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Cool. Add egg yolks and fold in egg whites. Bake in greased baking dish, placed in pan of hot water, in moderate oven (325° F.) 60 minutes. Serve with Custard Sauce. Serves 6.

Custard Sauce for Coffee Soufflé

1 1/2 cups milk
3 egg yolks, slightly beaten
3/4 cup sugar
1/4 teaspoon salt
1/4 teaspoon vanilla
1/4 cup cream, whipped (if desired)


Apple Pandowdy

4 tart apples, cored and pared
2 tablespoons Minute Tapioca
1/2 cup water
Dash of salt
2 tablespoons butter, melted
4 tablespoons brown sugar
4 tablespoons granulated sugar
1/2 teaspoon cinnamon
1/2 recipe Pie Crust

Cut apples in 1/4-inch slices. Place in well-greased casserole. Sprinkle with Minute Tapioca. Add water and salt. Cover closely and bake in hot oven (425° F.) 20 to 25 minutes, or until apples are tender, stirring twice during the first 10 minutes of baking. Combine butter, sugars, and cinnamon. Sprinkle over apples. Cover with pie crust rolled to 1/8-inch thickness; prick with fork. Return to oven and bake 15 minutes longer, or until crust is delicately browned. Serve with hard sauce. Serves 4.

Banana Nut Minute Tapioca

4 tablespoons Minute Tapioca
1/2 teaspoon salt
2 cups hot water
3/4 cup sugar
1 egg yolk, well beaten
3 tablespoons lemon juice
2 bananas, sliced
1/2 cup salted peanuts, coarsely cut
1 egg white, stiffly beaten

Add Minute Tapioca and salt to water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add sugar. Pour a small amount of tapioca mixture over egg yolk, stirring vigorously. Return to double boiler and cook until thickened. Remove from fire, add lemon juice, bananas, and nuts. Cool. Fold in egg white. Chill. Garnish with whipped cream and peanuts. Serves 6.
WHY MINUTE TAPIOCA...

The Precision Ingredient,
Is Now a Pantry Necessity

Minute Tapioca has contributed largely to the history of delectable, wholesome, and economical desserts. Its excellence in this realm has long been unquestioned. But recently Minute Tapioca has taken on a new and fascinating importance. Dishes of which tapioca has never been a part now can be made better than ever with Minute Tapioca as one of the ingredients—the precision ingredient which lends the margin of safety to successful results.

No Need for Disheartening Cooking Failures

Think of some of the dishes with which you have never dared experiment, or if you did summon the courage to try them you waited breathlessly and almost despairingly to see how they would turn out. Soufflés, omelets, juicy fruit pies... these are only a few of the favorites that Minute Tapioca has lifted right out of the class of hazardous dishes.

With Minute Tapioca, you can transform left-overs into the most appetizing of dishes. With a cup of tuna fish and a cup of celery you can make Tuna and Celery Soufflé (page 36); with your left-over roast, a savory Casserole of Roast Beef (page 35). Two cups of cooked chicken can be transformed into festive Chicken Croquettes (page 37), croquettes that are tender and moist, yet hold their shape. Then try Tomato Bisque with Minute Tapioca (page 30), or Beef Broth with Tapioca (page 30), and hear the family exclaim over its interesting texture, its sparkling translucence.

Add Minute Tapioca to beaten-egg mixtures... you, too, can make an omelet "light as a puff ball"—and one that holds its shape while being served. You can make a soufflé that would
do credit to a professional chef—and be sure of it every time. In your meat loaf use Minute Tapioca instead of eggs and crumbs, and see how tender and moist it is and how beautifully it slices. Try it in sandwich fillings—they will stay soft and succulent for hours, without soaking into the bread. Use Minute Tapioca in your next fresh fruit or berry pie and see how the juice stays in the filling without soaking into the crust. Red Cherry Pie (page 26), Huckleberry or Blueberry Pie (page 27), Plum Pie (page 24)—any one of these will show you what a useful kind of “cooking insurance” Minute Tapioca can be.

**Why Minute Tapioca is a Precision Ingredient**

The explanation of all this seeming magic is quite simple and scientific. Because of its singular physical properties, Minute Tapioca is able to hold together the particles of air and moisture and keep them inside the mixture. Without tapioca, these particles are easily separated and scattered...the moisture evaporating or soaking out...the air bubbles breaking and letting the mixture fall, as so often happens with omelets...with tapioca as an additional ingredient, they stay within the mixture where they belong. This unique property of being able to retain moisture makes Minute Tapioca an ingredient of peculiar importance in many dishes.

[Images of different dishes: meatloaf, sandwich filling, fruit pie]
VELOVET SMOOTH ICE CREAM

Minute Tapioca Discovery Revolutionizes Making of Popular Dessert

Once more a new and better way of making a favorite dish is found in Minute Tapioca. Now deliciously smooth ice cream is yours without touching a freezer. This ice cream may be frozen in an automatic refrigerator, or turned into a container and packed in ice and salt. And you'll seek long before finding any ice cream so velvety fine in texture.

Only one cup of cream to two of milk for a quart of ice cream! Quite different from the all-cream mixture—rich and expensive—you've always thought necessary for ice cream made without stirring. You need have no qualms that this ice cream will be too rich for children or come under the ban for those who are dieting.

You don't see the Minute Tapioca in the ice cream; you don't taste it. The small tapioca globules disappear completely after cooking and straining. No trace of its existence is left except the wonderfully smooth texture of the ice cream.

Vanilla Ice Cream

3 tablespoons Minute Tapioca
2 cups milk, scalded
1/4 teaspoon salt
3/4 cup sugar

3 tablespoons light corn syrup
2 tablespoons sugar
2 egg whites
1 cup cream, whipped
1 tablespoon vanilla

Add Minute Tapioca to milk, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Strain hot mixture, stirring (not rubbing) through very fine sieve, onto salt, 3/4 cup sugar, and corn syrup. Stir until sugar is dissolved. Cool. Add 2 tablespoons sugar to egg whites and beat until stiff. Fold into cold tapioca mixture. Fold in cream and vanilla. Turn into freezing tray of automatic refrigerator and freeze as rapidly as possible—3 to 4 hours usually required. Or, turn mixture into container, cover tightly, and pack in equal parts ice and salt 2 to 3 hours. Makes 1 quart ice cream.
WITHOUT TURNING A FREEZER

Chocolate Ice Cream

- 2 squares Baker’s Unsweetened Chocolate, cut in pieces
- 2 cups cold milk
- 3 tablespoons Minute Tapioca
- ¼ teaspoon salt
- 2 teaspoons vanilla
- 3 tablespoons light corn syrup
- 2 tablespoons sugar
- 2 egg whites
- 1 cup cream, whipped
- ¼ cup sugar

Add chocolate to milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Add Minute Tapioca and cook 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Strain hot mixture, stirring (not rubbing) through very fine sieve, onto salt, ½ cup sugar, and corn syrup. Stir until sugar is dissolved. Cool. Add 2 tablespoons sugar to egg whites and beat until stiff. Fold into cold tapioca mixture. Fold in cream and vanilla. Turn into freezing tray of automatic refrigerator and freeze as rapidly as possible—3 to 4 hours usually required. Or, turn mixture into container, cover tightly, and pack in equal parts ice and salt 2 to 3 hours. Makes 1 quart ice cream.

