Miracles with Minute Tapioca

Creamy Desserts—Fruit Pies and Puddings—Soufflés—Soups—Meat and Fish Dishes
Minute Tapioca makes fluffy, luscious creams to serve plain or to vary in dozens of wonderful new ways. (See pages 4, 5 and 6.)

Minute Tapioca keeps juicy pies from running out into the oven and thickens 'em to your taste! (See how on pages 7 and 8.)

Minute Tapioca transforms all kinds of fruits into bright, fresh-flavored dessert treats. (See pages 9, 10, 11 for good recipes.)

Minute Tapioca produces such beautiful oven dishes—perfect cobblers, high sponge puddings, and puffs. (See pages 14, 15, 16.)

Minute Tapioca thickens cream soups—any soup—just exactly right. And it takes only a sprinkle to do it. (See page 17.)
Minute Tapioca keeps light, puffy soufflés and omelets from flopping before they're served. (You'll find the secret on pages 18 and 19.)

Minute Tapioca turns out savory, flavy meat loaves and casserole dishes that slice or serve to perfection. (See pages 20, 21, 22.)

Now, how could any smart cook think of keeping house without Minute Tapioca at her finger tips... for desserts, of course, and to guarantee success with many a difficult dish!

Minute Tapioca is so easy and quick to use. Just sprinkle it on or mix it in before cooking... there's no special preparation needed.

But do follow these sure tested recipes. They bring a whole new world of cooking wonders—maybe a miracle for the very next meal. Surely, you are going to find all kinds of good luck here with Minute Tapioca.

Consumer Service Department
GENERAL FOODS CORPORATION, NEW YORK, N. Y.
Minute Tapioca Cream

THE DESSERT THAT SAYS, "SHE'S A VERY SPECIAL COOK!"

FRANCES BARTON says:
The MIRACLE is—lightness, fluffiness, creaminess beyond your most delicious hopes!

Minute Tapioca Cream

1 egg white
2 tablespoons sugar
1 egg yolk
2 cups milk
3 tablespoons Minute Tapioca
2 or 3 tablespoons sugar
½ teaspoon salt
½ teaspoon vanilla

* Beat egg white until foamy throughout (not just on top). Add 2 tablespoons sugar, one at a time, and continue beating with rotary egg beater until mixture will stand in soft peaks. Set aside.

Mix egg yolk with a small amount of the milk in saucepan. Add Minute Tapioca, remaining milk, 2 or 3 tablespoons sugar, and the salt. Place over medium heat. Cook and stir until mixture comes to a full boil—this takes 5 to 8 minutes. (Do not overcook.) Remove from heat.

Tip 1. Be sure tapioca mixture bubbles all over, not just around the edge, before you remove it from the heat.

Pour a small amount of hot tapioca mixture gradually on egg-white meringue, blending well. Then add remaining mixture, stirring constantly. Add vanilla. Cool, stirring once after 15 to 20 minutes. Chill. Serve plain or with cream. Makes 4 or 5 servings.

Tip 2. Tapioca mixture should be hot when it is stirred into the egg-white meringue. The hotter the tapioca and the faster you blend it into the meringue, the thicker your pudding will be!

To double this recipe, use 1 or 2 eggs, ½ cup Minute Tapioca, and double all the other ingredients.
FRANCES BARTON says:

The **MIRACLE** is—variety, a new dessert whenever you wish with flavors or garnish to suit!

1. **Butterscotch Cream.** Fold butterscotch sauce into Minute Tapioca Cream. Top servings with additional sauce, whipped cream, and a pecan to garnish. For the sauce, melt 4 tablespoons butter, add 1/3 cup brown sugar (packed), and cook until sugar melts.

2. **Fig Fancy.** Top each serving of Minute Tapioca Cream with fig sauce, made by cooking together 5 minutes: 1 cup chopped dried figs, 1/2 cup brown sugar (packed), dash of salt, and 1 cup water.

3. **Banana Whirl.** Slice banana and arrange around sherbet glasses. Fill with Minute Tapioca Cream. Garnish with maraschino cherries.

4. **Orange Mint.** Fold whipped cream into Minute Tapioca Cream. Pile in glasses. Garnish with sweetened orange sections and mint.

5. **Creamy Strawberries.** Place sliced strawberry sauce in sherbet glasses. Cover with Minute Tapioca Cream; garnish with sauce.

6. **Chocolate Half-and-Half.** Fold chocolate sauce (or syrup) into part of Minute Tapioca Cream. Serve in sherbet glasses, side-by-side with plain Minute Tapioca Cream.

7. **Coconut Crest.** Top servings of Minute Tapioca Cream with toasted Baker's Shredded Coconut and cubes of mint jelly.

8. **Peach Cream Tapioca.** Border servings of Minute Tapioca Cream with canned or fresh peaches. Top with whipped cream.

9. **Rhubarb Delight.** Place spoonfuls of cooked pink rhubarb sauce in glasses. Top with Minute Tapioca Cream; add rhubarb to garnish.

10. **Chocolate Nut Sundae.** Pour chocolate sauce on servings of Minute Tapioca Cream. Sprinkle with chopped nuts.

11. **Peanut Brittle Trifle.** Fold coarsely crushed peanut brittle into Minute Tapioca Cream (while warm). Top servings with whipped cream and crushed brittle.

12. **Apple Match-Stick Tapioca.** Cut cored red apples in match-stick pieces. Fold 1 cup apple sticks and 1/4 teaspoon grated orange rind into Minute Tapioca Cream. Garnish with apple sticks.

