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MINUTE TAPIOCA COMPANY
Orange, Massachusetts

Manufacturers of
MINUTE TAPIOCA
MINUTE GELATINE
STAR BRAND PEARL TAPIOCA
TICK TOCK
A dinner sweet from the other side of the earth! From beyond the South Sea Islands, beyond Borneo and its head-hunters, from a land of half-clad natives, tropic jungles and villages of straw and bamboo huts. Grown along the slopes of volcanoes, ripened through eighteen months of burning sun, brought to us from a country most world-travelers never see—this gives to Minute Tapioca something more than ordinary interest, doesn’t it?

Imagine a warm, sunny hillside looking out over a valley of rice fields and banana plantations that glisten green as after a new rain. It is Java, the “Land of the Sun.” Just below us in the shelter of a bamboo thicket, is a group of small thatched huts. Near by, the natives, little brown men, women and children are at work in the field harvesting the tapioca, digging the roots with a queer kind of V-shaped hoe.

Farther on, others are loading the long, potato-like roots into high-sided carts drawn by strange looking oxen, a species of wild buffalo that has been tamed by the natives.

Some of the men will drive
these tapioca roots to the factory in a near-by village. At the factory the roots are put through a mill and crushed. This extracts the tough fibres, leaving the tapioca in the form of fine flour. This flour is put into sacks and sealed, then sent to Batavia, Soerabaya, or Semarang on the coast, where it is carried on the backs of natives to the hold of a waiting ship.

The journey, after leaving Java, is long and filled with many interesting experiences, stopping at many ports to take on cargoes of tea, silks, rubber, and other treasures of the Far East. When it finally arrives in this country, our tapioca has travelled 12,000 miles, half way around the world.

We have spent years finding ways to make this tapioca food more delicious, more nourishing, more adaptable to all sorts of culinary uses. The result is our exclusive patented process for making Minute Tapioca, really a new food product, pure and of highest quality.

Briefly, our process is this: the tapioca flour is sifted through a cylinder of silk, made into a dough and put through a special granulator, steam cooked—then steam dried and, lastly, crushed into the small crystals that come to you in the red package with the blue band.

Nowadays, tapioca is used in almost every course of the menu. A few of the many ways of serving Minute Tapioca are shown in the following pages.
Active growing youngsters require a well-rounded diet to keep them in good condition and to help ward off the many ills which are always lurking about. Plenty of muscle-building and energy-supplying foods are needed to keep their little bodies in trim and to build strong and sturdy boys and girls, our men and women of to-morrow. Milk is the perfect diet for the baby. As a child grows older and requires other foods, its diet should be balanced properly and should contain the correct proportion of each of the following constituents: protein foods, such as eggs, meat-broth, and meats; fats, which include butter and cream; carbohydrates, such as sugar, cereals, other starchy foods, and tapioca; foods with mineral content, such as fruits, vegetables, and so forth.

Minute Tapioca is almost a pure carbohydrate and when combined with other foods which supply a proper proportion of protein, fats and minerals, as in Minute Tapioca Cream, provides a well-rounded food, easily assimilated. Best of all, it is a favorite with most children.

For the Sick and Convalescent

One of the essentials of a desirable diet for cases of sickness and convalescence is the ease with which the human system assimilates the food taken. Great care should be used in selecting foods which will add most to one’s strength and hasten recovery while placing the least tax on the digestive organs. For this reason Minute Tapioca is used and recommended by doctors, nurses and dietitians. It is very high in nutritive value and may be used in any number of pleasing combinations with fruits, eggs and milk or whatever way the doctor may prescribe. It may even be served plain with milk or cream and seasoned with salt. This variety of uses adds to its adaptability for many cases of feeding, for it is almost always possible to find some tapioca receipt which will appeal to the delicate appetite of an invalid and at the same time meet with the requirements of the prescribed diet. The Minute Tapioca Cream receipt on page 10 is usually a favorite. Ask your family physician about using more Minute Tapioca in cases of sickness and convalescence.
Planning the Family Diet

Every woman realizes that her family should be fed the right kind of foods in the proper proportions. Too much of one kind or too little of another is not good for the health of the family. Milk, eggs, meat, peas and beans contain what is known as Protein. Cream, butter, meat-fats and oils contain another element classified as Fat. Vegetables, fruits, cereals, other starchy foods and tapioca come under the heading of Carbohydrate foods. Table salt, and mineral elements found in various vegetables and other foods are classified as Minerals; while certain properties found in green or leafy vegetables, milk, butter and egg yolks are referred to as Vitamines.

