The Special Talents of Tapioca

Tapioca. You know it's terrific in a pudding... and it makes luscious fruit pies. But tapioca has many other special talents as well. Did you know about all the other marvelous dishes tapioca can make? The way it works wonders with eggs, keeping omelets and soufflés light and fluffy, just as you like them? Did you know about the superb soups it can make... and the extra-easy entrees? That's what this book is all about—the many special talents of tapioca in turning out everything from soups to desserts.

As a thickener, tapioca works its own kind of magic—thickens subtly, without affecting the taste or color. Fruits and entree sauces stay clear and fresh-colored, with full, fresh flavor.

To substitute for cornstarch, use the same amount. When substituting for flour, use \( \frac{2}{3} \) as much tapioca as flour in soups or white sauces, \( \frac{3}{4} \) as much tapioca as flour in puddings and fruit pies, and the same amount as flour in soufflés. It needs no special handling; just mix the tapioca with the liquid, let stand about 5 minutes, then cook.

As an allergy aid, tapioca makes a great stand-in for wheat flour and corn for those who have allergies to those ingredients. Use it as a thickener, as suggested above. And, use tapioca instead of bread or cracker crumbs, to keep meat loaves or meatballs moist and flavorful.
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Puddings: Plain and Fancy

Here's favorite tapioca pudding—a classic as is, or putting on party airs with just a few easy additions.
Fluffy Tapioca Pudding

3 tablespoons Minute tapioca
1/8 teaspoon salt
3 tablespoons sugar
2 cups milk
1 egg yolk
1 egg white
2 tablespoons sugar
3/4 teaspoon vanilla

Mix tapioca, salt, 3 tablespoons sugar, milk and egg yolk in saucepan and let stand 5 minutes. Meanwhile, beat egg white until foamy. Gradually beat in 2 tablespoons sugar and continue beating until mixture will form soft rounded peaks. Set aside.

Cook tapioca mixture over medium heat, stirring constantly until mixture comes to a full boil, 6 to 8 minutes. (Pudding thickens as it cools.) Gradually add to the egg white mixture, stirring quickly just until blended. Stir in vanilla. Cool 20 minutes and stir. Serve warm or chilled. Makes about 2 1/2 cups or 5 servings.

Chocolate Tapioca Cream: Prepare Fluffy Tapioca Pudding as directed, increasing sugar in tapioca mixture to 1/3 cup and adding 1 square Baker's unsweetened chocolate to the tapioca mixture before cooking.

Peppermint Surprise: Prepare Fluffy Tapioca Pudding as directed, folding in 2 tablespoons crushed peppermint candy after cooling 20 minutes.

Pineapple Pudding: Prepare Fluffy Tapioca Pudding as directed, folding in 1 can (8 1/4 oz.) sliced pineapple in syrup, drained and diced (reserve some for garnish) and 1/3 cup Baker's Angel Flake coconut after cooling 20 minutes. Garnish with reserved pineapple and additional coconut, if desired. Makes 6 servings.

Marmalade Pudding: Prepare Fluffy Tapioca Pudding as directed, folding in 1/4 cup orange marmalade with the vanilla. Chill. Serve garnished with additional marmalade, if desired.

Peanut Crunch Pudding: Prepare Fluffy Tapioca Cream as directed, folding in 1/4 cup crushed peanut brittle after cooling 20 minutes.

Fruit Juice Tapioca Pudding

1/2 cup sugar*
1/4 cup Minute tapioca
Dash of salt
2 cups grape juice*
1/2 cup water*

*Or use 2 1/2 cups reconstituted frozen concentrated orange juice or 2 1/2 cups apple juice and 1/3 cup sugar or 2 1/2 cups reconstituted frozen tangerine juice and 1/4 cup sugar.

Combine sugar, tapioca and salt in saucepan. Add grape juice and water and let stand 5 minutes. Cook and stir over medium heat until mixture comes to a boil. (Pudding thickens as it cools.) Remove from heat. Cool 20 minutes and stir. Serve warm or chilled. Makes about 2 1/2 cups or 5 servings.
Cherry Cobbler

2 cans (16 oz. each) water-packed pitted red sour cherries
1 to 1¼ cups sugar*
¼ cup Minute tapioca
¼ teaspoon salt
2 tablespoons butter or margarine
¼ cup water
1 cup biscuit mix

*Or use syrup-packed cherries and reduce sugar to ¾ cup.

Drain cherries, reserving 1½ cups liquid. Combine sugar, tapioca and salt in saucepan. Add cherries and measured liquid and let stand 5 minutes. Bring just to a boil over medium heat, stirring constantly. Pour into greased 9-inch square pan or 2-quart baking dish and dot with butter. Stir water into biscuit mix and drop from teaspoon onto hot cherry mixture. Bake at 425° for 20 to 25 minutes, until biscuits are browned. Serve warm with cream, if desired. Makes 8 servings.
Desserts: Hot and Scrumptious

A welcome treat, hot desserts like these, fresh from the oven and deliciously fruity.