Frozen Pudding

- 3 tablespoons Minute Tapioca
- 2 cups milk, scalded
- ¼ teaspoon salt
- 1 teaspoon almond extract
- ½ cup sugar
- 12 almonds, blanched, sliced, and toasted
- 4 tablespoons candied cherries, sliced
- 4 tablespoons candied pineapple, finely diced
- 3 tablespoons light corn syrup
- 2 tablespoons sugar
- 2 egg whites
- 1 cup cream, whipped
- 1 teaspoon vanilla

Add Minute Tapioca to milk, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Strain hot mixture, stirring (not rubbing) through very fine sieve, onto salt, ½ cup sugar, and corn syrup. Stir until sugar is dissolved. Cool. Add 2 tablespoons sugar to egg whites and beat until stiff. Fold into cold tapioca mixture. Fold in cream, flavoring, nuts, and fruits. Turn into freezing tray of automatic refrigerator and freeze as rapidly as possible—3 to 4 hours usually required. Or, turn mixture into container, cover tightly, and pack in equal parts ice and salt 2 to 3 hours. Makes 1 quart frozen pudding.

Fresh Strawberry Ice Cream

- ½ cup sugar
- 1 pint fresh strawberries, hulled
- 3 tablespoons Minute Tapioca
- 2 cups milk, scalded
- 1 cup cream, whipped
- ¼ teaspoon salt
- 6 tablespoons light corn syrup
- 2 tablespoons sugar
- 2 egg whites

Add ½ cup sugar to strawberries and crush well. Let stand 30 minutes. Add Minute Tapioca to milk, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Strain hot mixture, stirring (not rubbing) through very fine sieve. Add salt and corn syrup and mix thoroughly. Cool. Add 2 tablespoons sugar to egg whites and beat until stiff. Fold into cold tapioca mixture. Fold in cream and strawberries. Turn into freezing tray of automatic refrigerator and freeze as rapidly as possible—3 to 4 hours usually required. Or, turn mixture into container, cover tightly, and pack in equal parts ice and salt 2 to 3 hours. Makes 1 quart ice cream.
Pie Crust

2 cups sifted Swans Down Cake Flour  
1/2 teaspoon salt  
1/2 cup butter or other shortening  
1/2 cup cold water (about)

Sift flour once, measure, add salt, and sift again. Cut in shortening until mixture looks like meal. Add water, a little at a time, mixing with knife or spatula until dough cleans bowl of all flour and pastry. Use as little water as possible. Makes one 9-inch 2-crust pie or two 9-inch pie shells or 18 tart shells.

Pastry shells may be made either by lining the pie plate (as for 2-crust pies) or by inverting the pie plate and shaping the pastry over the back. They should then be pricked with a fork before baking. Bake in hot oven (425° F.) 15 to 18 minutes.

Plum Pie

3 1/2 cups plums, seeded and cut in pieces  
1 cup sugar  
1 1/2 tablespoons Minute Tapioca  
1 recipe Pie Crust

Combine plums, sugar, and Minute Tapioca, and let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie plate, with 1/2 of pastry rolled to 1/8-inch thickness, allowing it to extend 1/2-inch beyond edge of plate. Moisten edge of pastry with cold water and fold inward, even with rim of plate. Moisten edge again. Fill pie shell with berries. Roll other half of pastry to 1/8-inch thickness. Fold half the pastry back on other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie. Press edges together. With sharp knife trim off surplus pastry. Again press edges together with fork dipped in flour. Bake in hot oven (425° F.) 15 minutes, then decrease heat to moderate (350° F.) and bake 30 minutes longer, or until plums are tender.
**Crisscross Date Pie**

- 1 1/2 tablespoons Minute Tapioca
- 2 cups dates, seeded and halved
- 1/4 teaspoon salt
- 1 1/2 cups hot water
- 2 1/2 tablespoons butter
- 2 tablespoons brown sugar, firmly packed
- Juice 1 lemon
- 1 recipe Pie Crust

Add Minute Tapioca, dates, and salt to water, and heat to boiling point. Remove from fire, add butter, sugar, and lemon juice, and let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie plate with 1/2 of pastry, rolled to 1/8-inch thickness. Fill with date mixture, and arrange lattice of pastry strips across top. Bake in hot oven (425° F.) 10 minutes, then decrease to moderate (350° F.), and bake 30 minutes longer. Cool. Arrange wreath of sweetened whipped cream around edge of crust just before serving.

**Fresh Strawberry Pie**

- 1 quart fresh strawberries, hulled and cut in pieces
- 1 cup sugar
- 1 1/4 tablespoons Minute Tapioca
- 1 recipe Pie Crust

Combine strawberries, sugar and Minute Tapioca, and let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie plate with 1/2 of pastry rolled to 1/8-inch thickness, allowing it to extend 1/2-inch beyond edge of plate. Moisten edge with cold water and fold inward, even with rim of plate. Moisten edge again. Fill pie shell with berries. Roll other half of pastry to 1/8-inch thickness. Fold half the pastry back on other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie. Trim off surplus pastry. Press edges together with fork dipped in flour. Bake in hot oven (425° F.) 15 minutes, then decrease heat to moderate (350° F.) and bake 30 minutes longer.
Red Cherry Pie

1 can seeded red cherries, drained
(1 1/2 cups)
1/2 cup sugar
1/2 cup cherry juice
1 1/2 tablespoons Minute Tapioca
1 recipe Pie Crust

Combine cherries, sugar, cherry juice, and Minute Tapioca, and let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie plate with pastry rolled to 1/8-inch thickness. Moisten edges of pastry with cold water. Fill pie shell with cherries. Adjust top crust. Bake in hot oven (450° F.) 20 minutes, then decrease heat to moderate (350° F.) and bake 20 minutes longer, or until filling is cooked.