While the diet requirements of each individual vary according to his occupation, his age, and other personal characteristics, it is said that the ordinary, normal, healthy adult requires every twenty-four hours about:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrates</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 1/2 ounces</td>
<td>2 ounces</td>
<td>18 ounces</td>
</tr>
<tr>
<td>protein</td>
<td>fat</td>
<td>carbohydrates</td>
</tr>
<tr>
<td>5 pints water</td>
<td>Mineral matter</td>
<td>Vitamines</td>
</tr>
</tbody>
</table>

From the above table it is seen that carbohydrates play a very important part in our diet every day, but no one of the constituents which form a part of the proper diet is self-sufficient. A person requires a well-proportioned ration; for example, he cannot live and thrive on vitamins alone or on carbohydrates alone. It is estimated that the average person requires anywhere from 2300 to 5000 calories, (units of energy) in one day. It is important, therefore, in preparing the family diet, to arrange to serve foods which will supply the proper amount of calories. The chart on this page is an interesting study of the calorific values of some of our everyday articles of food as shown in Government reports.
General Directions
for Preparing
Minute Tapioca Dishes

Experienced cooks are familiar with the many little suggestions which contribute to the success of tapioca receipts, but for the benefit of the young housewife, it is well to mention certain well-established principles, all of which are helpful and important. Better results will be obtained with all Minute Tapioca dishes if the following suggestions are kept in mind:

1. Minute Tapioca expands a great deal and when first added to the liquid, the quantity called for in the receipt will appear to be insufficient, but by the time it is thoroughly cooked it will thicken properly.

2. When adding the Minute Tapioca to the liquid, it is well to sprinkle the tapioca in gradually, stirring continuously for two or three minutes. After that, stir frequently. This will prevent lumps forming in the bottom of the dish.

3. It is always best to cook Minute Tapioca in a double boiler to prevent burning on. If a double boiler is not convenient, set the cooking dish in a larger receptacle of boiling water.

4. Personal tastes vary as to the thickness of a tapioca pudding. The receipts in this cook book are written to meet the requirements of the average family, but are easily changed if desired. The addition of more Minute Tapioca will make the consistency thicker, while a slight increase in the amount of liquid, or the use of less tapioca, will make it thinner.

5. The water in the lower section of the double boiler should be boiling hard while the pudding is cooking.

6. Minute Tapioca requires no soaking. It is pure tapioca in its most convenient form; manufactured by an exclusive patented process, it always comes in the familiar red package with the blue band.
Soups

2 level tablespoons of Minute Tapioca added to a quart of any kind of soup about 15 minutes before removing from the stove greatly improve its flavor and add to its nourishing qualities.

MINUTE TAPIOCA TOMATO BISQUE
(6 portions)

1 pint strained red tomatoes
2 level tablespoons butter
2 level tablespoons Minute Tapioca
Salt, pepper, and sugar to taste
Pinch of baking soda
1 1/2 pints hot milk or cream

To the strained tomatoes add butter, Minute Tapioca, salt, pepper, sugar and baking soda and boil 15 minutes in a double boiler.

When ready to serve stir the hot soup gradually INTO milk or cream which has been heated to the boiling point. (Never stir the milk into the tomato as it may curdle.)

Serve with croutons, toast, or crackers.

Canned tomato soup may be used in this receipt by cooking 2 level tablespoons Minute Tapioca and a pinch of baking soda in 1 1/2 pints of milk or cream for 15 minutes, and then adding the soup which has been previously heated to boiling.

