SUNLAND COOKERY CLUB
Recipe Book

SUNLAND SALES COOPERATIVE ASSOCIATION
FRESNO, CALIFORNIA
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We Welcome You to the Sunland Cookery Club

This cook book is respectfully dedicated to the mothers of tomorrow. Recipes have been chosen alike for their goodness and for the simplicity with which they are made. A watchful eye has been kept upon them to keep the cost of the good things within the reach of every household. The use of Sun-Maid raisins have proven to millions of housewives that common foods become uncommonly good and that inexpensive foods are just as tasty and sought for as the expensive ones.

Remember please, girls, that every time you use Sun-Maid raisins in combination with other food, you are adding to the value of that food important mineral constituents, predigested sugars and just downright goodness that is good for everybody and that everybody likes.

While the cook book gives thirty-six excellent recipes we feel that our members of the Sunland Cookery Club will evolve new dishes, new combinations so that when another year rolls 'round we can publish a cook book containing only members' recipes.

Always use Sun-Maid Raisins in making your recipes if you want to be SURE that the results will be just what you want them to be. There are no other raisins comparable with Sun-Maids in quality, cleanliness and uniformity.
Some Fundamentals

1. Accurate measurements are absolutely essential to insure good results. A standard measuring cup, holding exactly $\frac{1}{2}$ pint should be used. These cups are divided into quarters, thirds and halves. Regulation tea and tablespoons should also be used. A set of these with half teaspoon and quarter teaspoon will be helpful.

2. To measure ingredients.

(1) Flour and other dry materials should be sifted before measuring. To measure a cupful put in the ingredient by spoonfuls. Measure exactly level, taking care not to shake the cup.

(2) To measure tea or tablespoonfuls, dip the spoon in the ingredient, fill, lift and level with a knife. Divide with knife lengthwise of spoon for a half-spoonful. Divide halves crosswise for quarters and quarters crosswise for eighths.

(3) Measuring liquids. Pour in the liquid to the desired point as designated on the cup. A tea or tablespoonful is all the spoon will hold.

(4) When measuring butter, lard or other solid fats, pack solidly into the cup or spoon and level with a knife.

(5) If dry ingredients, liquids and fats are
called for in the same recipe, measure in the order given, thereby using only the one cup.

3. When beginning to work light the oven so that it will be ready for use when needed. Open the oven door, strike a match, turn the gas on and apply the lighted match to the gas. Make sure the gas is burning, then close oven door.

4. Daintiness is an essential quality of a good cook. A clean apron, clean hands and nails and the hair arranged neatly are necessary.

5. All utensils and supplies that will be needed should be assembled on the work table before starting. These can be determined by careful reading of the recipe. Pie, cake or pudding dishes should be greased before the mixing is started.

6. When hot milk and beaten eggs are to be combined the hot milk is always added slowly to the egg, to prevent curdling. Then care should be taken to cook the mixture the length of time designated in the recipe. However, if the mixture should curdle it need not be thrown away. Turn it immediately into a cold bowl and beat with an egg beater until it is smooth again.

7. Cornstarch or flour should be combined
with sugar before adding boiling water in order to insure a smooth mixture.

8. Gelatine is first softened by standing in cold water and is then dissolved by setting the pan containing it in a second pan of hot water, or by adding it to the liquid which has been brought to a boil and then removed from the stove.

9. When baking cake first determine the correct temperature for the particular kind of cake you wish to bake. During baking the time should be divided into quarters. Cake should not be moved in oven until it has risen its full height; after this it is usually desirable to move it that it may be evenly browned. The cake should be the only thing in the oven during baking and should be placed in the center of the oven. Keep at uniform temperature.

10. Cake is done when it shrinks from the sides of the pan. It may also be tested with a clean toothpick. If the toothpick comes out without any of the cake sticking to it the cake has baked long enough. Set pan containing cake upside down on a wire cake cooler or on a board covered with a clean towel. Loosen cake with knife around the edges, and rest the pan on its four sides in turn, so that the cake, by its own weight is helped out of the pan.
Cooking Terms Explained

1. To grease a bread, cake or pudding pan, use a small piece of clean tissue paper. Dip the paper into lard or other fat and with the paper completely cover the pan with the fat, taking care to go well into the corners.

2. To cream butter, place the butter in a bowl and work with a spoon or fork until thoroughly softened. When making cakes the butter or other fat is creamed to insure it mixing well with the sugar and other ingredients. Butter is also creamed for spreading sandwiches as it may be more easily applied to the bread and a smaller quantity may be used.

