COOKIE RECIPES

RUSSELL-MILLER MILLING CO.
General Offices
MINNEAPOLIS, MINN.
The basis of these recipes is OCCIDENT Special Patent Flour. OCCIDENT, because of its unusual purity and strength, absorbs more liquid than any other flour. Scant cups of OCCIDENT equal full cups of other flour. Always measure OCCIDENT Flour after sifting. All measurements given in OCCIDENT Recipes are level.

Cookies—Small Cakes

Successful Preparation Depends Upon

A good recipe
Good ingredients
Accurate measurements
Careful combining of ingredients
Careful baking—correct oven temperatures

Measurements
All measurements given in Occident Recipes are level. Flour should always be sifted before measuring.
Cookies

ROLLED COOKIES

SUGAR COOKIES

2 1/2 cups OCCIDENT Flour
1 cup sugar
2 eggs
1/2 cup butter
1/2 cup milk or water
4 teaspoons baking powder
1 1/2 teaspoons salt
1 teaspoon vanilla

METHOD—Cream butter, add sugar gradually, and cream well. Add well beaten eggs and liquid. Add sifted dry ingredients. Mix soft—using as little flour as possible. Chill—roll thin, sprinkle with granulated sugar, roll lightly, and cut.

BAKE—In hot oven (425° - 450° F.) for 10 minutes.

Variations

SPICE COOKIES

Use recipe for sugar cookies, omit flavoring, and sift with the flour:
2 teaspoons cinnamon
1/2 teaspoon allspice
1/2 teaspoon cloves
1/2 teaspoon nutmeg

CHOCOLATE COOKIES

Use recipe for sugar cookies, taking out 2 tablespoons Occident Flour, add 2 squares of chocolate (melted) or 6 tablespoons of cocoa.

DATE COOKIES

Before chilling add to the standard sugar recipe:
1 cup chopped dates
1 teaspoon almond extract
Grated rind of 1/4 lemon

METHOD—Follow standard Recipe.

BAKE—At 400° F. for 10 minutes.

FILLED COOKIES

1 1/2 cups OCCIDENT Flour
1 1/4 cup butter
2 1/2 cup sugar
1 egg
2 tablespoons milk
2 teaspoons baking powder

METHOD—Cream butter, add sugar, well beaten egg, and milk. Mix and sift dry ingredients and add gradually enough to make a soft dough. Chill. Roll thin and cut with a medium size cutter. Put teaspoon of raisin filling in center of cookies and cover with another. Press edges together.

BAKE—In moderate oven 400° F. for 15 minutes. Makes 20 cookies.

RAISIN FILLING

Juice and grated rind of 1 lemon
1 cup raisins
2 tablespoons water
2 tablespoons sugar
1/4 cup chopped nuts

METHOD—Put fruit through meat chopper. Add lemon juice and cook until thick.
PRUNE AND ALMOND FILLED COOKIES

Use the standard recipe and make a filling of:

1 cup sugar  
1 tablespoon corn syrup  
1/2 cup cold water  
2 egg whites  
3/4 cup chopped almonds  
1/2 cup chopped cooked prunes

METHOD—Cook syrup, sugar, and water until mixture spins a long permanent thread, 240° F. Beat egg whites stiff. Pour syrup gradually on to beaten egg whites and beat mixture until it will hold its shape. Fold in finely chopped almonds and prunes. Place one teaspoon of filling in the center of cookies, wet edges with cold water; cover with another cookie, and press the edges together firmly.

BAKE—15 to 20 minutes in moderate oven 400° F.

SOUR CREAM COOKIES

4 cups OCCIDENT Flour  
1 1/4 cups sugar  
1 cup shortening  
1/2 teaspoon salt  
1 teaspoon vanilla  
2 eggs  
1 cup sour cream  
1 teaspoon baking powder

METHOD—Cream butter, add sugar gradually, and cream well. Add well beaten eggs and sour cream. Add sifted dry ingredients. Mix soft—using as little flour as possible. Add vanilla. Chill—roll thin, sprinkle with granulated sugar, roll lightly, and cut.