MINUTE TAPIOCA POTATO SOUP
(5 portions)

2 medium-sized potatoes
1 onion
2 cups hot water
1 level tablespoon butter
Salt and pepper
1 level tablespoon Minute Tapioca
3 cups hot milk

Pare and cut potatoes and onion into small dice.

Add water, butter, salt and pepper and cook until potatoes are soft. Just before serving add Minute Tapioca which has been cooked in milk 15 minutes in double boiler.
MINUTE TAPIOCA RABBIT
(6 portions)

1 cup cheese
1 pint milk
2 level tablespoons Minute Tapioca
1 level teaspoon mustard
1/4 teaspoon salt
Red pepper or paprika to taste
1 egg well beaten

Cut the cheese into small pieces.
Put all the ingredients except the egg into the cold milk. Cook until thick in a chafing dish or a double boiler.
Just before serving, stir in the beaten egg, and serve on toast or crackers.
This same rabbit makes a delicious baked pudding to be served in place of meat. Simply put all the ingredients into a baking dish and cook in the oven until quite thick, stirring occasionally.

BAKED CHEESE MINUTE TAPIOCA
(5 portions)

1 cup boiling water
3 level tablespoons Minute Tapioca
1 cup tomato pulp
1/2 cup cheese (cut in small pieces)
2 level tablespoons butter
Salt and pepper
1/4 cup stale bread or cracker crumbs

Cook Minute Tapioca in water in double boiler 15 minutes.
Add tomato pulp, 1/4 cup cheese, 1 tablespoon butter and season to taste.
Remove from fire and put the mixture into a well-buttered baking dish. Stir in 1/4 cup of bread crumbs and cover with the remainder of bread crumbs, butter, and cheese cut into bits. Bake about 45 minutes, or until brown. Serve hot or cold.
If one likes sugar with tomatoes, 1 tablespoonful may be added while cooking in double boiler.
Fish and Meat Dishes

MINUTE TAPIOCA HAM OMELET
(5 portions)

1 cup hot milk  ⅛ cup cooked ham cut in small pieces
2 level tablespoons Minute Tapioca  ⅛ teaspoon mustard
⅛ teaspoon salt  1½ level tablespoons butter or salad oil
⅛ teaspoon red pepper or paprika  2 eggs

Cook the Minute Tapioca, salt, pepper, ham, and mustard in the hot milk for 10 minutes in double boiler, stirring frequently.
Add ½ tablespoon of butter and yolks of the eggs beaten until very light. Stir well.
Remove from the fire and fold into the stiffly beaten whites of the eggs.
Put the remainder of the butter into an omelet pan and when it bubbles, pour in the prepared eggs. Gently shake the pan so the omelet will not adhere to it, and cook until it is a delicate brown (lifting up the sides to see).
Stand the pan in the oven for a few minutes to cook the top. Lightly score the center and fold over. Remove to a hot platter and send to the table at once. Cheese may be used in place of ham, or if a plain omelet is preferred, the ham, cheese, and mustard may be omitted.

MINUTE TAPIOCA CASSEROLE STEW
(6 portions)

1 pound (1¾ cups) left-over meat cut in medium-sized pieces  4 potatoes
⅛ cup Minute Tapioca  4 carrots
1 tablespoon butter  4 onions
⅛ can peas  Salt and pepper

Put all ingredients in a casserole and bake slowly until meat and vegetables are tender, stirring frequently. Keep filled with water and covered. Serve hot.
The kind of vegetables and meat in this receipt may be varied according to taste. Any left-over gravy may be used instead of butter.
**MINUTE TAPIOCA CREAMED SALMON**

(6 portions)

- ½ cup milk
- ½ cup water
- 2 level tablespoons Minute Tapioca
- ¾ cup salmon
- 1 tablespoon butter
- 1 egg (if desired)
- Salt and pepper

Heat the milk and water in a double boiler, add the Minute Tapioca and cook for 10 minutes, stirring frequently.