Raisin Pie

1 cup raisins
2 cups water
2 tablespoons Minute Tapioca
1/2 teaspoon salt
1 egg, slightly beaten
1/2 cup sugar
3 tablespoons lemon juice
Grated rind 1/2 lemon
1 tablespoon butter
1 baked 9-inch pie shell

Soak raisins in water overnight, or for several hours. Add Minute Tapioca and salt, and cook in double boiler 25 minutes, or until tapioca is clear, stirring frequently. Pour a small amount of tapioca mixture over egg, stirring vigorously. Return to double boiler, add sugar, and cook until thickened. Remove from fire, add lemon juice, rind, and butter. Cool. Fill pie shell. Cover with whipped cream.

Prune Pie

1 1/2 tablespoons Minute Tapioca
1/4 teaspoon salt
1/2 cup sugar
2 1/2 cups cooked prunes, drained, seeded, and halved
1 1/2 cups prune juice
1 tablespoon lemon juice

Combine Minute Tapioca, salt, sugar, prunes, and fruit juices. Heat to boiling and remove from fire. Let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie plate with pastry, rolled to 1/8-inch thickness. Fill with prune mixture, and arrange lattice of pastry strips across top. Bake in hot oven (425° F.) 10 minutes, then decrease heat to moderate (350° F.) and bake 30 minutes longer. Cool. Serve with or without whipped cream.

Apricot Pie

1 1/2 tablespoons Minute Tapioca
1/4 teaspoon salt
1/2 cup sugar
1 cup hot apricot juice
1 recipe Pie Crust
1/2 cup crushed pineapple, drained
1/2 cup pineapple juice

Combine Minute Tapioca, sugar, and salt. Add apricots and juice and let stand 15 minutes, or while pastry is being made. Line a 9-inch pie plate with pastry rolled to 1/8-inch thickness. Add pineapple and pineapple juice to apricot mixture and turn into pie shell. Arrange lattice of pastry strips across top. Bake in hot oven (425° F.) 10 minutes; then decrease heat to moderate (350° F.) and bake 30 minutes longer. Cool. Serve with or without sweetened whipped cream.
Rhubarb Pie

3½ cups rhubarb, cut in ½-inch pieces 1 tablespoon water
1¼ cups sugar 1½ tablespoons Minute Tapioca
1 recipe Pie Crust

Combine rhubarb, sugar, water, and Minute Tapioca, and let stand 15 minutes, or while pastry is being made. Line a 9-inch pie plate with ½ of pastry rolled to ½-inch thickness. Moisten edges of pastry with cold water. Fill pie shell with rhubarb. Roll other half of pastry to ½-inch thickness. Fold half the pastry back on other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie. Press edges together. With sharp knife trim off surplus pastry. Again press edges together with fork dipped in flour. Bake in hot oven (425° F.) 15 minutes, then decrease heat to moderate (350° F.) and bake 30 minutes longer, or until rhubarb is tender.

Huckleberry or Blueberry Pie

1 quart fresh huckleberries or blueberries Dash of salt
¾ cup granulated sugar 3 tablespoons water
½ cup brown sugar 2½ tablespoons Minute Tapioca
1 recipe Pie Crust

Combine berries, sugar, salt, water, and Minute Tapioca, and let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie plate with ½ of pastry rolled to ½-inch thickness, allowing it to extend ½-inch beyond edge of plate. Moisten edge with cold water and fold inward, even with rim of plate. Moisten edge again. Fill pie shell with berries. Roll other half of pastry to ½-inch thickness. Fold half the pastry back on other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie. Trim off surplus pastry. Press edges together with fork dipped in flour. Bake in hot oven (425° F.) 15 minutes, then decrease heat to moderate (350° F.) and bake 20 minutes longer, or until filling is cooked.

Concord Grape Pie

2½ tablespoons Minute Tapioca ¼ teaspoon salt
3½ cups Concord grapes, halved and seeded 1⅛ cups sugar
1 recipe Pie Crust

Combine Minute Tapioca, grapes, salt, and sugar, and let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie plate with ½ of pastry rolled ½-inch thick, allowing pastry to extend ½-inch beyond edge of plate. Fill with grape mixture. Moisten edge of pastry with cold water and fold inward, even with edge of plate. Moisten edge again. Roll other half of pastry to ½-inch thickness. Fold half of pastry back on other half. With sharp knife make several incisions to permit escape of steam. Place upper crust on filled lower one, opening out folded half after it is placed on pie, and drawing snugly across top to prevent sagging at edges. Press edges together with fork dipped in flour. Trim off surplus pastry, being careful not to cut folded edge of lower crust. Bake in hot oven (425° F.) 15 minutes, then decrease heat to moderate (350° F.) and bake 25 minutes longer, or until filling is cooked.
Shrimp and Celery Chowder

2 tablespoons Minute Tapioca
3/4 teaspoon salt
3 cups milk, scalded
2 bouillon cubes (chicken flavor)
1 cup celery, diced

Add Minute Tapioca and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cook bouillon cubes and celery in water 5 minutes. Add to tapioca mixture. Add potato, shrimps, butter, and Cayenne. Reheat and serve. Serves 4.

Cream of Chicken Soup

1 1/2 cups cooked chicken, diced
1/2 cup celery stalks and leaves, finely cut
1 carrot, finely diced
1 cup water

Combine chicken, celery, carrot, water, bouillon cubes, and salt in upper part of double boiler, and cook over direct heat 10 minutes. Add milk and Minute Tapioca, place over hot water, and cook 15 minutes longer, or until tapioca is clear and mixture is slightly thickened, stirring frequently. Add butter. Serves 4.
**Corn Soup**

- 1 3/4 cups canned corn
- 1 cup meat broth, or
- 1 cup water and 2 bouillon cubes
- 2 1/2 cups rich milk
- 1 1/2 tablespoons Minute Tapioca

Cook corn with broth 10 minutes; force through sieve. Add milk, Minute Tapioca, salt, sugar, and Cayenne, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add onion juice and butter. Serves 4.

**Celery Soup**

- 1 1/4 cups celery stalks and leaves, finely cut
- 1 cup water
- 3 cups rich milk and 1 cup chicken or meat broth, or
- 4 cups rich milk and 2 bouillon cubes

Cook celery in water 10 minutes. Add milk mixture, Minute Tapioca, celery salt, salt, and Cayenne, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add onion juice and butter. Serves 4.

**Salmon Bisque**

- 1 tablespoon Minute Tapioca
- 1 tablespoon onion, chopped
- 2 tablespoons butter
- 1 teaspoon salt
- 1/2 teaspoon paprika

Add Minute Tapioca, onion, butter, and seasonings to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add salmon, parsley, and water to tapioca mixture. Reheat. Serve hot with one tablespoon whipped cream on top of each serving. Serves 6.