BAKE—On cookie sheet. Hot oven (400° - 450° F.) for 10 minutes.

AMOUNT—Makes 6 dozen cookies.

MOLASSES COOKIES

4 1/8 cups OCCIDENT Flour  
1 cup shortening  
1 cup molasses  
1 cup sugar  
1/3 cup hot water  
1 teaspoon vanilla  
1 teaspoon salt  
2 eggs  
2 teaspoons soda  
1 teaspoon cinnamon  
1 teaspoon ginger  
1/4 teaspoon nutmeg

METHOD—Mix molasses, sugar, shortening, and add hot water. When cool add beaten eggs and vanilla. Sift and add dry ingredients. Make soft dough. Roll lightly. Cut and bake in moderate oven 400° F. Nuts may be added in variation.

SOFT MOLASSES COOKIES

4 cups OCCIDENT Flour  
1 cup shortening  
1 cup brown sugar  
1 cup dark molasses  
1 cup sour milk  
1 teaspoon soda  
2 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon ginger  
1 teaspoon cinnamon  
1 tablespoon vinegar  
2 eggs

METHOD—Cream the shortening and blend with it the brown sugar; add the well beaten eggs, molasses and sour milk. Sift together about half of the flour with the soda, salt, baking powder, and spices. Add to the first mixture with the vinegar. Add the rest of the flour, taking care to keep the dough soft. Chill thoroughly, if possible over night in the refrigerator or other cool place, and roll out in the morning.

BAKE—15 minutes at about 375° F.

BOILED GINGER SNAPS

2 cups OCCIDENT Flour  
1 cup brown sugar  
1 cup molasses  
1 teaspoon ginger  
1 teaspoon soda  
1/2 teaspoon salt  
1/2 cup water  
1 cup lard


BAKE—About 10 minutes in a hot oven (400° - 450° F.).
GINGER COOKIES

4 1/8 cups OCCIDENT Flour  
1 cup shortening  
1 cup molasses  
1 cup brown sugar  
1 cup sour milk  
2 tablespoons vinegar  
1/2 teaspoon salt  
1/2 teaspoon soda  
1 teaspoon ginger  
1 teaspoon cinnamon  
1 teaspoon cloves  
2 eggs

METHOD—Mix shortening, molasses, sugar, milk, and vinegar. Add beaten eggs. Sift and add dry ingredients. Let dough stand in cool place over night. Roll thin, cut, and bake in a moderate oven 375°F. 15 minutes.

RICH COOKIES

2 cups OCCIDENT Flour  
1 cup sugar  
3/4 cup butter  
2 eggs  
1 tablespoon water  
4 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon nutmeg

METHOD—Mix as directed for plain cookies. Drop from spoon on greased baking sheet. Dried fruits and nuts may be added. If rolled cookies are desired omit the water and add about 2 1/2 tablespoons flour or enough to make dough stiff enough to roll thin. Cut and bake in moderate oven at 375° - 400° F. 10 minutes.

SOFT GINGER COOKIES

2 cups OCCIDENT Flour  
2 teaspoons baking powder  
1/2 teaspoon soda  
1/2 cup sour milk  
1/2 cup molasses  
1/2 cup sugar  
1/2 cup shortening  
1 egg well beaten  
1/2 teaspoon salt  
1 teaspoon ginger  
1 teaspoon allspice, cloves, and cinnamon mixed

METHOD—Cream shortening and add sugar, cream together. Add the egg, molasses, spices, and sour milk. Sift the flour with soda, baking powder, and salt, then add to above mixture. Drop on buttered baking sheet or roll out on a slightly floured board. Handle very soft.

BAKE—At 375° - 400° F. for about 10 minutes.