3. The term shortening is applied to butter, lard or other solid fat, or to the edible vegetable oils used in cooking.

4. To flour bread board, rolling pin and cookie cutter. Place a small amount of flour on the board and with the hand held flat rub it well into the board. In a similar manner rub it into the rolling pin. The cookie cutter is dipped into the flour to prevent it sticking to the dough.

5. To flour raisins, sprinkle them with a small amount of flour or with a small portion of the dry ingredients to be used, and with a knife move them about so that each is cov-
Cooking Terms—continued

This is done to prevent the raisins sinking to the bottom of the pan, or gathering in any one place in the mixture.

6. To scald milk, measure the required amount and place it in the upper part of a double boiler. Put hot water in the lower part and set the upper part in place. The milk is scalded when a row of tiny bubbles form where the milk touches the pan. If a double boiler is not available, the milk to be scalded should be placed in a small saucepan, then this pan set in a larger pan containing hot water.

7. Instant tapioca is a fine, granulated tapioca that can be cooked in a short time. Pearl tapioca is much larger and requires soaking for several hours or over night, and a longer cooking period.

8. To steam raisins, place them in a strainer and place over the top of the teakettle full of boiling water or over a small pan of boiling water. They are steamed to make them plump and tender.

9. To chop raisins, cover them with cold water, heat to the boiling point, pour at once into a strainer and let stand for half an hour. They may then be put through the food chopper and will not stick.

10. To core apples use an apple corer which
may be bought for the purpose or with a sharp knife cut out the core at each end and with the thumb force the seeds through, making an opening clear through the apple. This should be done before the apple is peeled.

11. When boiling sugar and liquid together for candy the temperature 238 degrees Fahrenheit, which is called the 'soft ball' stage is reached when a small amount of the mixture will form a soft ball when dropped into cold water. Remove from fire immediately.

12. Three methods of combining ingredients are frequently used.

(1) To stir, mix by using a circular motion, widening the circles until all is blended.

(2) To beat, turn ingredients over and over, continually bringing the under part to the surface.

(3) To cut and fold, introduce one ingredient or mixture by two motions; with a spoon, a repeated vertical downward motion, known as cutting; and a turning over and over of mixture, allowing bowl of spoon each time to come in contact with bottom of dish, is known as folding. These motions are alternated until blending is accomplished.
Raisin Cinnamon Toast

\( \frac{1}{2} \text{ cup sugar} \)

2 tablespoons butter

\( \frac{1}{2} \text{ teaspoon powdered cinnamon} \)

6½-inch slices Sun-Maid raisin bread

Cream butter; add cinnamon to sugar and then gradually add to the butter, beating until creamy. Lightly toast bread on one side, then spread the cinnamon mixture on the other side and place on broiler under a low flame until lightly toasted. Or a hot oven may be used—in that case do not toast raisin bread, but spread with cinnamon mixture and place in the oven.

French Toast

2 eggs

\( \frac{1}{2} \) teaspoon salt

\( \frac{1}{2} \text{ cup milk} \)

6 large slices stale raisin bread

Beat eggs slightly. Add salt and milk. Dip bread in mixture until covered on both sides. Fry in a little hot melted fat in frying pan or on a hot greased griddle. Serve plain or with syrup.

Stewed Raisins

1 package Sun-Maid Raisins

2 cups water

1 slice of lemon or orange

Put raisins and water in a saucepan and cook slowly about 15 minutes. Add lemon just before removing from the fire.
Raisin Apple Sauce

Peel, quarter, and core apples. Slice and drop in cold water to prevent discoloration. Drain, place in a saucepan, cover with hot water and cook until tender. Add sugar to taste when apples are cooked and beat until smooth. Add 1 cup Sun-Maid Raisins, and set aside to cool.

Coddled Apples

Peel and core apples. For 6 apples use 1 cup of sugar and 1 1/2 cups of water and a quarter section of orange peel. Cook water and sugar until sugar is dissolved, then add orange peel and apples. Cook slowly until apples are tender, but not broken. Turn frequently so apples will cook evenly. When cooked remove apples to a serving dish, add 1 cup Sun-Maid Seedless Raisins to the syrup and cook five minutes, then pour over apples. Chill and serve with plain or whipped cream.

Glazed Apples with Raisins

Core and peel apples. For 6 apples allow 1 cup of sugar, 1 cup of water. Cook sugar and water about five minutes, then add apples and cook, turning often until apples are tender but not broken. Remove apples to a baking dish. Fill the centers with Sun-Maid Raisins. Dredge apples generously with sugar and cook in a moderate oven until well glazed. Boil the syrup the apples were cooked in until somewhat thickened and pour it around the apples. To be served from the baking dish hot or cold.
Creamy Rice Pudding

2 cups milk
2 tablespoons rice
\(\frac{1}{4}\) teaspoon salt
\(\frac{1}{4}\) cup sugar
1 cup Sun-Maid Raisins
1 teaspoon vanilla

Wash rice thoroughly and drain; place in a buttered pudding dish and pour in milk. Bake in a slow oven for about 1\(\frac{1}{2}\) hours, stirring occasionally; add remaining ingredients and bake from \(\frac{1}{2}\) to 1 hour longer. Do not stir after adding ingredients but allow to become a golden brown on top.