**Iced Fruit Soup**

- 1 glass currant jelly
- 1 cup hot water
- 1 cup raspberry juice
- 3 tablespoons lemon juice
- 1/4 cup orange juice, strained
- 5 whole cloves

Dissolve jelly in water. Add raspberry, lemon, and orange juices, cloves, and cinnamon, and allow to stand 2 hours. Strain. Cook Minute Tapioca, salt, and sugar in pineapple juice in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cool. Add to first mixture. Chill thoroughly. Serve in bouillon cups with a few whole raspberries as a garnish. Serves 6.
**Pea Soup**

2 cups canned peas, drained  
1 cup water  
2 1/2 cups milk  
2 tablespoons Minute Tapioca  
1 bouillon cube  
1 1/2 teaspoons salt  
Dash of Cayenne  
2 strips bacon, diced and browned  
3/4 teaspoon onion juice  
1 tablespoon butter  

Cook peas in water 10 minutes; force through sieve. Add milk, Minute Tapioca, bouillon cube, salt, and Cayenne, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add bacon, onion juice, and butter. Serves 4.

**Tomato Bisque**

2 tablespoons Minute Tapioca  
1 1/2 teaspoons salt  
1/2 teaspoon pepper  
1 tablespoon sugar  
2 cups canned tomatoes, strained and heated  
2 tablespoons butter  
3 cups milk or cream, scalded  

Add Minute Tapioca, salt, pepper, and sugar to tomato juice. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter. When ready to serve, pour slowly into milk. Serves 6.

**Potato Soup**

4 small potatoes  
2 tablespoons Minute Tapioca  
1 1/2 teaspoons salt  
Dash of Cayenne  
Dash of black pepper  
1 quart milk  
1 onion, finely chopped  
4 tablespoons butter  

Cook potatoes in boiling, salted water until tender. Drain and mash. Add Minute Tapioca, salt, Cayenne, and black pepper to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add potatoes, onion, and butter. Reheat. Serves 4.

**Beef Broth with Tapioca**

1 pound beef, diced  
7 cups cold water  
1/2 small carrot, diced  
1/4 cup celery, diced  
1 slice small onion  
Small piece of bay leaf  
1 1/4 teaspoons salt  
2 1/2 tablespoons Minute Tapioca  

Cover meat with cold water and bring slowly to boiling point. Simmer gently 3 hours. Add vegetables and seasonings and cook 30 minutes. Strain. Chill. Remove fat and reheat. Add Minute Tapioca and cook 15 minutes, or until tapioca is clear, stirring frequently. Serve hot. Serves 4.

**Duchess Soup**

2 tablespoons Minute Tapioca  
1 teaspoon salt  
1/6 teaspoon pepper  
1 tablespoon onion, finely chopped  
4 cups milk, scalded  
2 tablespoons butter  
4 tablespoons grated cheese  
2 tablespoons parsley, chopped  

Add Minute Tapioca, salt, pepper, and onion to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add butter, cheese, and parsley. Cook until cheese is melted. Serves 6.
**Minute Tapioca with Vegetables**

*Escalloped Cauliflower and Ham*

1 small cauliflower, separated into flowerets
3 tablespoons Minute Tapioca
2 tablespoons butter
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon paprika
1/2 pound boiled ham, chopped

Cook cauliflower in boiling, salted water until tender. Drain. Add Minute Tapioca, butter, salt, pepper, and paprika to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Place layer of tapioca mixture in greased baking dish, then layer of cauliflower and ham. Repeat, finishing with layer of tapioca mixture. Sprinkle with crumbs. Bake in moderate oven (350° F.) 20 minutes, or until brown. Serves 6.

*Minute Tapioca Potato Puffs*

2 tablespoons Minute Tapioca
3/4 teaspoon salt
1 cup milk, scalded
2 tablespoons grated cheese
1 cup mashed potatoes, seasoned
1 cup sifted bread or cracker crumbs
1 egg, slightly beaten with
1 tablespoon water

Add Minute Tapioca and salt to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese and stir until melted. Add potatoes. Cool. Shape into balls, roll in crumbs, dip in egg, then roll again in crumbs. Fry in deep fat (390° F.) 1 minute, or until golden brown. Makes 8 puffs.

*Corn Entrée*

1 green pepper, chopped
1 small onion, chopped
2 tablespoons butter
1 cup canned tomatoes
1/2 cup canned corn
2 tablespoons Minute Tapioca
1/2 teaspoon salt
1/8 teaspoon black pepper
Dash of Cayenne
1 1/2 cups grated cheese

Sauté pepper and onion in butter until brown. Heat tomatoes and corn in double boiler. Add first mixture, Minute Tapioca, and seasonings. Cook 15 minutes, or until tapioca is clear, stirring frequently. Add cheese and stir until melted. Serve at once on toast or crackers. Serves 6.

*Baked Tomato Surprise*

4 tomatoes
1 tablespoon Minute Tapioca
4 tablespoons celery, finely diced
1 teaspoon onion, finely chopped
2 tablespoons grated cheese

Cut thin slice from stem-end of each tomato and remove part of pulp. Sprinkle inside with salt. Combine tomato pulp with remaining ingredients and refill tomatoes. Place in casserole. Bake in moderate oven (350° F.) 30 minutes. Serves 4.
FISH AND MEAT DISHES

Shrimp Potpourri

- 4 tablespoons Minute Tapioca
- 3/4 teaspoon salt
- Dash of Cayenne
- 21/2 cups milk, scalded
- 1 egg, slightly beaten
- 8 buttered rounds of toast

Add Minute Tapioca, salt, and Cayenne to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of tapioca mixture over egg, stirring vigorously. Return to double boiler and cook 5 minutes. Add butter, peas, shrimps, olives, and celery. Reheat and serve on toast rounds. Serves 8.

Baked Oysters

- 1 1/2 cups milk
- 3 tablespoons Minute Tapioca
- 3/4 teaspoon salt
- 1/2 cup oysters, cut in half
- 4 tablespoons cracker crumbs, buttered

Scald milk in greased casserole in hot oven (400° F.) 15 minutes. Add Minute Tapioca, salt, and pepper, and bake 15 minutes, or until tapioca is clear, stirring every 5 minutes. Add oysters and egg. Cover with buttered crumbs. Bake 15 minutes longer, or until crumbs are browned. Serves 4.