BROWN SUGAR COOKIES

OCCIDENT Flour  
2 cups brown sugar  
1 cup melted shortening  
3 eggs  
1 teaspoon vanilla  
2 teaspoons baking powder  
1/4 cup milk

METHOD—Cream the shortening and sugar, add the beaten eggs and vanilla. Sift the flour and baking powder together and add alternately with the milk. Add just enough flour to roll. Chill. Cut into shapes as desired. Sprinkle with brown sugar.

BAKE—in a moderate oven at 350° - 375° F. for 10 to 12 minutes.

CARAWAY COOKIES

2 cups OCCIDENT Flour  
1/2 cup shortening  
1 cup sugar  
1 egg  
1 1/2 tablespoons caraway seeds  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 cup milk

METHOD—Cream the shortening with the sugar, add the beaten egg. Mix and sift the flour, baking powder, and salt, and add alternately with the milk to the first mixture. Add caraway seeds. Toss on lightly floured board. Roll out about one-half inch thick and cut in fancy shapes.

BAKE—On greased baking sheet in moderate oven 350°F. 10 minutes.
COOKIE TRIMMINGS

Save all of the trimmings for the last rolling. The last cookies will not be of the same texture as the first because of the extra flour which will be worked into the dough in the process of mixing.

Drop Cookies

PLAIN COOKIES

2 cups OCCIDENT Flour  2 eggs
1/4 cup shortening  1/4 cup milk
1 cup sugar  3 teaspoons baking powder

METHOD—Cream shortening and sugar, add eggs. Sift dry ingredients and add alternately with milk. Drop by teaspoon on greased pan.

BAKE—In moderate oven 400° F. 10 or 15 minutes.

Variations

Nut cookies: Add to recipe 1 cup chopped nuts.
Raisin or Currant cookies: Add 1 cup chopped raisins or currants.
Date cookies: Add 1 cup chopped dates.
Chocolate cookies: Add 3 tablespoons cocoa.
Spice Cookies: Add 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/4 teaspoon cloves.

CHOCOLATE DROP COOKIES

1 1/3 cups OCCIDENT Flour  1/2 teaspoon soda
1 cup light brown sugar  1/4 teaspoon salt
1/2 cup butter  1/2 cup nut meats
1 egg  1 teaspoon vanilla
2 squares melted chocolate  1/2 cup sour milk

METHOD—Cream the butter and sugar, add egg, beat well, add melted chocolate and vanilla. Lastly combine the dry ingredients alternately with the milk. Add the nut meats. Drop on a greased cookie sheet.

BAKE—In a quick oven 425° F. 10 to 12 minutes. Makes 2 dozen large or 2 1/2 dozen small cookies.

DATE COOKIES

2 cups OCCIDENT Flour  2 teaspoons baking powder
1 cup shortening  1/2 teaspoon soda
1 1/2 cups brown sugar  1 teaspoon cinnamon
3 eggs  1 teaspoon cloves
1 tablespoon water  1 cup chopped dates
3/4 teaspoon salt  1/2 cup chopped nuts

METHOD—Cream shortening, add sugar. Add well beaten eggs, water, flour sifted with soda, salt, baking powder, and spices. Add nuts and dates. Drop by spoonfuls on buttered baking sheets.

BAKE—In moderate oven 375° F. about 15 to 20 minutes. Makes 50 cookies.

CHRISTMAS COOKIES

3 cups OCCIDENT Flour  2 eggs
2 cups sugar  2 teaspoons cream of tartar
1 cup butter  1/2 teaspoon soda

METHOD—Cream butter and sugar. Add beaten eggs and mix well. Add soda dissolved in 1 teaspoon water and sifted dry ingredients. Drop by teaspoonfuls on cookie sheet. Sprinkle each with a little cinnamon and sugar mixed.