These are the 12 desserts illustrated on the cover.
Chocolate Tapioca Cream

1 egg white  
2 tablespoons sugar  
1 egg yolk  
2 cups milk  
2 tablespoons Minute Tapioca  
½ cup sugar  
½ teaspoon salt  
1 square Baker's Unsweetened Chocolate  
½ teaspoon vanilla

Beat egg white until foamy throughout. Add 2 tablespoons sugar, 1 tablespoon at a time, and continue beating with rotary egg beater until mixture will stand in very soft peaks. Set aside.

Mix egg yolk with a small amount of the milk in saucepan. Add Minute Tapioca, remaining milk, ½ cup sugar, salt, and chocolate. Cook over medium heat until mixture comes to a full boil, stirring constantly—this takes 5 to 8 minutes.

Pour a small amount of hot tapioca mixture gradually on egg-white meringue, blending well. Then add remaining mixture, stirring constantly. Add vanilla and crushed candy. Cool, stirring once after 15 to 20 minutes. Chill. Makes 4 or 5 servings.

Banquet Creams

2 egg whites  
¼ cup sugar  
2 egg yolks  
4 cups milk  
½ cup Minute Tapioca  
½ cup sugar  
¼ teaspoon salt  
1 teaspoon vanilla  
½ cup cream, whipped  
1 cup fruit preserves*

Beat egg whites until foamy throughout. Add ¼ cup sugar, 2 tablespoons at a time, and continue beating with rotary egg beater until mixture will stand in very soft peaks. Set aside.

Mix egg yolks with a small amount of the milk in saucepan. Add Minute Tapioca, remaining milk, ½ cup sugar, and salt. Place over medium heat and cook until mixture comes to a full boil, stirring constantly—this takes 5 to 8 minutes.

Pour a small amount of hot tapioca mixture gradually on egg-white meringue, blending well. Then add remaining mixture, stirring constantly. Add vanilla. Cool, stirring once after 15 or 20 minutes. Chill. Spoon into sherbet glasses. Top each portion with about 2 tablespoons whipped cream and pour on about 2 tablespoons fruit preserves and syrup. Makes 8 to 10 servings.

*C Use the syrup of fruit preserves, such as preserved peaches, cherries, or strawberries and garnish with a few pieces of fruit.
**Crisscross Cherry Pie**

- 2 1/2 tablespoons Minute Tapioca
- 3/4 cup sugar
- 1/8 teaspoon salt
- 2 1/2 cups drained canned pitted red cherries
- 1 cup cherry juice
- Pastry for 9-inch pie
- 1 tablespoon butter

**Tapioca Pecan Tarts**

- 3 tablespoons Minute Tapioca
- 3/4 cup sugar
- 1/4 teaspoon salt
- 1/2 cup water
- 1 cup dark corn syrup
- 3 eggs, slightly beaten
- 3 tablespoons butter
- 1/2 teaspoon vanilla
- 3/4 cup coarsely chopped pecan meats
- 9 unbaked 3 1/2-inch tart shells

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*Combine Minute Tapioca, sugar, salt, cherries, and cherry juice; let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie pan with pastry rolled 1/8 inch thick. Fill pie shell with cherry mixture. Dot with butter. Moisten edge of pastry with cold water. Cut strips from additional rolled pastry and adjust in lattice across top of pie. Flute rim. Bake in hot oven (425°F.) 45 minutes, or until done.*

*Combine Minute Tapioca, sugar, salt, and water in saucepan and mix well. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. (Do not overcook . . . mixture thickens as it cools.) Remove from heat. Add corn syrup, eggs, butter, and vanilla and stir until blended. Cool, stirring occasionally.

Place about 1 tablespoon chopped nut meats in bottom of each unbaked tart shell. Fill with tapioca mixture and bake in hot oven (425°F.) 20 minutes, or until browned. Cool before serving.*

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**Tips on Serving Fruit Pies.** If you like pies extra juicy, serve them a little warm. If you prefer thicker fillings, let pies cool about four hours or longer.

**FRANCES BARTON says:**

The **MIRACLE** is—plenty of luscious juice kept where it belongs by Minute Tapioca magic.
**Huckleberry or Blueberry Pie**

2 tablespoons Minute Tapioca  
⅔ cup granulated sugar  
½ cup brown sugar, firmly packed  
⅛ teaspoon salt  
1 quart huckleberries or blueberries  
Pastry for 9-inch pie  
1 tablespoon butter

★ Combine Minute Tapioca, sugars, salt, and berries; let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie pan with pastry rolled ⅛ inch thick. Fill with berry mixture. Dot with butter. Moisten edge of pastry with cold water. Adjust top crust, cutting several slits to permit escape of steam. Bake in hot oven (425°F.) 45 minutes, or until done.

**Rhubarb Pie**

3 tablespoons Minute Tapioca  
1 ½ cups sugar  
⅛ teaspoon salt  
4 cups rhubarb, cut in ½-inch pieces  
Pastry for 9-inch pie  
1 tablespoon butter

★ Combine Minute Tapioca, sugar, salt, and rhubarb; let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie pan with pastry rolled ⅛ inch thick. Fill with rhubarb mixture. Dot with butter. Moisten edge of pastry with cold water. Adjust top crust, cutting several slits to permit escape of steam. Bake in hot oven (425°F.) 50 minutes, or until done.