Casserole of Chicken

- 2 cups cooked chicken, cut in pieces
- 2 1/2 tablespoons Minute Tapioca
- 1 1/4 cups milk or chicken stock
- 1/2 teaspoon salt
- 2 tablespoons butter
- Dash of paprika

Combine ingredients in order given. Turn into greased casserole and bake in hot oven (400° F.) 25 minutes, stirring mixture twice during first 10 minutes of baking. Small baking powder biscuits may be baked on top of chicken mixture. Place biscuits on mixture after it has baked 10 minutes, and bake 15 minutes longer. Serves 6.

Ham and Mushroom Patties

- 2 tablespoons Minute Tapioca
- 1 1/2 cups milk
- 3 tablespoons butter
- 1/2 pound mushrooms, sliced
- 3 tablespoons water
- 1 cup cooked ham, diced
- Dash of paprika
- Dash of pepper

Add Minute Tapioca to milk and cook in double boiler 15 minutes, or until tapioca is clear and slightly thickened, stirring frequently. Melt butter in skillet, add mushrooms and water, cover closely, and cook until mushrooms are slightly browned. Combine mushrooms, ham, and tapioca mixture. Add seasonings. Serve in patty shells or on toast. Serves 4.
Savory Meat Loaf

2 thin 2-inch slices salt pork, diced
2 pounds round beef, ground
$\frac{3}{4}$ cup Minute Tapioca
$\frac{1}{2}$ teaspoon pepper

Add pork and drippings to other ingredients and mix thoroughly. Bake in loaf pan, 7 x 5 x 3 inches, in hot oven (450° F.) 15 minutes; then decrease heat to moderate (350° F.) and bake 30 minutes longer. Serve hot or cold. Garnish with parsley. Serves 10.

Casserole of Roast Beef

(Using cooked meat)

Pour boiling water over onions and let stand while meat is being prepared. Combine roast beef, meat broth, and salt in casserole. Bake one hour in moderate oven (350° F.), or until meat is tender, adding water as needed to keep meat covered. Drain onions. Add, with potatoes and Minute Tapioca, to meat mixture. Continue baking, stirring frequently until mixture is slightly thickened. When tapioca is clear, increase heat to hot (450° F.), place small baking powder biscuits on top of mixture, return to oven, and bake 12 minutes longer or until biscuits are done.
Turkey Croquettes

4 tablespoons Minute Tapioca 2 cups cooked turkey, finely chopped
1/2 teaspoon salt 1 egg, beaten with 3 tablespoons milk or
1 1/2 cups hot turkey or chicken stock stock, and 1/2 teaspoon salt

Sifted bread crumbs

Add Minute Tapioca and salt to stock, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add turkey and cook 5 minutes longer. Chill. Shape into cones. Dip in egg, roll in crumbs, and fry in deep fat (390° F.) 1 minute, or until golden brown. Drain. Serve with tart red jelly. Garnish with parsley. Makes 10 to 12 croquettes.

Southern Goulash

4 tablespoons butter 1/2 cup water
1 pound hamburger steak 4 tablespoons Minute Tapioca
1/2 teaspoons salt 1 green pepper, chopped
1/4 teaspoon pepper 1 onion, chopped
2 cups canned tomatoes 1 cup grated cheese

Melt butter in upper part of double boiler over direct heat. Add meat, salt, and pepper, and brown slightly. Add tomatoes, water, Minute Tapioca, green pepper, and onion. Place over hot water and cook 30 minutes, stirring frequently. Just before serving, add cheese and mix well. Serves 6.

Lamb Stew en Casserole

3 tablespoons Minute Tapioca 3 small onions, sliced
1 pound breast of lamb, cut in small pieces 1 medium potato, diced
2 cups canned tomatoes 1 1/4 teaspoons salt
1 small carrot, diced 1/4 teaspoon pepper
2 tablespoons butter, melted

Combine all ingredients in greased casserole. Bake, covered, in moderate oven (350° F.) 1 hour, or until meat is tender, stirring occasionally. Serves 6.

Molded Ramekin of White Fish

5 tablespoons Minute Tapioca 1/2 cup milk
3/4 teaspoon salt 1/2 tablespoon parsley, finely cut
Dash of Cayenne 2 1/4 cups cooked white fish, finely flaked

Combine Minute Tapioca, milk, salt, Cayenne, parsley, and white fish. Let stand until mixture thickens slightly (5 minutes). Turn into greased ramekins or custard cups. Bake in moderate oven (350° F.) 25 minutes, or until done. Unmold. Garnish with parsley. Serve with or without caper sauce. Serves 6.

Minute Tapioca Ham Loaf

3/2 cup Minute Tapioca 1 teaspoon Worcestershire sauce
1 pound lean ham, ground 1/4 teaspoon pepper
1 pound lean pork, ground 3/4 teaspoon paprika
1 tablespoon onion pulp 2 cups milk

Combine ingredients in order named and mix thoroughly. Bake in loaf pan, 7 x 5 x 3 inches, in hot oven (450° F.) 20 minutes; then decrease heat to moderate (375° F.) and bake 45 minutes longer. Serve hot or cold. Serves 10.
Salmon Patties

2 cups canned salmon, finely minced
4 tablespoons Minute Tapioca
\( \frac{1}{4} \) teaspoon salt
2 bouillon cubes (chicken flavor)

Few drops onion juice
Dash of pepper
Sifted bread or cracker crumbs
1 egg, beaten with
3 tablespoons milk and dash of salt

Drain liquid from salmon, measure, and add hot water to make 1\( \frac{1}{2} \) cups. Add Minute Tapioca, salt, and bouillon cubes, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add onion juice, pepper, and salmon. Chill. Shape into patties. Dip in egg mixture, then roll in crumbs. Fry in skillet containing hot fat \( \frac{1}{4} \) inch in depth, turning patties to brown both sides. Drain. Garnish with sliced cucumber. Makes 8 patties.

Salmon Soufflé

4\( \frac{1}{2} \) tablespoons Minute Tapioca
\( \frac{1}{2} \) teaspoon salt
1 cup milk, scalded
1 cup hot meat stock, or 1 cup boiling water and 2 bouillon cubes

1\( \frac{3}{4} \) cups salmon, drained and finely minced
\( \frac{3}{2} \) teaspoon scraped onion, if desired
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Add Minute Tapioca and salt to milk and meat stock, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Cool slightly. Add salmon, onion, and egg yolks. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until done. Serves 8.