BAKE—About 10 minutes in moderate oven (350° - 400° F.). Remove from cookie sheet at once.
DATE SPONGE BARS

1 1/4 cups OCCIDENT Flour
3 eggs
2 teaspoons baking powder
1/2 cup cold water
1 cup nuts
1/4 teaspoon grated lemon rind
1 cup sugar
1/4 teaspoon salt
1 cup dates
1 tablespoon lemon juice

METHOD—Beat eggs and sugar together until light and thick. Add lemon juice, water, and rind. Mix, sift, and add dry ingredients. Fold chopped nuts and dates well floured into mixture. Pour into greased cake pan and bake in moderate oven 350° F., 30 minutes. When baked, cut in bars and roll in powdered sugar. Makes 3 dozen. 3 tablespoons cocoa may be used. Take out same amount of flour.

FRUIT COOKIES

2 cups OCCIDENT Flour
1 cup sugar
2 1/2 cup shortening
1/2 cup sour milk
2 eggs
2 1/2 cups oatmeal
1 teaspoon lemon extract
1 cup nuts
1/2 teaspoon soda
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1 cup raisins and currants

METHOD—Cream shortening and sugar, add well beaten eggs, extract, and oatmeal. Mix and sift, flour, soda, baking powder and spices and add alternately with the sour milk. Chop fruit and nuts, flour well, and add. Drop from spoon on to greased pans.

BAKE—10 minutes in hot oven (400° - 425° F.). Makes 5 dozen cookies.

BROWNIES

2 3/8 cups OCCIDENT Flour
1 cup butter
1 1/2 cups brown sugar
3 eggs
1 cup raisins chopped
1 teaspoon soda
1/2 teaspoon salt
1 teaspoon cinnamon
1 cup chopped nuts
1/2 cup boiling water

METHOD—Cream butter and sugar. Add beaten eggs, flour sifted with salt and cinnamon, soda dissolved in the boiling water, raisins, and nuts chopped. Drop on buttered tins and bake in a moderate oven 375° F. 20 to 30 minutes.

CHOCOLATE NUT BROWNIES

1/2 cup OCCIDENT Flour
1 cup sugar
1/2 cup butter
1 teaspoon baking powder
2 squares chocolate
1 1/2 teaspoon salt
1 1/2 teaspoon vanilla
2 eggs
1 cup nuts floured and chopped


FROSTED NUT COOKIES

1 cup OCCIDENT Flour
1/2 cup sugar
2 tablespoons melted chocolate
1 teaspoon vanilla
1/2 cup raisins
1/4 cup sour milk
1/4 cup walnuts
1 egg
1/4 teaspoon soda
1/2 cup butter

METHOD—Cream butter and sugar, add chocolate, vanilla, and beaten egg. Add alternately the sifted dry ingredients and milk. Add chopped nuts and raisins well floured. Drop on greased baking sheet.

BAKE—20 minutes in moderate oven (350° - 400° F.). Frost with chocolate icing.
CHOCOLATE ICING

METHOD—Roll and sift 1 1/2 cups powdered sugar and 1/2 cup cocoa. Mix with 1/4 cup hot water, 2 tablespoons melted butter, 1/2 teaspoon vanilla.

HERMITS

2 cups OCCIDENT Flour
1 1/2 cups brown sugar
1 cup butter or lard
1 cup raisins chopped
2 eggs

3 tablespoons sour milk or
1/2 cup sweet milk
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon nutmeg
1 teaspoon soda in milk

METHOD—Mix soft and drop on floured pan or spread on pan, bake, and then cut in squares.

BAKE—20 minutes in moderate oven (375° - 400° F.).

SPICED FRUIT COOKIES

1 1/4 cups OCCIDENT Flour
3/4 cup brown sugar
1/2 cup butter
2 tablespoons water
1 egg

1/2 teaspoon soda
1/2 teaspoon baking powder
1/2 cup raisins
1/2 cup walnuts

METHOD—Cream sugar and butter, add beaten egg. Sift dry ingredients and add. Stir well and add raisins, walnuts, and water. Drop on well greased cookie sheet.