Add the salmon, flaked with a fork. Cook for 5 minutes and add butter, seasoning, and egg well beaten.

Serve hot on toast or crackers.

**ESCALLOPED MINUTE TAPIOCA**

(6 portions)

- ½ cup hot milk
- ½ cup hot water
- 3 level tablespoons Minute Tapioca
- ¾ cup cooked fish or meat
- 1 egg
- Salt and pepper
- ¾ cup bread or cracker crumbs
- 1 tablespoon butter

Heat the milk and water in a double boiler, add the Minute Tapioca and cook 10 minutes. Add the chopped fish or meat and cook 5 minutes more.

While this is cooking, beat the white of egg until stiff, add the yolk and beat again, then add it to the tapioca and season to taste.

Remove from fire and put into a well-buttered baking dish, cover with bread or cracker crumbs and bits of butter and bake until brown, about 40 or 50 minutes. Serve hot.

If not convenient to bake, add 1 level tablespoon more of Minute Tapioca and cook in the double boiler only. This receipt is especially good with tuna fish or left-over ham.

**Minute Tapioca with Cooked Cereal**

The combination of Minute Tapioca and any cooked cereal is delicious. Use equal quantities of each and cook the usual time.
MINUTE TAPIOCA CREAM
(8 portions)

1 quart hot milk
½ cup Minute Tapioca
Pinch of salt
1 egg
½ cup sugar
Flavoring

Boil in double boiler 15 minutes, milk, Minute Tapioca and salt, stirring frequently.

Beat together yolk of egg, sugar, and a tablespoon of cold water, and at the end of 15 minutes stir into the milk and tapioca. Boil until it begins to thicken like custard.

Remove from the fire, whip in beaten white of egg. Add any flavoring desired. The white of egg may be used as meringue if preferred.

This is delicious poured cold over any fruit or berries, either fresh or canned. Raisins, prunes, figs, dates, or nuts may be stirred into it while cooling.

APPLE MINUTE TAPIOCA
(8 portions)

6 tart apples
1 cup sugar
Salt
Spice
Butter
½ cup Minute Tapioca
1 quart hot water

Pare and quarter apples. Place in dish and cover with sugar, salt, spice and butter.

Boil 15 minutes in double boiler, Minute Tapioca, and pinch of salt in quart of hot water, stirring frequently.

Pour over apples and bake until they are soft.

Serve with cream and sugar.
MAPLE FLAVOR MINUTE TAPIOCA
(6 portions)

3 cups hot water
1/2 cup Minute Tapioca
1 1/4 cups dark brown sugar
1/4 teaspoon salt
Vanilla

Cook the Minute Tapioca, brown sugar and salt 15 minutes in the hot water in a double boiler, stirring frequently.
Remove from fire and flavor with vanilla.
Serve cold with cream.

MINUTE TAPIOCA SPRING PUDDING
(6 portions)

1 cup prune juice
2/3 cup hot water
2 cups rhubarb, cut fine, or juice of 1 lemon
1/2 cup Minute Tapioca
1 small cup sugar

Cook in a double boiler all ingredients in the prune juice and hot water until the tapioca is soft, about 20 minutes, stirring frequently.
Cool and serve with cream.

CHOCOLATE MINUTE TAPIOCA
(6 portions)

3 cups hot chocolate or cocoa made proper strength for drinking
1/2 cup Minute Tapioca
1/2 cup sugar
Pinch of salt
Vanilla

Add Minute Tapioca, sugar and salt to hot chocolate or cocoa and boil in a double boiler 15 minutes, stirring frequently.
Remove from fire, flavor with vanilla and pour into a mold.
Serve cold with sugar and cream. If a thinner consistency is desired, use 4 cups of hot chocolate or cocoa.
ORANGE MINUTE TAPIOCA
(8 portions)

1 quart hot water
\(\frac{1}{2}\) cup Minute Tapioca
Pinch of salt
4 tablespoons sugar
1 tablespoon lemon juice
4 oranges

Cook 15 minutes in a double boiler, Minute Tapioca and salt in water to which has been added sugar and lemon juice, stirring frequently.