Shepherd’s Pie

4 tablespoons Minute Tapioca
1 teaspoon salt
\( \frac{1}{8} \) teaspoon paprika
\( \frac{1}{8} \) teaspoon pepper
1\( \frac{1}{2} \) cups hot water
1 cup hot gravy or stock

1 onion, chopped
1 tablespoon parsley, chopped
1 tablespoon ketchup or
2 teaspoons Worcestershire sauce
2 cups cooked meat, diced
2 cups mashed potatoes, seasoned

Add Minute Tapioca, salt, paprika, and pepper to water and gravy. Cook in double boiler 15 minutes or until tapioca is clear, stirring frequently. Add onion, parsley, ketchup, and meat. Mix well. Pour into greased baking dish, spread potatoes over top, and bake in moderate oven (350° F.) 20 minutes, or until potatoes are brown. Serves 6.

Stuffed Peppers

\( \frac{3}{4} \) pound beef, ground
\( \frac{1}{4} \) pound pork, ground
4 tablespoons Minute Tapioca
1 teaspoon salt

1 teaspoon onion, finely chopped
\( \frac{1}{8} \) teaspoon pepper
\( \frac{1}{4} \) cup canned tomatoes or milk
6 green peppers

Combine beef, pork, Minute Tapioca, salt, onion, pepper, and tomato or milk. Cut slice from top of peppers, remove seeds, and fill with meat mixture. Set upright in baking pan. Bake in hot oven (450° F.) 30 minutes, basting frequently with a mixture of 1 cup hot water and 4 tablespoons butter. Decrease heat to moderate (350° F.), cover closely, and bake 30 minutes longer, or until peppers are done. Serves 6.
**Escalloped Fish or Meat**

- 3 tablespoons Minute Tapioca
- ⅛ teaspoon salt
- ¼ teaspoon pepper
- 1⅔ cups milk, scalded
- 2 tablespoons butter

Add Minute Tapioca, salt, and pepper to milk, and cook in double boiler 10 minutes, stirring frequently. Add fish or meat and cook 5 minutes longer. Fold egg yolk into egg white and combine with tapioca mixture. Pour into greased baking dish, cover with cracker crumbs, dot with butter, and bake in moderate oven (350°F) 40 minutes, or until brown. Serve hot. Serves 4.

**Tuna and Celery Soufflé**

- 1 cup celery, cut in ¼-inch pieces
- 1 cup boiling water
- ½ cup milk
- 1 teaspoon salt
- ⅛ teaspoon pepper

Combine celery, water, milk, salt, pepper, and Minute Tapioca in double boiler, and cook 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Cool. Add egg yolks and tuna. Fold in egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (325°F) 45 to 50 minutes. Serves 6.

**Monday Stew**

- 3 tablespoons Minute Tapioca
- ⅛ teaspoon salt
- 3 cups hot water
- 1 pound raw veal, cut in small pieces
- ½ pound raw ham, cut in small pieces

Add Minute Tapioca and salt to water, and cook in double boiler 10 minutes, stirring frequently. Brown meat and onion in butter. Add tapioca mixture, potatoes, and seasonings, and simmer 30 minutes, or until meat is tender, stirring often. Serves 6.

**Baked Fish with Minute Tapioca Dressing**

- 4 tablespoons Minute Tapioca
- ⅛ teaspoon salt
- 1 cup milk, scalded
- 1 cup hot water
- 2 pounds fish, for baking
- 1 teaspoon salt

Add Minute Tapioca and ⅛ teaspoon salt to milk and water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Clean and wash fish. Sprinkle with salt and pepper. Gash fish and insert slices of pork or dot with butter. Place on thin layer of vegetables in greased baking pan. Place remainder of vegetables around fish and pour tapioca mixture over all. Bake in moderate oven (350°F) 1 hour, or until fish is done, basting frequently. Serves 6.
Ramekin of Chicken

Combine Minute Tapioca, milk, salt, Cayenne, parsley, butter, and chicken. Let stand until mixture thickens slightly (5 minutes). Turn into greased ramekins or custard cups. Bake in moderate oven (350° F.)—25 minutes, or until done. Serves 6.

Tomato Rabbit

Add Minute Tapioca, salt, and paprika to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add tomato soup and cheese. Cook until cheese is melted. Serve on crackers or toast. Serves 4.

Chicken Croquettes

Add Minute Tapioca, salt, and paprika to milk and stock, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add chicken, green pepper, and pimiento. Cook 5 minutes longer. Chill. Shape into small cones, dip in egg, then roll in crumbs. Fry in deep fat (390° F.) 1 minute, or until golden brown. Serve with white sauce or creamed peas. Makes 12 croquettes.
Meat Loaf Roast
(Using cooked meat)

4 tablespoons Minute Tapioca
3/4 cup tomato juice or meat broth
1/2 teaspoon salt
Dash of Cayenne
Dash of black pepper
1/2 teaspoon onion, finely chopped
1 teaspoon parsley, finely cut
3/4 pound (3 1/2 cups) cooked meat, ground (veal, pork, ham, etc.)

Combine ingredients in order named, and mix well. Shape into loaf in roaster or large pan. Bake in hot oven (450° F.) 30 minutes; then decrease heat to moderate (350° F.) and bake 30 minutes longer, basting frequently during the baking with a mixture of 1 cup hot water and 4 tablespoons butter. Serve with Tomato Sauce, if desired. Serves 6.

Tomato Sauce for Meat Loaf Roast

1/2 small onion, finely chopped
1/4 tablespoons butter
1 1/2 tablespoons Minute Tapioca
1/8 teaspoon pepper
1 pint canned tomatoes, heated
2 teaspoons sugar
1 teaspoon salt

Sauté onions in butter until slightly browned. Add Minute Tapioca to tomatoes, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add onions, sugar, and seasonings. Cook until blended. Stir as little as possible to keep tomato pulp whole. Makes 2 cups sauce.

Veal Loaf Roast

1/2 cup Minute Tapioca
1 1/2 cups milk
1 teaspoon onion, finely chopped
1 tablespoon butter
Dash of celery salt
1 1/2 pounds veal, ground
1/2 pound pork, ground
3 teaspoons salt
Dash of Cayenne

Add Minute Tapioca to milk. Brown onion slightly in butter and add to tapioca mixture. Add veal, pork, salt, Cayenne, and celery salt. Mix well. Let stand until mixture thickens slightly (5 minutes). Shape into loaf in roaster or large pan. Bake in hot oven (450° F.) 30 minutes; then decrease heat to moderate (350° F.) and bake 30 minutes longer, or until done, basting frequently during the baking with a mixture of 1 cup hot water and 4 tablespoons butter. Serve hot or cold. Serves 10. The drippings make excellent gravy.