BAKE—in a moderate oven at 375° - 400° F.

SNIKERDOODLES

2 7/8 cups OCCIDENT Flour
2 cups sugar
1 cup butter

2 eggs
2 teaspoons cream of tartar
1 teaspoon soda

METHOD—Cream butter, add sugar, and cream together. Add beaten eggs and flour sifted with the soda and cream of tartar. Drop on cookie sheet 1/2 inch apart and sprinkle a little sugar and cinnamon over each.

BAKE—in a quick oven 425° F. 10 to 15 minutes.

ROCKS

1/2 cup OCCIDENT Flour
1 1/2 cup shortening
1 cup brown sugar
2 eggs
2 cups oatmeal

1/2 teaspoon soda
1 teaspoon cinnamon
1 cup raisins
1/2 cup walnuts broken
1/2 cup dates cut
1/2 teaspoon salt

METHOD—Cream shortening, add sugar, and cream together. Add well beaten eggs, flour sifted with soda, cinnamon, and salt. Add fruit, walnuts, and oatmeal. Drop by spoonfuls on buttered baking sheet.

BAKE—in moderate oven 375° - 400° F., about 20 minutes. Makes 3 dozen.

OATMEAL COOKIES

1 cup OCCIDENT Flour
3 cups rolled oats
4 teaspoons milk
1 cup sugar

1 cup shortening
2 eggs
2 teaspoons baking powder
2 teaspoons vanilla

METHOD—Cream butter, add sugar, beaten eggs, and milk. Mix and sift dry ingredients and add to mixture with oatmeal. Add vanilla. Mix quite stiff. Drop from spoon on greased pan.

BAKE—About one-half hour in slow oven 350° F.
Ice Box Cookies

**HONEY COOKIES**

- 3 1/2 cups OCCIDENT Flour
- 1/4 teaspoon soda
- 3/4 teaspoon cinnamon
- 1 cup brown sugar
- 1 egg
- 1 cup almonds shredded
- 1/8 teaspoon cloves
- 1/8 teaspoon nutmeg
- 2/3 cup strained honey
- 2 tablespoons cold water
- 3/4 cup candied citron shredded

**METHOD**—Sift flour, measure, add spices and soda, and sift several times. Boil honey, sugar, and water together just a few minutes. Cool and add slightly beaten egg, sifted dry ingredients, fruit, and nut meats. Work into a loaf and place in refrigerator. Let ripen two or three days. Slice and bake on a greased baking sheet.

BAKE—At 375° F. for about 10 minutes. Frost if desired.

**CHECKERED COOKIES**

Use Rich Cookie Dough recipe, divide into two parts. To one part add 2 squares of melted chocolate. Divide each into two parts. Roll each into a long, round roll. Put a light and a dark together then alternate a light and dark on top of these. Press into rectangular shape. Chill. Cut in slices and bake at 400° F. 10 minutes.

**ROLLED DAINTIES**

- 3 cups OCCIDENT Flour
- 1 cup shortening
- 2 cups brown sugar
- 1 teaspoon baking powder
- 2 eggs
- 2 teaspoons cinnamon

**METHOD**—Cream shortening and add sugar and cream together. Add well beaten eggs, flour sifted with baking powder and cinnamon. Chill. Roll thin and fill with a fig filling, roll as for jelly roll. Put in a refrigerator for at least 1 hour. Slice.

BAKE—At 350° F. for about 12 to 15 minutes. The time will depend on the thickness of the slices.

**FIG FILLING**

- 1/2 pound figs finely chopped or ground
- 1/3 cup sugar
- 1/3 cup boiling water
- 1 tablespoon lemon juice

**METHOD**—Mix ingredients in the order given and cook in a double boiler until thick enough to spread. Spread while hot.