**Banana Tapioca Tarts**

1 recipe Minute Tapioca Cream (see page 4)  
2 ripe bananas  
6 baked 3½-inch tart shells  
½ cup cream, whipped and sweetened  
6 maraschino cherries, if desired

★ Prepare Minute Tapioca Cream as directed. Chill.

★ Just before ready to serve, peel the bananas and slice. Place about 5 slices in each tart shell. Fill with tapioca mixture. Top each tart with a spoonful of whipped cream and decorate with a maraschino cherry. Makes 6 servings.

**Raisin Pie**

1½ tablespoons Minute Tapioca  
⅔ cup brown sugar, firmly packed  
½ teaspoon salt  
1 teaspoon cinnamon  
1½ cups water  
2 cups raisins  
1½ tablespoons lemon juice  
1½ teaspoons grated lemon rind  
Pastry for 9-inch pie  
1 tablespoon butter

★ Combine Minute Tapioca, sugar, salt, cinnamon, water, raisins, lemon juice, and rind; let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie pan with pastry rolled ⅛ inch thick. Fill pie shell with raisin mixture. Dot with butter. Moisten edge of pastry with cold water. Adjust top crust, cutting several slits to permit escape of steam. Bake in hot oven (425°F.) 50 minutes, or until done.

**Blackberry and Apple Pie**

1½ tablespoons Minute Tapioca  
1 cup sugar  
½ teaspoon salt  
2 cups blackberries  
2 cups sliced pared apples  
1 tablespoon lemon juice  
Pastry for 9-inch pie  
2 tablespoons butter

★ Combine Minute Tapioca, sugar, salt, fruits, and lemon juice; let stand about 15 minutes, or while pastry is being made. Line a 9-inch pie pan with pastry rolled ⅛ inch thick. Fill with fruit mixture. Dot with butter. Moisten edge of pastry with cold water. Adjust top crust, cutting several slits to permit escape of steam. Bake in hot oven (425°F.) about 50 minutes.
TART, TANGY, AND PRETTY, TOO, FROM ANY FRUIT YOU LIKE

FRANCES BARTON says:

The **MIRACLE** is—so much from so little and flavors to sing, "It's spring, summer, winter, or fall."

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**Golden Apricot Arabesque**

- $\frac{1}{3}$ cup Minute Tapioca
- 1 cup sugar
- $\frac{1}{4}$ teaspoon salt
- 3 cups apricot juice and water
- 1 cup cooked apricot purée
- $\frac{1}{2}$ cup cream, whipped
- $1\frac{1}{4}$ cups sweetened apricot sauce
- 1 tablespoon lemon juice

Combine Minute Tapioca, sugar, salt, and apricot juice and water in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Add apricot purée. Cool, stirring occasionally. Pour half of pudding (about 2 cups) into parfait glasses. Chill. When remaining pudding is cold, fold in whipped cream and pile lightly on chilled pudding. Pour small amount of apricot sauce over each portion just before serving. Makes 8 to 10 servings.

For apricot juice, purée, and sauce, cook 1 pound (about 3 cups) dried apricots in 4 cups water until tender. Drain and add enough water to juice to make 3 cups. Rub half of apricots through sieve to make 1 cup purée. For the sauce, use remaining apricots; add 1 cup sugar and $\frac{1}{4}$ cup water and cook gently 1 minute. Cool and add lemon juice.

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**Spring Fruit Tapioca**

- $\frac{1}{4}$ cup Minute Tapioca
- 1$\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ teaspoon salt
- 2$\frac{1}{2}$ cups rhubarb, cut in pieces
- 2$\frac{1}{2}$ cups water
- 1 cup shredded pineapple

Combine Minute Tapioca, sugar, salt, rhubarb and water in saucepan. Place over medium heat and cook until the mixture comes to a full boil, stirring constantly. Remove from heat. Cool, stirring occasionally. Add pineapple. Chill. Serve with plain or whipped cream. Makes 8 servings.
Sunbeam Tapioca

1/4 cup Minute Tapioca
3/4 cup sugar
1/2 teaspoon salt
1/2 cup pineapple juice
1 cup water
1/2 cup orange juice
1 1/2 tablespoons lemon juice
1 orange, sections free from membrane and diced
1 cup drained canned pineapple, diced


Chantilly Orange Tapioca

1/4 cup Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt
1/2 cup water
1 cup orange juice
1 teaspoon grated orange rind
1/2 cup cream, whipped

★ Combine Minute Tapioca, sugar, salt, and water in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Add orange juice and rind. Remove from heat. Cool, stirring occasionally. Chill. Then fold in whipped cream. Pile lightly in sherbet glasses. If desired, garnish with very fine 1/4-inch shreds of orange rind, free from all white membrane. Makes 6 servings.

Cranberry Minute Tapioca

2 cups cranberries
1 cup water
1 cup sugar
3 tablespoons Minute Tapioca
1/2 teaspoon salt
1/2 teaspoon grated orange rind

★ Wash cranberries. Place in saucepan, add water, and simmer until all berries have burst open—about 10 minutes. Add sugar and bring to a boil. Remove from heat. Drain cranberries; add enough water to juice to make 2 cups.

Combine Minute Tapioca, salt, and cranberry juice and water in saucepan and mix well. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Add cranberries and orange rind. Cool, stirring occasionally. Chill. Serve with cream, if desired. Makes 6 servings.

Strawberry Minute Tapioca

2 cups sliced or crushed strawberries, sweetened
2 1/2 cups berry juice and water
1/4 cup Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt
2 tablespoons lemon juice

★ Sweeten strawberries to taste and let stand 30 minutes. Drain and add enough water to juice to make 2 1/2 cups. Combine berry juice and water, Minute Tapioca, 1/2 cup sugar, and salt in saucepan and mix well. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Cool, stirring occasionally. Add berries and lemon juice. Chill. Serve with cream, if desired. Makes 6 to 8 servings.