Pour this over oranges, peeled, divided into sections, and cut in rather small pieces and sweetened.

Serve cool with sweetened whipped cream.

COFFEE MINUTE TAPIOCA
(6 portions)

3 cups hot coffee
\(\frac{1}{2}\) cup Minute Tapioca
\(\frac{1}{2}\) cup sugar
Pinch of salt

Boil Minute Tapioca, sugar and salt 15 minutes in the coffee in a double boiler, stirring frequently, and pour into mold.

Serve cold with vanilla-flavored whipped cream.

If a thinner consistency is desired, use 4 cups of coffee.

FRUIT MINUTE TAPIOCA
(8 portions)

Fruit or berries
1 quart hot water
\(\frac{1}{2}\) cup Minute Tapioca
\(\frac{1}{4}\) cup sugar
Pinch of salt
1 tablespoon butter
1 teaspoon vanilla

Line a bowl with any canned or fresh fruit or berries, and sprinkle with sugar.

Boil in a double boiler 15 minutes, stirring frequently, 1 quart of water, using all available fruit juices as part of the quart, Minute Tapioca, sugar, salt and butter. Use milk in place of water if a richer dessert is desired.

Remove from fire, add vanilla and pour over the fruit or berries.

Serve cold with plain or whipped cream.

Fruit Minute Tapioca
MINUTE TAPIOCA PRUNE DESSERT  
(8 portions) 

1 pint milk  
2 level tablespoons Minute Tapioca  
Pinch of salt  
1 tablespoon butter  
2 tablespoons sugar  
2 eggs  
1 cup stewed prunes, stones removed  

Cook in a double boiler 15 minutes the milk, Minute Tapioca, and salt, stirring frequently.  

Remove from fire and add butter, sugar, and well-beaten yolks of eggs. Pour into a buttered pan and bake for one-half hour in moderate oven.  

Spread the prunes over the tapioca. Pile roughly on top of prunes, the whites of eggs well beaten with 2 tablespoons of sugar. Brown slightly in oven.  

Serve hot or cold with milk or cream. Any fruit may be used in place of prunes.  

MINUTE TAPIOCA FOR THICKENING GRAVIES  

Any gravy is improved by using 2 level tablespoons of Minute Tapioca for each pint of liquid in place of flour. Boil until clear, stirring as needed. Season to taste. It does not lump and requires no straining.  

PINEAPPLE MINUTE TAPIOCA  
(8 portions)  

1 quart hot water  
½ cup Minute Tapioca  
¼ cup sugar  
Pinch of salt  
1 cup pineapple grated or chopped  

Boil in a double boiler 15 minutes, Minute Tapioca, sugar, and salt in quart of hot water, stirring frequently. Remove from fire and stir in pineapple sweetened to taste. Serve with milk and sugar or with whipped cream slightly sweetened and flavored. Any canned or fresh fruit may be used.
MAPLE-WALNUT MINUTE TAPIOCA

(6 portions)

1 pint hot milk
\(\frac{1}{2}\) cup Minute Tapioca
\(\frac{1}{2}\) cup maple syrup
\(\frac{1}{2}\) teaspoon salt
1 egg
\(\frac{1}{2}\) cup English walnut meats

Cook in double boiler 15 minutes, Minute Tapioca, maple syrup and salt in hot milk, stirring frequently.

Add the well-beaten egg yolk, but NO sugar. Stir for 3 minutes, cool, and add part of the walnut meats, chopped fine.

Fold in beaten white of egg, decorate with unchopped nuts, and serve cold with plain or whipped cream.

MINUTE BANANA NUT TAPIOCA

1 pint boiling water
\(\frac{1}{2}\) cup sugar
\(\frac{1}{2}\) teaspoon salt
\(\frac{1}{2}\) cup Minute Tapioca
Juice of two lemons
Whites of two eggs
2 bananas (sliced)
\(\frac{1}{2}\) cup salted peanuts (chopped)
Cream

Mix the sugar, salt and Minute Tapioca and stir into the boiling water. Cook 15 minutes in a double boiler stirring frequently. Remove from fire, add lemon juice and stir in the sliced bananas and chopped nuts. When partially cool fold in the beaten whites of eggs and sprinkle a few nuts over the top. When thoroughly cool serve plain or with cream.