Apple Honey Tapioca

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 to 4 medium tart apples, peeled and cut into eighths (about 3 cups)</td>
<td>1</td>
</tr>
<tr>
<td>¾ cup honey</td>
<td>1</td>
</tr>
<tr>
<td>3 tablespoons butter or margarine</td>
<td>1</td>
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<tr>
<td>1 tablespoon lemon juice</td>
<td>1</td>
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<tr>
<td>1 teaspoon grated lemon rind</td>
<td>1</td>
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<tr>
<td>½ teaspoon salt</td>
<td>1</td>
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<tr>
<td>½ teaspoon cinnamon</td>
<td>1</td>
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<tr>
<td>¼ teaspoon nutmeg</td>
<td>1</td>
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<tr>
<td>2 ½ cups water</td>
<td>1</td>
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<tr>
<td>½ cup Minute tapioca</td>
<td>1</td>
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Combine apples, honey, butter, lemon juice, lemon rind, salt and spices in large skillet. Cover and simmer over medium heat until apples are just tender, basting occasionally. Place apples in serving dish. Add water and tapioca to mixture in skillet and let stand 5 minutes. Cook and stir over medium heat until mixture comes to a boil. Pour over apples. Let stand 20 minutes, then stir. Serve warm. Makes about 5 cups or 8 to 10 servings.

Blueberry Pudding-Cake

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>⅓ cup granulated sugar</td>
<td>1</td>
</tr>
<tr>
<td>⅓ cup firmly packed brown sugar</td>
<td>1</td>
</tr>
<tr>
<td>2 tablespoons Minute tapioca</td>
<td>1</td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td>1</td>
</tr>
<tr>
<td>⅔ cup water</td>
<td>1</td>
</tr>
<tr>
<td>2 tablespoons lemon juice</td>
<td>1</td>
</tr>
<tr>
<td>1 tablespoon butter or margarine</td>
<td>1</td>
</tr>
<tr>
<td>2 cups fresh blueberries</td>
<td>1</td>
</tr>
<tr>
<td>⅛ cups sifted cake flour</td>
<td>1</td>
</tr>
<tr>
<td>2 teaspoons Calumet baking powder</td>
<td>1</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td>1</td>
</tr>
<tr>
<td>3 tablespoons butter or margarine</td>
<td>1</td>
</tr>
<tr>
<td>⅓ cup granulated sugar</td>
<td>1</td>
</tr>
<tr>
<td>⅔ cup milk</td>
<td>1</td>
</tr>
<tr>
<td>½ teaspoon vanilla</td>
<td>1</td>
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</tbody>
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Combine ⅓ cup granulated sugar, the brown sugar, tapioca and ¼ teaspoon salt in saucepan. Add water and let stand 5 minutes. Cook and stir over medium heat until mixture comes to a full boil. Add lemon juice, 1 tablespoon butter and the blueberries. Let stand 15 minutes. Stir and pour into greased 1½-quart baking dish or 8-inch square pan.

Meanwhile, sift flour with baking powder and ½ teaspoon salt. Cream 3 tablespoons butter. Gradually add ⅓ cup granulated sugar, beating well. Add flour mixture alternately with milk, beating after each addition until smooth. Add vanilla. Spoon batter over tapioca mixture. Bake at 375° for 50 minutes, or until tester inserted in center comes out clean. Serve warm. Makes 8 to 10 servings.
Fabulous Fruit Flummerries

Fruit plus tapioca makes a refreshing dessert. What could be simpler... or more delicious?
Fresh Fruit Flummery

5 ripe pears or medium apples*  1 cup sugar
1 1/2 cups water*

*Or use 1 small ripe pineapple, peeled, cored and chopped and 1 1/2 cups water. Or use 2 pounds ripe peaches, peeled, cut into quarters and crushed in bowl, one layer at a time; reduce water to 1 cup.

Peel and core fruit; cut in pieces and finely chop. Combine fruit, water, sugar and tapioca in saucepan and let stand 5 minutes. Bring to a full boil, stirring constantly. Remove from heat. Pour into bowl or individual dessert dishes and cover surface with plastic wrap. Chill 3 hours. Garnish with whipped topping and additional fruit slices, if desired. Makes about 4 cups or 8 servings.

Berry Flummery

2 pints strawberries*  1 cup sugar
1 cup water  1/4 cup Minute tapioca

*Or use 2 boxes (8 oz.) raspberries or 2 pints blueberries.