Strawberry Tapioca Flamingo

1 quart strawberries
1 cup sugar
3 cups strawberry juice and water
1/4 cup Minute Tapioca
1/2 teaspoon salt
1/2 cup cream, whipped

★ Hull and slice strawberries, add sugar, and let stand 30 minutes. Drain and add enough water to juice to make 3 cups. Combine berry juice and water, Minute Tapioca, and salt in saucepan and mix well. Place over medium heat and cook
until mixture comes to a full boil, stirring constantly. Remove from heat. Cool, stirring occasionally. Fold drained strawberries into tapioca mixture. Chill. Pour half of mixture into parfait glasses. Fold whipped cream into remaining mixture and pile lightly into parfait glasses to fill. Makes 6 servings.

**Fresh Ginger Pear Tapioca**

- 2 cups water
- ½ cup sugar
- ½ teaspoon salt
- ½ to ¾ teaspoon ginger
- 2 pears, peeled, cored, and diced
- 3 tablespoons Minute Tapioca
- 2 maraschino cherries, diced
- 2 tablespoons cherry juice
- 2 tablespoons lemon juice

★ Combine water, sugar, salt, ginger, and pears in saucepan. Simmer until pears are tender. Drain and add enough water to juice to make 2 cups. Add Minute Tapioca to juice and water and mix well. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Fold in pears, cherries, cherry juice, and lemon juice. Cool, stirring occasionally. Chill. Serve with cream. Makes 6 servings.

**Raspberry Tapioca**

- 1½ cups slightly crushed red raspberries
- 2 cups berry juice and water
- 3 tablespoons Minute Tapioca
- 1 cup sugar
- ½ teaspoon salt
- 1 tablespoon lemon juice
- ½ cup cream, whipped

★ Drain raspberries; add enough water to juice to make 2 cups. Combine juice with Minute Tapioca, sugar, and salt in saucepan and mix well. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Cool, stirring occasionally. Add berries and lemon juice. Pour about two-thirds of mixture into parfait glasses. Fold whipped cream into remaining tapioca mixture and fill glasses. Chill. Garnish with whipped cream and additional berries, if desired. Makes 8 servings.

**Apricot Minute Tapioca**

- ¼ cup Minute Tapioca
- ¾ cup sugar
- ¼ teaspoon salt
- 2¼ cups apricot juice and water
- 1 cup cooked apricot purée
- 1 tablespoon lemon juice

★ Combine Minute Tapioca, sugar, salt, and apricot juice and water in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Add apricot purée and lemon juice. Cool, stirring occasionally. Chill. Serve in sherbet glasses. Makes 6 servings.

For apricot juice and purée, cook ½ pound (about 1½ cups) dried apricots in 2 cups water until tender. Drain and add enough water to juice to make 2½ cups. To make purée, rub the cooked apricots through a sieve.

**Cherry Tapioca**

- ½ cup sugar
- 3 tablespoons Minute Tapioca
- ¼ teaspoon salt
- 2½ cups cherry juice and water
- 1½ cups drained canned* or quick-frozen pitted red sour cherries

★ Combine sugar, Minute Tapioca, salt, and cherry juice and water in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Cool, stirring occasionally. Add cherries. Chill. Turn into sherbet glasses or large serving bowl. Serve plain or with whipped cream. Makes 6 servings.

* Use a No. 2 can of pitted red cherries.
**Baked Apple Ring Tapioca**

\[
\begin{align*}
\frac{1}{4} \text{ cup Minute Tapioca} \\
\frac{1}{3} \text{ to } \frac{1}{2} \text{ cup brown sugar, firmly packed} \\
\frac{1}{2} \text{ teaspoon salt} \\
\frac{1}{8} \text{ teaspoon mace} \\
\frac{1}{2} \text{ teaspoon cinnamon} \\
2 \text{ teaspoons lemon juice} \\
2 \text{ cups water} \\
2 \text{ tart red apples} \\
3 \text{ tablespoons brown sugar} \\
1 \text{ tablespoon softened butter}
\end{align*}
\]

★ Combine Minute Tapioca, \(\frac{1}{3}\) to \(\frac{1}{2}\) cup brown sugar, salt, spices, lemon juice, and water in saucepan and mix well. Bring to a full boil over medium heat, stirring constantly. Remove from heat.

Core unpeeled apples and cut in \(\frac{1}{4}\)-inch rings (makes about 10). Arrange half of rings in greased baking dish. Cover with tapioca mixture.

Add 3 tablespoons brown sugar to butter and mix well. Spread over tops of remaining apple rings. Arrange rings, sugar-side up, on tapioca mixture. Bake in hot oven (400°F.) 30 minutes, or until apples are browned. (If necessary, place under broiler to finish browning.) Serve warm, plain or with cream. Makes 4 to 6 servings.