MINUTE TAPIOCA WHITE SAUCE

2 level tablespoons Minute Tapioca
1 tablespoon butter
2 cups hot milk
\(\frac{1}{2}\) teaspoon salt

Put all ingredients into a double boiler and cook 15 minutes, stirring occasionally.

Many people prefer Minute Tapioca to flour for thickening, as it will not lump and need not be strained.

It may be used for purees, creamed vegetables, creamed toast, creamed fish or meat.
MINUTE TAPIOCA BAKED INDIAN PUDDING
(6 portions)

1 quart hot milk
4 level tablespoons Minute Tapioca
3 level tablespoons Indian meal
½ cup molasses
Butter
Salt, cinnamon and nutmeg
1 cup cold milk

Cook Minute Tapioca in quart of milk 10 minutes in a double boiler, stirring frequently. While boiling, stir in meal wet with a little milk, molasses, a small piece of butter, salt, cinnamon and nutmeg to taste.

Pour into a dish, add 1 cup of cold milk and bake 2 hours, stirring occasionally.
If one likes raisins in Indian Pudding, 1½ cups raisins may be added before baking.

MINUTE TAPIOCA FOR THICKENING PIES

A tablespoon of Minute Tapioca is excellent for thickening rhubarb, apple and berry pies. Prevents running out. Scatter it over the fruit or berries in place of flour. It does not lump and it improves the flavor.

RASPBERRY OR STRAWBERRY MINUTE TAPIOCA
(8 portions)

1 pint berries
3 cups hot water
¾ cup Minute Tapioca
¼ cup sugar
1 teaspoon butter
Pinch of salt

Crush raspberries, sweetened to taste, and let stand one-half hour. Cook for 15 minutes in a double boiler, Minute Tapioca, sugar, and butter in hot water, stirring frequently.
Remove tapioca from fire and stir in the fruit.
Serve very cold with whipped cream.
Strawberries or loganberries may be used in place of raspberries if desired. If canned fruit is used, no sugar is necessary and it need not stand one-half hour before using.
MINUTE TAPIOCA RAISIN PIE

1 pint hot water  ½ cup raisins
¾ cup Minute Tapioca  Juice of half a lemon
¾ teaspoon salt  1 egg
¾ cup sugar  Nutmeg or cinnamon

Boil 15 minutes in double boiler, Minute Tapioca, salt, sugar, and raisins in hot water, stirring frequently.

Remove from stove, and add lemon juice and egg well beaten.

Line deep plate with pie crust, fill with the cooked tapioca and sprinkle with nutmeg or cinnamon. Cover with top crust and bake a delicate brown, or make with one crust and use a meringue.

MINUTE TAPIOCA CHERRY PIE

1 pint milk  2 eggs
¾ cup Minute Tapioca  ½ cup cherry preserves
¾ cup sugar  Lemon juice

Make a short pie crust and line a pie tin. Bake a delicate brown.

Prepare a custard by cooking the milk and Minute Tapioca in a double boiler for 15 minutes, stirring frequently.

Add the sugar, the well-beaten yolks of the eggs, and the cherry preserves which have been drained from the syrup. Stir constantly so as to keep the mixture smooth. Cook until quite thick, flavor with lemon juice, and pour into the pie crust. Cover with meringue and brown.

For the Children's Scrap Book
Non-Injurious Paste

1 cup boiling water  1 teaspoon lemon juice
2 level tablespoons Minute Tapioca  Pinch of salt
3 level tablespoons sugar  Cinnamon

Put the Minute Tapioca, sugar, lemon juice, salt, and cinnamon in the boiling water in a double boiler and cook until very thick. When cool, it is ready for use.
Minute Tapioca is endorsed by all well known food-testing laboratories.