Stem and crush strawberries, one layer at a time, in bowl. Combine strawberries, water, sugar and tapioca in saucepan and let stand 5 minutes. Bring to a full boil, stirring constantly. Remove from heat. Pour into bowl and cover surface with plastic wrap. Chill 3 hours. Garnish with whipped topping and fruit, if desired. Makes 4 cups or 8 servings strawberry or raspberry or 5 cups or 10 servings blueberry.

Note: Berries may be pureed, one third at a time, in blender or food processor.

Canned Fruit Flummery

2 cans (16 oz. each) sliced peaches*  1/2 cup sugar
1 cup water*  1/4 cup Minute tapioca

*Or use 2 cans (16 oz. each) pear halves and eliminate water.

Reserve a few peach slices for garnish. Mash remaining peaches in saucepan. Add water, sugar and tapioca and let stand 5 minutes. Bring to a boil, stirring constantly. Remove from heat. Pour into bowl or individual dessert dishes and cover surface with plastic wrap. Chill 3 hours. Garnish with whipped topping and reserved fruit, if desired. Makes 4 1/2 cups or 8 or 9 servings.

Note: Peaches may be pureed, one third at a time, in blender or food processor.
Desserts: Special for Company

For a special occasion, turn to tapioca for these memorable desserts.

Peach Kuchen

\[
\begin{align*}
\text{1} & \text{ cup butter or margarine} \\
\text{1} & \text{ cup sugar} \\
\text{1} & \text{ egg} \\
\text{1} & \text{ teaspoon grated lemon rind} \\
\text{1} & \text{3 cups all-purpose flour} \\
\text{1} & \text{ tablespoon Minute tapioca} \\
\text{1 can (29 oz.) sliced peaches, drained*} \\
\text{1 tablespoon lemon juice*} \\
\text{1 tablespoon butter or margarine, softened} \\
\text{1/2 cup peach or apricot jam or crab apple jelly} \\
\end{align*}
\]

*Or use 2 packages (10 oz. each) Birds Eye quick thaw mixed fruit, thawed and drained, and omit lemon juice.

Cream 1/2 cup butter. Gradually beat in sugar and continue beating until mixture is very smooth. Add egg and lemon rind and mix well. Blend in flour. Spread dough evenly in greased 9-inch layer, flan or springform pan. Chill 30 minutes, then bake at 375° for about 20 minutes, or until edges brown slightly and pull away from sides of pan. Remove from oven and sprinkle tapioca evenly over dough. Arrange peaches in pan, sprinkle with lemon juice and dot with 1 tablespoon butter. Return to oven and bake 10 minutes longer.

Meanwhile, heat jam until melted. Spread jam over peaches and bake 10 minutes, or until peaches are well glazed. Serve warm or cool with whipped topping if desired.

Note: Kuchen may be stored in refrigerator a few hours or overnight; reheat before serving.

Molded Tapioca Cream

\[
\begin{align*}
\text{3} & \text{ tablespoons Minute tapioca} \\
\text{3} & \text{ tablespoons sugar} \\
\text{1} & \text{ teaspoon unflavored gelatin} \\
\text{1} & \text{ teaspoon salt} \\
\text{2} & \text{ cups milk} \\
\text{1} & \text{ egg yolk} \\
\text{1} & \text{ egg white} \\
\text{2} & \text{ tablespoons sugar} \\
\text{3} & \text{4 teaspoon vanilla} \\
\end{align*}
\]

Mix tapioca, 3 tablespoons sugar, the gelatin and salt in saucepan. Add milk and egg yolk, blend well and let stand 5 minutes. Meanwhile, beat egg white until foamy throughout. Gradually beat in 2 tablespoons sugar and continue beating until mixture forms soft rounded peaks. Set aside.

Cook tapioca mixture over medium heat, stirring constantly, until mixture comes to a full boil, 6 to 8 minutes. (Pudding thickens as it cools.) Gradually add to egg white mixture, stirring quickly just until blended. Add vanilla and cool 20 minutes. Stir to blend and pour into 4-cup mold. Chill until firm, about 4 hours. Unmold and serve with fruit or a sauce. Makes 3 1/4 cups or 6 servings.
Deep-Dish Apple Pie

3 tablespoons Minute tapioca
3/4 cup granulated sugar
1/2 cup firmly packed brown sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon salt
10 cups thinly sliced peeled fresh apples
1/3 cup raisins
1/2 cup water
2 tablespoons butter or margarine
Pastry for one-crust 8-inch pie (page 17)
1 egg yolk (optional)
1 teaspoon water (optional)

Combine tapioca, sugars, spices, salt, apples, raisins and 1/2 cup water in 2-quart shallow baking dish. Dot with butter and let stand 15 minutes. Meanwhile, roll pastry 1/8 inch thick. Cut several slits or a design near center. Fold pastry in half or roll loosely on rolling pin and center on filling. Open slits to permit escape of steam. Trim pastry, letting it extend 1/2 inch over rim. Fold pastry over edge of dish and press to rim. Combine egg yolk and 1 teaspoon water and brush over crust. Bake at 425° for 45 minutes, or until syrup boils with heavy bubbles that do not burst. Serve warm.
Pies: Fresh and Fruity

Capture the incomparable freshness of the season's fruit in glorious pies—rich, juicy and unforgettable.