**Tapioca Indian Pudding**

\[
\begin{align*}
3 \text{ tablespoons Minute Tapioca} \\
4 \text{ cups milk, scalded} \\
1 \text{ egg, well beaten} \\
\frac{1}{4} \text{ cup corn meal} \\
\frac{1}{2} \text{ cup sugar} \\
\frac{1}{2} \text{ cup molasses} \\
\frac{1}{4} \text{ teaspoon salt} \\
\frac{1}{2} \text{ teaspoon vanilla} \\
2 \text{ tablespoons butter}
\end{align*}
\]

★ Add Minute Tapioca to milk in double boiler. Combine egg, corn meal, sugar, molasses, and salt. Add to tapioca mixture and cook 2 minutes, stirring constantly. Add vanilla and butter. Pour into greased 1½-quart baking dish and bake in slow oven (300°F.) about 1 hour. (Pudding will whey.) Serve warm with cream or ice cream. Makes 8 to 10 servings.
Deep-dish Apple Tapioca

3 cups hot water
1 to 2 tablespoons lemon juice
2½ cups sliced tart apples
½ cup Minute Tapioca
1 cup brown sugar, firmly packed
¾ teaspoon salt
¼ teaspoon mace
3 tablespoons butter

★ Add water and lemon juice to apples in greased 2-quart baking dish. Bake, covered, in moderate oven (375°F.) 15 minutes, or until apples are partially cooked. Add remaining ingredients, mixing thoroughly. Continue baking, uncovered, 30 minutes, stirring well after 5 minutes, then every 10 minutes, and again when removing from oven. Serve warm with a brown-sugar hard sauce or whipped cream. Makes 6 servings.

Chocolate Tapioca Soufflé

½ cup Minute Tapioca
½ cup sugar
¼ teaspoon salt
2 squares Baker’s Unsweetened Chocolate, cut in pieces
2 cups milk
2 tablespoons butter
3 egg yolks, beaten until thick and lemon-colored
¼ teaspoon vanilla
3 egg whites, stiffly beaten

★ Combine Minute Tapioca, sugar, salt, chocolate, and milk in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Add butter. Cool slightly while beating eggs. Add egg yolks and vanilla and mix well. Add very gradually to egg whites, folding in thoroughly. Pour into greased 2-quart baking dish. Place in pan of hot water and bake in moderate oven (350°F.) 50 minutes, or until soufflé is firm. Serve hot with plain or whipped cream, or top with Baker’s Shredded Coconut. Makes 6 to 8 servings.

Plum Puff Pudding

3 tablespoons Minute Tapioca
½ teaspoon salt
¼ teaspoon cinnamon
1 cup drained pitted canned plums
1½ cups plum juice
½ cup water
1 tablespoon butter
1 tablespoon lemon juice
½ cup sifted Swans Down Cake Flour
2 eggs
¼ teaspoon cream of tartar
½ teaspoon salt
6 tablespoons sugar

★ Combine Minute Tapioca, salt, cinnamon, plums, plum juice, water, and butter in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat and add lemon juice. Pour into greased 2-quart baking dish and keep hot.

Sift flour once and measure. Beat eggs with cream of tartar and salt until very thick and lemon-colored, adding sugar gradually. Add flour all at once and stir until smooth. Turn out over tapioca-fruit mixture. Bake in slow oven (325°F.) 50 minutes, or until cake is baked. Serve warm. Makes 8 servings.

Peach Puff Pudding

★ Use recipe for Plum Puff Pudding above, substituting 1½ cups drained canned sliced peaches and 2 cups peach juice and water for plums, plum juice, and water. Add ¼ cup sugar before heating.

Blueberry Puff Pudding

★ Prepare the following fruit mixture and substitute for plum mixture in recipe for Plum Puff Pudding (above): 3 tablespoons Minute Tapioca, ¼ cup granulated sugar or firmly packed brown sugar, ½ teaspoon salt, 2 cups fresh blueberries, 2 cups sliced apples, 1 cup water, 1 tablespoon butter, and 2 tablespoons lemon juice. Proceed as directed above.
Chocolate Meringue Tapioca

3 egg yolks
4 cups milk
¼ cup Minute Tapioca
½ cup sugar
2 squares Baker’s Unsweetened Chocolate
¼ teaspoon salt
1 teaspoon vanilla
3 egg whites
6 tablespoons sugar
½ cup Baker’s Shredded Coconut

*Mix egg yolks with a small amount of the milk in saucepan. Add Minute Tapioca, ½ cup sugar, chocolate, salt, and remaining milk. Bring to a boil, stirring constantly. Add vanilla. Turn into greased 1½-quart baking dish.

Beat egg whites until foamy throughout. Add 6 tablespoons sugar, 1 tablespoon at a time, and continue beating with rotary egg beater until mixture will stand in soft peaks. Pile lightly on pudding. Sprinkle with coconut. Bake in moderate oven (350°F.) 15 minutes. Serves 8.

Pineapple Sponge Pudding

½ cup Minute Tapioca
½ cup sugar
½ teaspoon salt
¾ cup milk
6 tablespoons butter
¾ cup canned pineapple juice
¼ cup lemon juice
¾ teaspoon grated lemon rind
¼ cup canned crushed pineapple
3 egg yolks, beaten until thick
3 egg whites, stiffly beaten

*Combine Minute Tapioca, sugar, salt, and milk in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Add butter, pineapple juice, lemon juice, lemon rind, and pineapple. Cool slightly while beating eggs. Add egg yolks and mix well. Add very gradually to egg whites, folding in thoroughly. Turn into 2-quart greased baking dish. Place in pan of hot water and bake in moderate oven (350°F.) 1 hour, or until pudding is firm. Makes 6 to 8 servings.

Prune Sponge Pudding

*Combine ¼ cup Minute Tapioca, ¼ cup sugar, ½ teaspoon salt, and ½ cups prune juice and water. Bring to a boil over medium heat. Add 1 tablespoon butter, ½ tablespoons lemon juice, ½ teaspoon grated lemon rind, and 1 cup finely cut cooked sweetened prunes. Cool. Separate 3 eggs and beat as for Pineapple Sponge Pudding. Proceed as directed.