Creamed Fish

2 tablespoons Minute Tapioca
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup milk, scalded
1/8 cup water
1 egg, slightly beaten
3/4 cup cooked fish, flaked
1 tablespoon butter

Add Minute Tapioca, salt, and pepper to milk and water, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour small amount of mixture over egg, stirring vigorously. Return to double boiler and mix well. Add fish and heat thoroughly. Add butter. Serve on toast or crackers; in patty shells; or in a ring of mashed potatoes, cooked rice, or macaroni. Serves 6. May be varied by addition of 1/2 cup cooked peas or 2 tablespoons chopped green pepper and 1 tablespoon chopped pimiento.
Fluffy Omelet

2 tablespoons Minute Tapioca
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup milk, scalded
1 tablespoon butter
4 egg yolks, beaten until thick and lemon-colored
4 egg whites, stiffly beaten

Add Minute Tapioca, salt, and pepper to milk, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add butter. Combine with egg yolks, stirring constantly. Fold in egg whites. Pour into hot, buttered, 9-inch frying pan. Cook over low flame 3 minutes. Then bake in moderate oven (350° F.) 15 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Serves 6.

Vegetable Omelet

1/2 cup fresh peas
1/2 cup celery, cut in strips
3/4 cup raw carrots, diced
1 medium-sized onion, thinly sliced
2 tablespoons butter
Dash of salt
Dash of pepper
1 recipe Fluffy Omelet


Spanish Omelet

2 tablespoons Minute Tapioca
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup milk, scalded
1 tablespoon butter
4 egg yolks, beaten until thick and lemon-colored
4 egg whites, stiffly beaten

Add Minute Tapioca, salt, and pepper to milk, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add butter. Cool. Combine with egg yolks, stirring constantly. Fold in egg whites. Pour into hot, buttered 9-inch frying pan. Cook over low flame 3 minutes. Then bake in moderate oven (350° F.) 15 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side. Place Spanish Sauce between folded layers and around omelet. Serve on hot platter. Serves 6.
**Apricot Soufflé Omelet**

- 2 tablespoons Minute Tapioca
- \( \frac{1}{2} \) teaspoon salt
- \( \frac{1}{8} \) teaspoon pepper
- \( \frac{1}{4} \) cup milk, scalded

Add Minute Tapioca, salt, and pepper to milk, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add butter. Cool. Combine with egg yolks, stirring constantly. Fold in egg whites. Pour into hot, buttered 9-inch frying pan. Cook over low flame 3 minutes. Place in moderate oven (350° F.) and bake 15 minutes. Spread with jam. Fold carefully from handle to opposite side. Dust thickly with confectioners’ sugar. Serves 4.

**Shirred Eggs**

- 4 tablespoons Minute Tapioca
- 1 teaspoon onion, chopped
- 1 teaspoon salt
- 2 cups canned tomatoes, strained
- \( \frac{1}{2} \) teaspoon paprika
- \( \frac{1}{4} \) cup grated cheese

Add Minute Tapioca, salt, sugar, paprika, and onion to tomato juice, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Pour into greased baking dish. Make 4 slight depressions in sauce and break an egg into each. Sprinkle with cheese. Bake in moderate oven (350° F.) 15 minutes, or until eggs are firm. Garnish with parsley. Serve hot. Serves 4.

**Escalloped Cheese and Olives**

- 1 small onion, finely chopped
- 1 tablespoon butter heated
- 3 tablespoons Minute Tapioca
- \( \frac{3}{4} \) teaspoon salt
- \( \frac{3}{4} \) teaspoon sugar
- \( \frac{1}{2} \) teaspoon paprika
- \( \frac{1}{2} \) cup grated cheese
- 18 ripe or stuffed olives, coarsely chopped
- Crumbs, buttered

Brown onion in butter. Add Minute Tapioca, salt, sugar, and paprika to tomato juice, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Place layer of tapioca mixture in greased baking dish, cover with cheese, add layer of olives, then remainder of tapioca mixture. Cover with crumbs. Bake in moderate oven (350° F.) 20 minutes. Serves 4.

**Cheese Croquettes**

- \( \frac{1}{2} \) cup Minute Tapioca
- \( \frac{1}{2} \) teaspoon salt
- 2 cups milk, scalded
- 1 cup grated cheese
- 1 egg, slightly beaten with
  - 1 tablespoon water
  - Sifted bread crumbs
  - Tart jelly or stuffed olives

Add Minute Tapioca and salt to milk. Cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add cheese, mix thoroughly, and cook a few minutes longer until cheese is melted. Chill. Shape into balls. Flatten slightly and make a depression in center of upper side. Dip in egg, then roll in crumbs. Fry in deep fat (390° F.) 1 minute, or until golden brown. Place a cube of jelly or an olive in each depression. Makes 10 croquettes.
Onion Omelet

2 tablespoons butter  
1 cup onions, chopped  
\(\frac{1}{4}\) cup water

1 teaspoon flour  
\(\frac{1}{4}\) teaspoon salt  
Dash of pepper

1 recipe Fluffy Omelet

Melt butter, add onions and water, and cook until onions are golden brown. Add flour and seasonings and cook 5 minutes longer, stirring well. Prepare omelet. Turn out on platter. Place onion mixture between folded layers. Serve at once. Serves 6.

Cheese Omelet

Prepare Fluffy Omelet (page 39), adding 4 tablespoons grated cheese just before pouring into frying pan. Bake as directed. Serves 6.

Cheese Soufflé

3 tablespoons Minute Tapioca  
1 cup milk, scalded  
1 cup grated cheese

3 egg yolks, beaten until thick and lemon-colored  
3 egg whites, stiffly beaten with 1 teaspoon salt

Add Minute Tapioca to milk, and cook in double boiler 15 minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add cheese and stir until melted. Cool. Add egg yolks and mix well. Fold in egg whites. Bake in greased baking dish, placed in pan of hot water, in moderate oven (350° F.) 50 minutes, or 30 minutes in ramekins. Soufflé is done when it shrinks a trifle and is brown. Serves 4.
**Cheese and Olive Sandwich Filling**

3 tablespoons Minute Tapioca  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon paprika  
3/4 cup stuffed olives, chopped

Add Minute Tapioca, salt, pepper, and paprika to milk. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese slowly, stirring until melted. Remove from fire. Add mustard; cool; then add Worcestershire sauce and olives. Makes 2 cups filling.

**Nippy Cheese Sandwich Filling**

2 tablespoons Minute Tapioca  
1 1/2 cups dried beef, finely ground  
2 cups canned tomatoes, strained and heated  
2 1/2 cups grated cheese (1/2 pound)  
1/4 cups dried beef, finely ground  
1/8 teaspoon pepper  
1/4 teaspoon mustard  
1/4 teaspoon Worcestershire sauce

Add Minute Tapioca to tomato juice, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add cheese gradually and stir until melted. Remove from fire, add dried beef and seasonings, and allow to cool before spreading on bread. Makes 2 1/2 cups filling.