Fresh Berry Pie

| 1¼ cups sugar | 1 tablespoon lemon juice (optional) |
| 2½ tablespoons Minute tapioca* | Pastry for two-crust |
| ¼ teaspoon salt | 9-inch pie (page 17) |
| 4 cups fresh red or black raspberries* | 1 tablespoon butter or margarine |

*Or use 4 cups fresh blackberries and 3 tablespoons Minute tapioca.

Combine sugar, tapioca and salt in bowl. Add berries and lemon juice and let stand about 15 minutes. Roll half of pastry very thin (less than ⅛ inch thick). Line a 9-inch pie pan and trim pastry at edge. Roll remaining pastry very thin. Cut several slits or a design near center. Pour fruit mixture into bottom crust and dot with butter. Moisten edge of bottom crust. Fold pastry in half or roll loosely on rolling pin and center on filling. Open slits to permit escape of steam. Trim top crust, letting it extend ½ inch over rim. Press top and bottom crusts together on rim, then fold edge of top crust under bottom crust and flute. Bake at 425° for 55 minutes, or until syrup boils with heavy bubbles that do not burst.

Fresh Peach Crumb Pie

| 3 tablespoons Minute tapioca | 2 tablespoons lemon juice |
| ½ cup sugar | 1 unbaked 9-inch pie shell (page 17) |
| ¼ teaspoon salt | Crumb Topping |
| 4 cups sliced fresh peaches | |

Combine tapioca, sugar, salt, peaches and lemon juice in bowl and let stand about 15 minutes. Pour peach mixture into pie shell and sprinkle with Crumb Topping. Bake at 425° for 45 to 50 minutes or until syrup boils with heavy bubbles that do not burst.

Crumb Topping: Combine ½ cup firmly packed brown sugar, ¼ cup all-purpose flour, ½ teaspoon cinnamon and 2 tablespoons softened butter or margarine in bowl. Mix with pastry blender or fork until crumbs are the size of large peas. Makes about 1 ¼ cups.
Blueberry Crisscross Pie

1 cup and 2 tablespoons sugar
4 tablespoons Minute tapioca
\(\frac{1}{4}\) teaspoon salt
\(\frac{1}{8}\) teaspoon cinnamon (optional)
4 cups unsweetened frozen blueberries*

1\(\frac{1}{2}\) tablespoons lemon juice
Pastry for two-crust
9-inch pie (page 17)
1 tablespoon butter or margarine

*Or use unsweetened fresh blueberries.

Combine sugar, tapioca, salt, cinnamon, blueberries and lemon juice and let stand 15 minutes. Roll out half the pastry very thin (less than \(\frac{1}{8}\) inch thick). Line a 9-inch pie pan and trim pastry at edge. Roll out remaining pastry very thin and cut into \(\frac{1}{2}\)-inch strips. Fill bottom crust with blueberry mixture and dot with butter. Moisten edge of bottom crust and arrange pastry strips in a lattice design across top of pie. Press ends to edge of bottom crust and flute edge. Bake at 425° about 55 minutes or until syrup boils with heavy bubbles that do not burst. Cool before cutting.
Any-Season Pies

Thanks to tapioca, out-of-season fruits—frozen, canned or dried—become delicious pies.

Cherry Crisscross Pie (shown on cover)

2 cans (16 oz. each) water-packed pitted red sour cherries
1 to 1¼ cups sugar
2½ tablespoons Minute tapioca
½ teaspoon salt
6 drops red food coloring
¼ teaspoon almond extract (optional)
Pastry for two-crust 9-inch pie (page 17)
1 tablespoon butter or margarine

Drain cherries, reserving ½ cup of the liquid. Combine sugar, tapioca and salt in bowl. Add the cherries, reserved cherry liquid, food coloring and almond extract. Mix thoroughly and let stand about 15 minutes. Meanwhile, roll half the pastry very thin (less than ¼ inch thick). Line a 9-inch pie pan and trim pastry at edge. Roll out remaining pastry very thin. Cut into ½-inch strips. Pour fruit mixture into bottom crust and dot with butter. Moisten edge of bottom crust. Arrange pastry strips in a lattice design across top of pie. Press ends to edge of bottom crust and flute edge. Bake at 425 ° for 50 minutes, or until filling boils with heavy bubbles that do not burst. Cool before cutting.