Peach Cobbler

3 tablespoons Minute Tapioca
3/4 cup sugar
¼ teaspoon salt
¼ teaspoon nutmeg
3 1/2 cups (No. 2 1/2 can) canned sliced peaches, and juice
2 tablespoons lemon juice
¼ teaspoon grated lemon rind
2 tablespoons butter
1 1/2 cups sifted flour
1 1/2 teaspoons Calumet Baking Powder
½ teaspoon salt
6 tablespoons shortening
½ cup milk (about)

*In an 11x7x2-inch baking pan, combine Minute Tapioca, sugar, salt, nutmeg, peaches, fruit juices, and lemon rind; dot with butter. Let stand 15 minutes.

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually, stirring until soft dough is formed. Turn out on lightly floured board and knead 30 seconds, or enough to shape. Roll dough about ¼ inch thick to fit top of pan and cut with several slits to permit escape of steam. Roll over rolling pin and lift onto pan; then unroll and fit over peaches, pressing dough against pan to seal. Flute edges. Bake in hot oven (425°F.) 30 minutes, or until done. Makes 8 servings.
Savory Soups

"MY, OH MY! MUST BE THERE'S A CHEF IN THE HOUSE!"

FRANCES BARTON says:

The MIRACLE is—
a blending of flavors, a richness of stock that taste mighty expert.

Duchess Soup

2 tablespoons minced onion
2 tablespoons butter
2 tablespoons Minute Tapioca
1 1/4 teaspoons salt
1/2 teaspoon pepper
4 cups milk
1/2 cup grated American cheese
2 tablespoons chopped parsley

★ Sauté onion in butter in saucepan until tender. Add Minute Tapioca, salt, pepper, and milk. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat, add cheese and parsley, and stir until cheese is melted. Makes 4 to 6 servings.

Corn Soup

★ Cook 1 1/2 cups canned corn in 1 cup meat broth (or 1 cup water and 2 bouillon cubes) 10 minutes; force through sieve. Combine with 2 1/2 cups rich milk, 1 1/2 tablespoons Minute Tapioca, 1 teaspoon salt, 1/4 teaspoon sugar, and 1/2 teaspoon minced onion. Bring to a boil over medium heat, stirring constantly. Add 1 1/2 tablespoons butter. Garnish with popcorn or chopped parsley. Makes 4 to 6 servings.

Tomato Bisque

2 tablespoons Minute Tapioca
1 tablespoon sugar
2 teaspoons salt
1/2 teaspoon pepper
1 cup milk
1 cup water
1/2 cup light cream
2 1/2 cups strained canned tomatoes
(pulp and juice)
3 tablespoons butter

★ Combine Minute Tapioca, sugar, salt, pepper, milk, water, and cream in saucepan and mix well. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Bring tomatoes to a boil. Add butter and pour slowly into tapioca mixture, stirring constantly. Beat with rotary egg beater until blended. Serve at once. Makes 5 or 6 servings.
**Cheese Soufflé**

<table>
<thead>
<tr>
<th>3 tablespoons Minute Tapioca</th>
<th>1 teaspoon salt</th>
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<tr>
<td>1 cup milk</td>
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<tr>
<td>¾ cup grated American cheese</td>
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<tr>
<td>3 egg yolks, beaten until thick and lemon-colored</td>
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<tr>
<td>3 egg whites, stiffly beaten</td>
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★ Combine Minute Tapioca, salt, and milk in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Add cheese and stir until melted. Cool slightly while beating eggs. Add egg yolks and mix well. Add very gradually to egg whites, folding in thoroughly.

Turn into greased 1½-quart baking dish. Place in pan of hot water and bake in moderate oven (350°F.) 50 minutes, or until soufflé is firm. Makes 4 or 5 servings.

This soufflé may be baked in greased ramekins in moderate oven (350°F.) 30 minutes, or until it becomes firm.

**Ham Soufflé**

<table>
<thead>
<tr>
<th>6 tablespoons Minute Tapioca</th>
<th>¼ teaspoon salt</th>
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<tbody>
<tr>
<td>½ teaspoon pepper</td>
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<tr>
<td>2 teaspoons grated onion</td>
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<tr>
<td>¾ cup milk</td>
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<tr>
<td>¾ cup ham or chicken stock, or</td>
<td>¾ cup water and 2 bouillon cubes</td>
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<tr>
<td>1 cup ground cooked ham</td>
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<tr>
<td>2 tablespoons chopped parsley</td>
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<tr>
<td>3 egg yolks, beaten until thick</td>
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<tr>
<td>3 egg whites, stiffly beaten</td>
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</tbody>
</table>

★ Combine Minute Tapioca, salt, pepper, onion, milk, and stock in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat. Add ham and parsley. Cool slightly while beating eggs. Add egg yolks and mix well. Add gradually to egg whites, folding in thoroughly.

Turn into greased 2- quart baking dish. Place in pan of hot water. Bake in moderate oven (350°F.) 1 hour, or until soufflé is firm. Makes 6 servings.
Tuna and Celery Soufflé

- 6 tablespoons Minute Tapioca
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1 tablespoon grated onion
- 1 cup chopped celery
- 1 1/2 cups milk
- 1 1/4 cups (7-ounce can) flaked tuna fish
- 1 to 2 tablespoons chopped pimento
- 3 egg yolks, beaten until thick and lemon-colored
- 3 egg whites, stiffly beaten

Combine Minute Tapioca, salt, pepper, onion, celery, and milk in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat and add fish and pimento. Cool slightly while beating eggs. Add egg yolks and mix well. Add very gradually to the egg whites, folding in thoroughly.