**ALMOND COOKIES**

- 4 1/2 cups OCCIDENT Flour
- 1 pound shortening (1/2 butter and 1/2 lard)
- 1 cup sugar
- 1 cup brown sugar
- 3 eggs
- 2 teaspoons soda
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/2 pound almonds

**METHOD**—Cream butter and sugar, beating in one egg at a time. Sift dry ingredients, add to mixture. Add nuts and flavoring. Make into two oblong rolls. Put in wax paper. Leave in ice box over night. Slice thin.

BAKE—10 minutes in quick oven 400° F., makes 8 dozen cookies.

**CHOCOLATE PINWHEELS**

- 1 1/2 cups OCCIDENT Flour
- 1 cup butter
- 1/2 cup sugar
- 1/8 teaspoon salt
- 1 square chocolate
- 1 egg yolk
- 3 tablespoons milk
- 1/2 teaspoon baking powder
- 1/2 teaspoons vanilla

**METHOD**—Cream butter, add sugar, unbeaten egg yolk, vanilla, and mix well. Add milk alternately with flour sifted with baking powder and salt. Divide the mixture. Add melted chocolate to half of mixture. Roll white dough to thin sheet.
Roll chocolate dough to thin sheet. Place chocolate dough on top of the white and roll like jelly roll about two inches in diameter. Set in ice box several hours to become firm. Cut into thin slices and lay cut side down on cookie sheet.

BAKE—Moderate oven 350° - 400° F. 10 minutes. Remove from pan immediately.

**BUTTERSCOTCH COOKIES**

1 cup nuts
1 cup shortening, half butter and half lard
2 cups brown sugar
1 teaspoon cream of tartar
2 eggs
1 teaspoon soda
1 cup chopped dates

METHOD—Form into roll and wrap in oiled paper. Let stand over night in ice box. Slice thin.

BAKE—in moderate oven 375° F. 10 minutes.

**CRISP COOKIES**

3 3/4 cups OCCIDENT Flour
2 1/2 cups milk
1 1/2 cup shortening
2 2 cups sugar

METHOD—Combine ingredients same as for sugar cookies. Chill and roll the dough thin, handle little as possible. Cut in any desired shape and bake on inverted pan or cookie sheet in hot oven (400° - 425° F.), 10 minutes.

**ALMOND WAVERS**

2 cups OCCIDENT Flour
1/2 cup powdered sugar
1/2 cup cold water
1 teaspoon almond extract
Shredded almonds

METHOD—Cream butter and sugar. Add extract. Add flour and water alternately. Mix thoroughly. Chill. Spread thinly on greased baking sheet. Scatter shredded almonds over top and bake in hot oven (400° - 450° F.), 10 minutes. Cut in squares as soon as taken from oven. Remove from pan while hot and roll. They must be cut, removed from pan, and rolled quickly.

**GOLDEN NUGGETS**

2 1/4 cups OCCIDENT Flour
2 eggs
1 cup sugar
1/2 cup butter
3 1/2 teaspoons baking powder
1/2 cup milk

METHOD—Cream butter, add sugar, and cream together. Add beaten eggs. Add milk alternately with the flour sifted with baking powder. Form into a soft dough, flour board, and roll pieces in four-inch lengths and put closely in buttered pans, bake quickly in hot oven 425° F. Ice with gold icing.

**GOLD ICING**

METHOD—Yolks of 2 eggs well beaten and 1 cup powdered sugar, 1 teaspoon lemon.
Doughnuts

SOUR MILK DOUGHNUTS

OCCIDENT Flour
1 cup sugar
4 tablespoons butter
1 teaspoon soda
1 cup sour milk
1/2 teaspoon salt
2 eggs
Nutmeg to flavor

METHOD—Cream butter, add sugar gradually, add eggs, beat well. Mix and sift dry ingredients. Add milk and flour alternately—using enough flour to make a soft dough. Roll. Cut and fry in deep fat and drain on brown paper. Test fat with small piece of bread. It should brown in 1 minute.