Mixed Fruit Pie

1 package (11 oz.) mixed dried fruits (prunes, apricots, peaches and pears)
2½ cups water
2 tablespoons Minute tapioca
½ cup sugar
½ teaspoon salt
1 teaspoon grated lemon rind
Pastry for two-crust 9-inch pie (page 17)
1 tablespoon butter or margarine

Cut large pieces of fruit in half or quarters. Combine fruit and water in saucepan. Bring to a boil and simmer, uncovered, for 15 minutes. Drain, reserving liquid; add water, if necessary to make 1¼ cups. Combine tapioca, sugar, salt, lemon rind, fruit and liquid and let stand 15 minutes. Roll half the pastry very thin (less than ¼ inch thick). Line a 9-inch pie pan and trim pastry at edge. Roll out remaining pastry very thin and cut several slits or a design near center. Pour fruit mixture into bottom crust and dot with butter. Moisten edge of bottom crust. Place top crust over filling. Open slits to permit escape of steam. Trim top crust, letting it extend ½ inch over rim. Press top and bottom crusts together on rim, then fold edge of top crust under bottom crust and flute. Bake at 425 ° for 40 to 45 minutes, or until syrup boils with heavy bubbles that do not burst.
Pies: Freeze Ahead, Bake Later

While fresh fruit is plentiful, make it into pie fillings to freeze and enjoy next season and after.

Frozen Strawberry-Rhubarb Pie Filling

4 quarts prepared fruit (2 quarts fresh strawberries and 2 1/2 pounds fresh rhubarb)  
5 cups sugar  
1 cup Minute tapioca  
1 teaspoon salt

To freeze in pie pans, line four 8-inch pie pans with heavy duty aluminum foil, freezer paper or several thicknesses of plastic wrap, letting lining extend 5 inches beyond rim of pans. Divide filling evenly among pans. Cover each filling loosely with extended lining and freeze until firm. Then seal lining tightly over filling. Remove wrapped filling from pans and return to freezer.

To freeze in containers, divide filling evenly among four 11/2-quart containers, filling to 1/2 inch below tops of containers. Cover and freeze.

Note: Filling may be stored in freezer up to six months.

To bake pies: For each frozen filling, prepare pastry for two-crust 9-inch pie. Roll out half the pastry very thin (less than 1/8 inch thick). Line a 9-inch pie pan and trim pastry at edge. Roll out remaining pastry very thin. Cut several small slits or a design near center. Remove wrapping from pie-shaped frozen filling and place frozen block of fruit in pastry-lined pan. (Or, thaw container of frozen filling at room temperature just until filling can be separated; spread in pastry-lined pan.) Dot filling with 1 tablespoon butter or margarine. Moisten edge of bottom crust. Place top crust over filling and open slits to permit escape of steam. Trim top crust, letting it extend 1/2 inch over rim. To seal, press top and bottom crusts together on rim, then fold edge of top crust under bottom crust and flute. Bake at 425° until syrup boils with heavy bubbles that do not immediately burst, at least 60 minutes.

Frozen Peach Pie Filling: Combine 3 1/2 cups sugar, 3/4 cup Minute tapioca, 2 teaspoons ascorbic acid (or use a commercial antioxidant to prevent browning) and 1 teaspoon salt and set aside. Scald and peel about 9 pounds ripe peaches. Pit and slice and measure 4 quarts. Combine peaches, tapioca mixture and 1/4 cup lemon juice in large bowl and mix well. Let stand 15 minutes. Makes enough filling for four 9-inch pies. Freeze and later bake as directed for Frozen Strawberry-Rhubarb Pie Filling.

Frozen Peach-Plum Pie Filling: Prepare as for Frozen Peach Pie Filling, substituting 1 quart sliced pitted, unpeeled red plums for 1 quart prepared peaches.

Frozen Cherry Pie Filling: Combine 4 quarts pitted fresh red sour cherries (about 6 pounds), 5 cups sugar, 1 cup Minute tapioca, 2 teaspoons ascorbic acid (or use a commercial antioxidant) and 1 teaspoon salt and mix well. Let stand 15 minutes. Makes enough filling for four 9-inch pies. Freeze and later bake as directed for Frozen Strawberry-Rhubarb Pie Filling.

Frozen Blueberry Pie Filling: Wash and drain 4 quarts blueberries. Combine 4 1/2 cups sugar, 1 cup Minute tapioca and 1 teaspoon salt in large bowl. Add berries and 6 tablespoons lemon juice and mix well. Let stand 15 minutes. Makes enough filling for four 9-inch pies. Freeze and later bake as directed for Frozen Strawberry-Rhubarb Pie Filling.
Golden Peach Tarts

1 can (16 oz.) peach halves  
1/4 cup sugar  
2 tablespoons Minute tapioca  
1/8 teaspoon salt  
1/2 cup orange juice  
1 teaspoon grated orange rind  
6 prepared 3-inch tart shells

Drain peaches, measuring 3/4 cup syrup. Combine sugar, tapioca and salt in saucepan. Add measured liquid and orange juice and let stand 5 minutes. Cook and stir over medium heat until mixture comes to a full boil, about 6 to 8 minutes. Add orange rind and pour over peaches. Let stand at least 1 hour to thicken. Just before serving, spoon 1 peach half and some of the filling into each tart shell. Garnish with whipped topping, if desired. Makes 6 tarts.
Special Occasion Pies

Party time and holiday time call for extra-special pies—and they’re extra-easy, with tapioca.