Turn into greased 2-quart baking dish. Place in pan of hot water, and bake in moderate oven (350°F.) 1 hour, or until soufflé is firm. Serve plain, with crisp bacon, or with rich white sauce or savory cheese sauce. Makes 6 servings.

Vegetable Soufflé

- 1 tablespoon minced onion
- 1 tablespoon minced green pepper
- 2 tablespoons butter
- 3 tablespoons Minute Tapioca
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup finely cut celery
- 1 cup milk
- 1/2 cup cooked peas
- 1/2 cup cooked diced carrots
- 3 egg yolks, beaten until thick and lemon-colored
- 3 egg whites, stiffly beaten

Sauté onion and green pepper in butter in saucepan until tender but not browned. Add Minute Tapioca, salt, pepper, celery, and milk. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Remove from heat and add peas and carrots. Cool slightly while beating eggs. Add egg yolks and mix well. Add very gradually to the egg whites, folding in thoroughly.

Turn into greased 2-quart baking dish. Place in pan of hot water, and bake in moderate oven (350°F.) 1 hour, or until soufflé is firm. Serve plain, with crisp bacon, or with rich white sauce or savory cheese sauce. Makes 6 servings.

Spanish Omelet

- 2 tablespoons Minute Tapioca
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup milk
- 1 tablespoon butter
- 4 egg yolks, beaten until thick and lemon-colored
- 4 egg whites, stiffly beaten

Combine Minute Tapioca, salt, pepper, and milk in saucepan. Place over medium heat and cook until mixture comes to a full boil, stirring constantly. Add butter. Cool slightly while beating eggs. Add egg yolks and mix well. Add very gradually to egg whites, folding in thoroughly.

Turn into hot, buttered, 10-inch skillet. Cook over low heat 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. Turn out on hot platter; place Spanish Sauce between folded layers and around omelet. Serve at once. Makes 6 servings.

Spanish Sauce

- Melt 6 tablespoons butter in saucepan. Add 1/4 cup each chopped onions and green peppers and sauté until onions are golden brown. Add 1 teaspoon salt, 2 teaspoons sugar, dash of cayenne, 1 cup sliced canned mushrooms, and 2 cups canned tomatoes. Cook over medium heat 15 minutes, or until mushrooms and peppers are tender.
Lamb en Casserole

1 pound boned lamb shoulder, cut in 1-inch pieces
1/2 cup sliced onions
1 tablespoon fat
2 1/2 cups hot water
1 bay leaf
2 teaspoons salt
1/2 teaspoon pepper
1 cup finely diced carrots
1 cup finely diced potatoes
2 cups canned tomatoes
2 tablespoons Minute Tapioca
9 unbaked baking powder biscuits, rolled 1/4 inch thick

Brown lamb and onions in fat in heavy saucepan or skillet. Add water and bay leaf. Cover and simmer 30 minutes, or until meat is almost tender. Add salt and pepper. Then add vegetables and continue cooking 30 minutes longer, or until vegetables and meat are done. Remove bay leaf. Add Minute Tapioca gradually to meat mixture and mix well.

Measure into 2-quart baking dish, adding water if necessary to make 6 1/2 cups mixture. Bake in hot oven (450°F.) 5 minutes. Then stir well and bake 5 minutes longer. Place biscuits on top of meat mixture and continue baking 12 minutes, or until biscuits are browned. Makes 6 to 8 servings.

Chicken Pie

1 cup sliced mushrooms
2 tablespoons butter
2 tablespoons Minute Tapioca
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon paprika
1/2 cup top milk or light cream
1 1/2 cups chicken stock
1 1/2 cups diced cooked chicken
1 cup cooked or canned peas
6 cooked white onions
Pastry

Sauté mushrooms in butter over low heat 5 minutes. Combine Minute Tapi-
oca, salt, pepper, paprika, top milk, and chicken stock in saucepan. Place over medium heat and cook until mixture comes to a boil, stirring constantly. Remove from heat. Add mushrooms, chicken, peas, and onions. Pour into greased 1 1/2-quart baking dish.

Roll pastry 1/8 inch thick to fit baking dish. Place over chicken mixture, pressing dough against edge of dish to seal. With sharp knife, make slits to permit escape of steam. Bake in hot oven (425°F.) 12 to 15 minutes. Makes 6 servings.

**Savory Meat Loaf**

1 1/2 tablespoons diced salt pork or bacon
1/4 cup finely chopped onion
2 pounds round beef, ground
1/2 cup Minute Tapioca
3 1/2 teaspoons salt
1/4 teaspoon pepper
1 1/2 cups crushed canned tomatoes

★ Fry salt pork or bacon until crisp; add onion and cook until golden brown. Add to other ingredients and mix thoroughly. Pack into 10x5x3-inch loaf pan. Bake in moderate oven (350°F.) 1 hour, or until done. Serve hot or cold. Garnish with parsley. Makes 8 to 12 servings.

*Note:* If desired, add 1/2 cup cooked peas to above ingredients.