**Fruit-Nut Sandwich Filling**

1 cup dried figs  
1 1/2 cups water  
3 tablespoons Minute Tapioca  
1/2 teaspoon salt  
1 cup dates, seeded and ground  
3/4 cup nut meats, chopped  
1 tablespoon lemon juice  
1/2 teaspoon cinnamon

Cook figs in water about 5 minutes, or until softened. Drain. To 1 cup of this liquid add Minute Tapioca and salt, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Put cooked figs through food chopper and mix with dates, nuts, lemon juice, and cinnamon. Combine with tapioca mixture. Cool. Makes 3 cups filling.

**Egg Salad Sandwich Filling**

3 tablespoons Minute Tapioca  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 cup milk  
4 hard-cooked eggs, finely chopped  
4 tablespoons celery, chopped  
2 tablespoons sweet pickles, chopped  
2 tablespoons liquid from pickles, or 1 tablespoon mild vinegar and Hellmann’s Mayonnaise  
1 teaspoon Worcestershire sauce  
Dash of tabasco

Add Minute Tapioca, salt, and pepper to milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Cool. Combine remaining ingredients in order given and add to tapioca mixture. Allow to cool before spreading on bread. Makes 2 cups filling.
**Chicken Salad Sandwich Filling**

- 3 tablespoons Minute Tapioca
- ⅛ teaspoon pepper
- ⅛ teaspoon paprika
- ¼ teaspoon salt
- 1 cup chicken stock or milk
- 1 tablespoon vinegar

1 cup cooked chicken, finely chopped
- ⅛ cup celery, finely chopped
- 2 tablespoons sweet pickle, finely chopped
- 1 tablespoon pimiento, finely chopped
- ¼ cup Hellmann’s Mayonnaise

Add Minute Tapioca, pepper, paprika, and salt to chicken stock or milk, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Add vinegar. Toss chicken, celery, pickle, pimiento, and mayonnaise together lightly. Add to tapioca mixture and blend. Cool. Makes 2 cups filling.

**Fish Salad Sandwich Filling**

- 3 tablespoons Minute Tapioca
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon paprika
- 1 cup hot water
- 1 cup tuna or other cooked fish, flaked

1 tablespoon vinegar
- 1 tablespoon butter
- ⅛ cup Hellmann’s Mayonnaise
- ⅛ cup pickles, chopped
- 2 tablespoons pimiento, chopped

Add Minute Tapioca, salt, pepper, and paprika to water and vinegar. Cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire, add butter, and cool. Add mayonnaise, pickles, and pimiento to fish. Combine two mixtures. Cool. Makes 2 cups filling.

**Meat Salad Sandwich Filling**

- 3 tablespoons Minute Tapioca
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 cup cold cooked meat, ground

⅛ teaspoon paprika
- 1 cup tomato pulp, heated
- ⅛ teaspoon dry mustard

Add Minute Tapioca, salt, pepper, and paprika to tomato pulp, and cook in double boiler 15 minutes, or until tapioca is clear, stirring frequently. Remove from fire, add mustard, and cool. Combine with meat. Makes 1½ cups filling.

**Mushroom Sandwich Filling**

1 pound mushrooms, washed, peeled, and chopped
- 2 cups water
- ⅛ teaspoon salt
- 4 tablespoons Minute Tapioca

2 tablespoons scraped onion
- 2 tablespoons butter
- ⅛ teaspoon paprika
- ⅛ teaspoon Worcestershire sauce
- Dash of tabasco

Cook mushroom stems and peelings with water and salt 15 minutes. Drain, add Minute Tapioca to stock, and cook 15 minutes, or until tapioca is clear, stirring frequently. Chop mushrooms very fine. Cook onion in butter until slightly browned. Add mushrooms, cover, and simmer until tender. Uncover, and cook 2 to 3 minutes until dry. Add paprika, Worcestershire sauce and tabasco. Add tapioca mixture and combine thoroughly. Cool. Makes 1½ cups filling.

Mixture must be used within 12 hours as moisture from mushrooms thins filling if it stands longer.
SOME USEFUL FACTS....

About Minute Tapioca

The Initial Preparation

Since Minute Tapioca is partially cooked and ground before packaging, it requires no soaking, and needs only brief cooking over hot water to be ready for use as a dessert-base or as a precision ingredient. This is one of the chief points of Minute Tapioca superiority over other tapiocas, which need hours of soaking before ready for use.

First Step in Preparing Minute Tapioca Desserts

The first step in the preparation of all Minute Tapioca desserts is to cook the tapioca in scalded milk, or some other hot liquid, in a double boiler, stirring frequently, until the tapioca is clear. This takes about 15 minutes. At the end of this time, the mixture may seem too thin, but it thickens to the proper consistency as it cools.

Two Types of Minute Tapioca Desserts

There are those desserts cooked on top of the stove, and those which are partially cooked on top of the stove, and then turned into a baking dish and cooked in the oven until done.

Minute Tapioca an Easily Digested Carbohydrate

The photomicrographs on page 45 show why Minute Tapioca can be so easily assimilated. The cells, being so small, afford a ready supply of energy with very little tax on the digestive system. The partial cooking process which Minute Tapioca undergoes in the factory at Orange, Mass., has already exploded many of the little starch granules, partially converting them into dextrin, the form in which they are so readily digestible.
Minute Tapioca in the Meals of Growing Children

It's a wise mother who understands the whims of her children's appetites, and how to intrigue them with dishes that are at once gay and appealing, yet nourishing and healthful. Growing children need plenty of carbohydrates to furnish sufficient energy for their active little bodies. The carbohydrate in Minute Tapioca is in an easily digested form. How ideal it is then for supplying children with the quick energy that they constantly need.

The importance of simple, nourishing desserts for growing children cannot be overemphasized. Old-fashioned creamy tapioca pudding well deserves its long-standing popularity. Who cannot remember this favorite dessert of childhood? Served either as a pudding of wonderful creaminess, or, as a "dressier" dessert poured over fresh sliced peaches or stewed figs, it always makes a red-letter treat.

Tapioca combines so well with milk and eggs and almost all fruits and fruit juices that it is truly a staple ingredient. What an easy way for the busy mother to get these all-important foods into the children's daily diet! And these delicious desserts take only a few minutes to make. Minute Tapioca can be made into dozens of novel desserts with which to surprise the children. No chance for dull monotony with Minute Tapioca on the pantry shelf.
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<td><strong>Soups</strong></td>
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<td>Duchess Soup</td>
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<td>Potato Soup</td>
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A COOK'S TOUR WITH MINUTE TAPIOCA