Cranberry Mince Pie

1 cup sugar  
1/4 cup Minute tapioca  
1/2 teaspoon salt  
2 cups raw cranberries  
1 1/2 cups moist mincemeat  
3/4 cup water  
Pastry for two-crust 9-inch pie

Combine sugar, tapioca and salt in saucepan. Add cranberries, mincemeat and water and let stand 15 minutes. Cook and stir over medium heat until mixture comes to a boil. Cool, stirring occasionally. Roll out half of pastry very thin (less than 1/8 inch thick). Line a 9-inch pie pan and trim pastry at edge. Roll out remaining pastry very thin and cut several slits or a design near center. Pour cranberry mixture into bottom crust. Moisten edge of bottom crust and place top crust over filling. Open slits to permit escape of steam. Trim top crust, letting it extend 1/2 inch over rim. Press top and bottom crusts together on rim, then fold edge of top crust under bottom crust and flute. Bake at 425° for 45 to 50 minutes, or until syrup boils with heavy bubbles that do not burst. Serve warm.

Pie Shell

1 1/4 cups unsifted all-purpose flour  
1/2 cup shortening  
1/2 teaspoon salt  
3 tablespoons (about) cold water

Measure flour and salt into bowl. Lightly cut in shortening with a pastry blender until mixture resembles coarse meal. Sprinkle in water, a small amount at a time, mixing lightly with pastry blender or fork until all particles are moistened and cling together when pastry is pressed into a ball. Cover with a damp cloth and let stand a few minutes. Roll pastry on lightly floured board into a thin circle (less than 1/8 inch thick). Line an 8- or 9-inch pie pan. Trim pastry 1 inch larger than pan and fold under to form a standing rim. Flute edge.

To bake pie shell, prick pastry very thoroughly on bottom, sides and in bottom curve, using a fork. Bake at 450° for 12 to 15 minutes or until lightly browned. Cool.

To prepare in food processor, place flour, salt and shortening in bowl. Using steel blade, blend gradually, turning machine on and off until mixture resembles coarse meal. With motor on, gradually add 2 to 3 tablespoons water, until dough forms a ball. Then proceed as above.

For tart shells, roll pastry thin (less than 1/8 inch thick) and cut into 5- or 6-inch circles. Carefully fit on outside of inverted tart or muffin pans and trim edges. Prick thoroughly with fork. Place on baking sheet and bake at 450° for 12 to 15 minutes, or until pastry is lightly browned. Makes 4 or 5.

For double crust, increase flour to 1 3/4 cups, salt to 3/4 teaspoon, shortening to 2/3 cup and water to about 6 tablespoons for 8-inch; increase flour to 2 cups, salt to 1 teaspoon, shortening to 3/4 cup and water to 7 tablespoons for 9-inch.
Wonders With Eggs

Tapioca takes the risk out of egg cookery, makes airy-light omelets and soufflés that stay just that way.
Fluffy Filled Omelet

2 tablespoons Minute tapioca  
3/4 teaspoon salt  
1/2 teaspoon pepper  
3/4 cup milk  
1 tablespoon butter or margarine  
4 egg whites  
4 egg yolks  
2 tablespoons chopped parsley  

Combine tapioca, salt, pepper and milk in saucepan. Cook and stir over medium heat until mixture comes to a boil. Stir in butter. Remove from heat and cool slightly.

Meanwhile, beat egg whites until stiff. Beat egg yolks until thick and light in color. Gradually blend tapioca mixture into egg yolks. Add parsley and fold into egg whites. Pour into hot buttered 10-inch skillet and cook over low heat for 3 minutes. Then bake at 350° for 15 minutes, or until a knife inserted in center comes out clean. Cut across at right angle to handle of pan, being careful not to cut all the way through. Carefully fold from handle to opposite side and turn out onto serving platter. Fill and top with sauce, if desired. Makes 4 servings.

Western Filling: Sauté 3/4 cup chopped ham and 1/4 cup each chopped onion and green pepper in 2 tablespoons butter or margarine until vegetables are tender. Fill omelet and garnish with onion and pepper rings, if desired.

California Filling: Fry 4 strips bacon, diced, until crisp and drain on paper towels. Combine 1/2 cup each diced pitted peeled avocado and chopped tomato. Add the bacon and 2 tablespoons mayonnaise.