SWEET MILK DOUGHNUTS

OCCIDENT Flour
1 cup sugar
1 cup milk
2 tablespoons shortening
2 teaspoons baking powder
1/2 teaspoon salt
2 eggs
1/2 teaspoon salt
Nutmeg to flavor

METHOD—Use same method in making Sweet Milk Doughnuts as for Sour Milk Doughnuts.

POTATO DOUGHNUTS

OCCIDENT Flour
2 medium size potatoes boiled and mashed fine through sieve—beating cupful
1 egg
Salt to taste
1 tablespoon melted lard
1/4 cup milk
3 teaspoons baking powder

METHOD—Mix and put in refrigerator for 45 minutes. Roll, cut, and fry.

CRULLERS

OCCIDENT Flour
1 tablespoon sugar
1 tablespoon butter
1/2 teaspoon salt
1/2 teaspoon cinnamon

METHOD—Mix together, using enough flour to make dough stiff enough to roll easily without sticking. Cut in fancy shapes by making long strips and then twisting them. Fry in deep fat and drain.

CHOCOLATE DOUGHNUTS

3 1/2 cups OCCIDENT Flour
1/4 cup butter
1 1/4 cups sugar
1 cup sour milk
2 eggs
1 1/2 squares chocolate
1 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon salt
1 1/2 teaspoons vanilla

METHOD—Cream butter and add sugar gradually, while beating constantly; then add eggs, well beaten, melted chocolate, sour milk, and flour mixed and sifted with soda, cinnamon, and salt. Add vanilla and enough more flour to handle the mixture. Toss on a slightly floured board, knead slightly, pat and roll to one-fourth inch in thickness, cut, and fry.

Difference Between Crullers and Doughnuts

The difference is in shape only for the same flour mixture may be used for either or both. The dough for crullers is cut in strips, and these are twisted into a figure-of-eight shape—or into any twisted shape—while the dough for doughnuts is cut into rings.
FRITTERS

2 teaspoons baking powder
% cup milk
1 egg

METHOD—Sift dry ingredients, add egg well beaten and milk. The batter should be just thick enough to coat the article it is intended to cover. If it is too thin, add more flour, if too thick add more liquid.

FISH FRITTERS

3 tablespoons OCCIDENT Flour
1 pound small fish
3 eggs
Salt and pepper
Minced garlic
Minced parsley

METHOD—Cook the fish and mash them. Beat the yolks of the eggs until light and thick then add, little by little, the flour, salt, pepper, the minced garlic and parsley, and the fish. Lastly add the whites of the eggs beaten slightly. Drop spoonfuls of this mixture into hot fat 360° - 370° F. and fry to a golden brown.

APPLE FRITTERS

2 cups OCCIDENT Flour
1 cup milk
2 eggs
1 teaspoon sugar
3 teaspoons baking powder
Apples
Salt

METHOD—To the milk add the well beaten egg yolks and the sugar, then the flour mixed and sifted with the baking powder and the salt. Then fold in the stiffly beaten whites. Add sliced sour apples, being careful to get the batter all over them. Drop by spoonfuls into deep fat and fry 2 to 3 minutes. Serve with powdered sugar or hard sauce.

BANANA FRITTERS

6 bananas
2 tablespoons sugar
3 tablespoons orange juice
Fritter batter

METHOD—Peel bananas, cut each in two and split each half. Place the pieces in a bowl with sugar and orange juice and let them stand for 1 hour. Drain the fruit, dip in batter, and fry in deep fat from 2 to 3 minutes. Serve with powdered sugar or hard sauce.

CORN FRITTERS

2 cups OCCIDENT Flour
1 egg
2 cups corn
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup milk
2 teaspoons baking powder

METHOD—Chop the corn very fine and add salt, pepper, well beaten egg, melted shortening, milk, flour, and baking powder. Fry 2 to 3 minutes in deep fat 360° - 370° F.