**Hawaiian Meat Loaf**

1 pound ground veal
1 cup ground cooked ham, packed
2 tablespoons Minute Tapioca
1 teaspoon salt
1/2 cup canned crushed pineapple, drained
1/2 cup pineapple juice
2 tablespoons brown sugar

★ Combine ground veal, ham, Minute Tapioca, salt, crushed pineapple, and pineapple juice. Mix well. Shape into loaf on baking sheet. Sprinkle top with brown sugar. Bake in moderate oven (350°F.) 1 hour. Makes 6 servings.

**Veal Stew**

1 pound boned veal shoulder, cut in 1-inch cubes
1 tablespoon fat
2 cups hot water
6 peeled small white onions
4 pared potatoes
1 cup cut green beans
1/2 cup chopped celery
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 1/2 tablespoons Minute Tapioca

★ Brown veal in fat in heavy saucepan or skillet. Add 2 cups water, cover, and simmer 30 minutes, or until meat is almost tender. Add onions, potatoes, beans, celery, salt, and pepper and simmer 30 minutes longer, or until meat and vegetables are tender. Pour off stock, measure, and add enough water to make 2 cups. Return stock to meat mixture. Add Minute Tapioca, mix well, and bring to a boil, stirring constantly. Then boil briskly 1 minute. Makes 4 servings.

**Scalloped Ham and Cabbage**

4 cups coarsely shredded cabbage
3 tablespoons Minute Tapioca
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
2 cups milk
2 tablespoons butter
1 1/4 cups (1/2 pound) chopped cooked ham
1/2 cup fine bread crumbs, buttered

★ Cook cabbage in boiling salted water 2 minutes; drain. Combine Minute Tapioca, salt, pepper, paprika, and milk in saucepan. Place over medium heat and cook until mixture comes to a boil, stirring constantly. Remove from heat. Add butter, cabbage, and ham and mix well. Turn into greased 1 1/2-quart baking dish. Cover with crumbs. Bake in moderate oven (350°F.) 20 minutes, or until crumbs are browned. Makes 4 to 6 servings.
Medley of Vegetables

4 tablespoons butter
1 1/2 cups sliced onions
2 cups celery, cut in thin strips
1 1/2 cups carrots, cut in thin strips
2 cups sliced green peppers, cut in thin strips
3/4 cup string beans, cut in thin strips
2 1/2 teaspoons salt
1/4 teaspoon pepper
1 1/2 cups mushrooms, sliced lengthwise
2 cups canned tomatoes
2 tablespoons Minute Tapioca

Melt butter in saucepan. Add onions, celery, carrots, string beans, green peppers, and seasonings and cook 10 minutes, stirring frequently. Add mushrooms and tomatoes and simmer 20 minutes, or until vegetables are tender. Then add Minute Tapioca and cook 5 minutes longer, stirring occasionally. Serve with crisp bacon or grilled frankfurters, if desired. Makes 6 servings.

Chop Suey

1/2 pound lean pork (shoulder)
2 tablespoons fat
3 cups beef stock, or 3 cups hot water and 3 bouillon cubes
1 1/4 teaspoons salt
3/4 teaspoon Worcestershire sauce
1 cup (1/4 pound) sliced mushrooms
1 1/2 cups thinly sliced celery
1/2 cup chopped celery leaves
1 cup thinly sliced onions
1/3 cup thinly sliced green pepper
3 tablespoons Minute Tapioca

Cut pork in small pieces and brown in fat in heavy saucepan. Add half of stock, cover, and simmer until meat is tender. Then add remaining stock, seasonings, and vegetables, and simmer 20 minutes longer, or until vegetables are tender, but still crisp. Pour off stock, measure, and add water to make 2 1/4 cups. Return stock to meat mixture. Add Minute Tapioca, mix well, and bring slowly to a boil, stirring constantly. Serve hot with rice or noodles. Makes 4 to 6 servings.

Casserole of Salmon

1 cup (8-ounce can) salmon
1 1/4 cups salmon liquid and milk
2 tablespoons Minute Tapioca
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon paprika
1 cup finely chopped celery
1 tablespoon minced onion
1 tablespoon melted butter
6 to 8 unbaked baking powder biscuits, rolled 1/4 inch thick

Drain salmon; add milk to liquid to make 1/4 cups. Flake salmon. Add Minute Tapioca, seasonings, celery, onion, butter, and salmon liquid and milk. Pour into greased 1/2-quart baking dish and bake in hot oven (425°F.) 5 minutes. Then stir well and bake 5 minutes longer. Stir again. Place biscuits on top of salmon mixture and continue baking 12 minutes, or until biscuits are browned. Makes 4 servings.

Flaked Fish Casserole

2 egg yolks
2 cups milk
2 tablespoons Minute Tapioca
1/2 teaspoons salt
Dash of pepper
1/2 cup finely cut celery
1 1/2 teaspoons scraped onion
2 cups flaked cooked fish
2 tablespoons chopped parsley
2 egg whites, stiffly beaten
1/2 cup bread crumbs, buttered

Mix egg yolks with a small amount of the milk in saucepan. Add remaining milk, Minute Tapioca, salt, pepper, celery, and onion and mix well. Place over medium heat and cook until mixture comes to a boil, stirring constantly. Remove from heat. Add fish and parsley. Add very gradually to beaten egg whites, folding in thoroughly. Turn into greased 2-quart baking dish. Cover with crumbs. Bake in moderate oven (350°F.) 50 minutes, or until browned. Makes 6 to 8 servings.
Here’s the magic key to all the delicious dishes in this book. It’s Minute Tapioca, easy to buy and easy to use. This is quality, quick-cooking tapioca processed under American standards for American homes. Keep a package always handy to make miracle dishes for your meals.