Mexican Filling: Combine 1 cup shredded Monterey Jack cheese and 2 tablespoons chopped seeded small chili peppers. Fill prepared omelet with cheese mixture and heat in oven at 250° just to melt cheese. Spoon 1/4 cup taco sauce over omelet.

Mushroom-Sour Cream Filling: Sauté 1/4 pound sliced fresh mushrooms and 1/4 cup chopped onion in 2 tablespoons butter or margarine until onion is tender. Remove from heat and stir in 1/2 cup sour cream.

Cheese Soufflé

1/4 cup Minute tapioca  
1/2 teaspoon salt  
1 cup milk  
1 cup (4 oz.) shredded cheddar cheese  
4 egg whites  
4 egg yolks  

Combine tapioca, salt and milk in saucepan and let stand 5 minutes. Cook and stir over medium heat until mixture comes to a boil. Remove from heat and add cheese, stirring until melted. Cool slightly. Beat egg whites until stiff but not dry. Beat egg yolks until thick and light in color. Beat in tapioca mixture and fold into beaten egg whites. Pour into 1 1/2-quart baking dish. Place dish in pan of hot water and bake at 350° for 50 to 55 minutes, or until firm. Makes 4 to 6 servings.

Cheese and Broccoli Soufflé: Prepare Cheese Soufflé as directed, adding 1 cup cooked chopped broccoli to the tapioca mixture after adding the cheese.

Tomatoey Cheese Soufflé: Prepare Cheese Soufflé as directed, adding 3 tablespoons catsup with the cheese.
Easy Beef Stew *(shown on cover)*

- 2 pounds beef for stew, cut in 1-inch cubes
- 4 carrots, cut into 1-inch diagonal pieces
- 12 small white onions
- 3 stalks celery, sliced
- 1 small white turnip, diced
- ½ cup diced green pepper
- 2 teaspoons salt
- ¼ teaspoon pepper
- ½ cup Minute tapioca
- ¼ teaspoon thyme leaves
- ¼ teaspoon marjoram leaves
- 1 bay leaf
- 1 can (10 ½ oz.) condensed beef broth
- 1 cup water

Combine all ingredients in 3-quart casserole. Cover and bake at 300° for 2 ½ hours, or until beef is tender, stirring after 1 hour. Makes 8 servings.

**For Electric Slow Cooker:** Cut onions in half and omit water. Combine all ingredients in electric slow cooker. Cover and cook at high-heat setting for 6 hours.
Entrees: Slow and Easy

Here's how to make slow-cooking stews and sauces in the oven or crock pot, without constant stirring.

### Stuffed Cabbage Rolls

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large cabbage leaves</td>
<td>12</td>
</tr>
<tr>
<td>1/4 cup milk</td>
<td>1/8 teaspoon salt</td>
</tr>
<tr>
<td>1 egg, beaten</td>
<td>1/8 teaspoon pepper</td>
</tr>
<tr>
<td>1/3 cup Minute tapioca</td>
<td>1 can (8 oz.) tomato sauce</td>
</tr>
<tr>
<td>1 pound lean ground beef</td>
<td>1/4 cup water</td>
</tr>
<tr>
<td>1/2 cup chopped onion</td>
<td>2 tablespoons brown sugar</td>
</tr>
<tr>
<td>2 tablespoons chopped parsley</td>
<td>1 teaspoon Worcestershire sauce</td>
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</tbody>
</table>

Cook cabbage leaves in large amount of boiling water for about 3 minutes, or until limp. Drain well. Add milk to egg and stir in tapioca. Combine beef, onion, parsley, salt and pepper. Add milk mixture and mix well. Divide meat mixture evenly on cabbage leaves and fold sides and ends of leaves over meat. Place rolls in shallow baking dish. Combine tomato sauce, water, sugar and Worcestershire sauce and pour over cabbage rolls. Cover and bake at 350° for 1 hour. Baste with sauce and bake, uncovered, for 15 minutes longer. Makes 6 servings.

For Electric Slow Cooker: Prepare as directed above, eliminating water from tomato sauce mixture. Place in electric slow cooker, add sauce and cover and cook on low heat for 7 to 9 hours or on high heat for 4 hours.

### Spaghetti Meat Sauce

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 pounds lean ground beef</td>
<td>1 can (4 oz.) mushroom pieces</td>
</tr>
<tr>
<td>1 large onion, chopped</td>
<td>1/2 cup Minute tapioca</td>
</tr>
<tr>
<td>1/2 cup chopped celery</td>
<td>2 teaspoons salt</td>
</tr>
<tr>
<td>1/2 cup chopped green pepper</td>
<td>1 teaspoon sugar</td>
</tr>
<tr>
<td>1/4 cup chopped parsley</td>
<td>1 teaspoon basil</td>
</tr>
<tr>
<td>1 garlic clove, crushed</td>
<td>1 teaspoon oregano</td>
</tr>
<tr>
<td>1 can (13 3/4 oz.) beef broth</td>
<td>1/4 teaspoon pepper</td>
</tr>
<tr>
<td>1 can (29 oz.) tomato puree</td>
<td></td>
</tr>
</tbody>
</table>

Combine all ingredients in Dutch oven, breaking meat into pieces, and mix well. Cover and bake at 300° for 2 hours, stirring once near end of baking time. Serve over hot cooked spaghetti, if desired. Makes 8 servings.

For Electric Slow Cooker: Eliminate beef broth. Combine all ingredients in electric slow cooker and cover and cook over low heat for 8 to 10 hours or over high heat for 4 to 5 hours, stirring once near end of cooking time. Makes 7 servings.
Entrees: Quick and Delicious

Tapioca helps shape a quick-to-fix meat loaf and makes easy flavorful sauces that turn leftovers into something special.
Savory Meat Loaf

2 pounds ground beef
1/2 cup Minute tapioca
1/2 cup finely chopped onion
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon basil leaves
1 can (8 1/4 oz.) tomatoes, mashed
1/4 cup chili sauce or catsup (optional)

Combine all ingredients. Mix thoroughly and shape into loaf on shallow baking pan, or spoon mixture into 9x5-inch loaf pan, pressing lightly. Bake at 350° for 1 hour. Remove from oven and spoon chili sauce over top. Return to oven and bake 15 minutes longer. Serve with cooked vegetables, if desired. Makes 8 servings.

Sweet-Sour Pork or Chicken

1 can (8 oz.) chunk pineapple in juice
1/2 cup vinegar
2 tablespoons Minute tapioca
1/3 cup sugar
2 tablespoons soy sauce
2 tablespoons oil
1 garlic clove, minced

Drain pineapple, reserving juice. Add water to juice to make 1 cup. Combine measured liquid, vinegar, tapioca, sugar and soy sauce in bowl and let stand 5 minutes. Heat oil until very hot in large skillet. Add garlic and sauté about 30 seconds, until lightly browned. Add carrots, pepper and scallions and stir-fry for 2 to 3 minutes, just until crisp-tender. Gradually stir in tapioca mixture. Bring to a boil, stirring constantly, and simmer 1 to 2 minutes. Add pineapple and pork and heat. Serve over rice. Makes 3 servings.

Curried Chicken or Lamb

2 tablespoons Minute tapioca
1/4 teaspoon salt
1 can (13 3/4 oz.) chicken broth
1 medium onion, chopped
1 small green pepper, chopped
1 stalk celery, chopped
1 medium tart apple, peeled, cored and chopped

Combine tapioca, 1/4 teaspoon salt and the chicken broth in bowl and let stand 5 minutes. Sauté vegetables, apple and curry powder in butter in large skillet until vegetables are tender but not browned. Add tapioca mixture and bring to a full boil, stirring constantly. Stir in milk and chicken and heat. Serve over rice with curry accompaniments, such as chutney, coconut, chopped peanuts and sliced banana, if desired. Makes 3 servings.
Super Soups

A pair of delicious soups, silky rich and subtly thickened, thanks to tapioca.

Chilled Zucchini Soup

- 1 large zucchini, cut in chunks (2 cups)
- 1 medium onion, sliced
- 1 stalk celery with leaves, sliced
- 1 small garlic clove
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons Minute tapioca
- 1 can (13 ¾ oz.) chicken broth
- ½ cup water
- ½ cup half and half

Combine all ingredients except half and half in large saucepan and let stand 5 minutes. Cook and stir until mixture comes to a full boil. Reduce heat and cook for 10 minutes, stirring occasionally. Ladle into electric blender container and blend until smooth. Stir in half and half. Chill. Serve with garnish of fresh dill and cherry tomato slices or sour cream, if desired. Makes 4 cups or 4 or 5 servings.

Tangy Fruit Soup

- 2 tablespoons Minute tapioca
- Dash of salt
- 2 cups water
- 1 can (6 fl. oz.) frozen concentrated orange juice
- 2 to 4 tablespoons sugar
- 1 ½ cups sweetened sliced fresh nectarines or peaches*
- 1 cup sweetened fresh blueberries*

*Or use 1 orange, sectioned, and 1 can (15 ¼ oz.) chunk pineapple in juice, drained.

Combine tapioca and water in saucepan and let stand 5 minutes. Cook and stir over medium heat until mixture comes to a boil. Remove from heat and blend in concentrate, sugar and salt. Cool, stirring once after 20 minutes. Fold in fruit; cover and chill. Serve topped with sour cream, if desired. Makes about 4 cups or 8 servings.
Mealtime Magic

WITH

Minute® Tapioca