Raisin Cornstarch Pudding

1\(\frac{1}{2}\) cups milk
\(\frac{3}{4}\) cup sugar
4 tablespoons cornstarch
1 teaspoon vanilla
2 egg whites, beaten stiff
1 cup Sun-Maid Raisins

Scald milk; mix sugar and cornstarch thoroughly; then add the hot milk, stirring constantly until mixture thickens. Cook over hot water for twenty minutes, stirring constantly. When cooked pour hot mixture slowly over the beaten whites of eggs; add flavoring, fold in raisins, and pour into a mold which has been rinsed in cold water. Chill and serve with a custard made of the 2 egg yolks.
Rice Custard Pudding

1/3 cup rice
1 cup cold milk
1 cup Sun-Maid Raisins
1 cup cold water
1/2 teaspoon salt  
2 eggs
1 tablespoon butter
1/2 cup scalded milk
1/2 cup sugar
1 teaspoon vanilla or lemon

Put rice, milk and water in a saucepan and cook until soft; add butter and raisins and set aside to cool. Beat eggs, add the additional 1/2 cup scalded milk, sugar and flavoring; combine with rice; pour into a buttered baking dish and bake slowly until firm.

Indian Pudding

2 cups milk
1/2 cup corn meal
1/3 cup brown sugar
2 tablespoons molasses
1/2 teaspoon ginger
1 cup Sun-Maid Raisins
1 tablespoon butter
1 egg

Scald milk, add molasses and butter. Mix dry ingredients, and combine mixtures. Add beaten egg and raisins; pour into a greased baking dish and cook 1 hour in a moderate oven.
Cereal Pudding

2 cups milk
1 cup any cooked cereal
1/2 cup sugar
1 teaspoon salt
2 tablespoons butter, melted
1 cup Sun-Maid Raisins
1 egg
1 inch piece stick cinnamon

Put cinnamon in milk, allow milk to become hot, then remove cinnamon. Add cereal to hot milk and when boiling add sugar, salt, butter and raisins. Add well-beaten egg, cook five minutes. Serve hot or cold with cream or a pudding sauce.

Raisin Custard Bread Pudding

1 thick slice of bread
2 cups scalded milk
1/3 cup sugar
2 eggs
1 cup Sun-Maid Raisins
1 teaspoon vanilla and little nutmeg

Soak bread in cold water to cover 15 minutes, then press dry and measure 1 cupful. Beat eggs, add sugar, hot milk, bread crumbs, raisins, and flavoring. Pour into a buttered baking dish, sprinkle with nutmeg. Set in a pan of hot water and bake in a moderate oven.
Brown Betty

3 cups finely chopped sour apples
1 cup Sun-Maid Seedless Raisins
1 cup soft bread crumbs
½ cup brown sugar
1 tablespoon butter
Nutmeg

Butter a pudding dish, put in a layer of apples, cover with layer of raisins, sprinkle with some of the sugar, add bits of butter and a little nutmeg. Repeat until all materials are used, having last layer crumbs; dot with butter and sprinkle with sugar. Cover and bake in a hot oven until apples are tender. Uncover and brown. Serve with cream, or hard or liquid sauce.

Raisin Vanilla Sauce

½ cup sugar
2 tablespoons flour
Pinch of salt
1⁄3 cup Sun-Maid Seedless Raisins
1 cup boiling water
1 tablespoon butter
1 teaspoon vanilla

Mix sugar, salt and flour; add boiling water gradually, place over fire and boil until thick or until flour is well cooked. Remove from stove, add butter, raisins, and vanilla. If made in advance, this sauce should be kept warm over hot water.
Spiced Raisin Relish

1 cup sugar  
\( \frac{1}{2} \) cup water  
\( \frac{1}{2} \) cup vinegar  
1 teaspoon whole cloves  
1 two-inch piece stick cinnamon  
2 cups Sun-Maid Raisins

Tie the spices in cheesecloth; add water, vinegar and spices to sugar and cook until sugar is dissolved, then add raisins and cook very slowly until most of the syrup has been absorbed. Remove spice bag. Store the relish in sterilized, sealed glasses. To be served with meats.

Mocha Charlotte Russe

1½ cups whipping cream  
\( \frac{1}{3} \) cup powdered sugar  
1 tablespoon very strong strained coffee  
1 cup Sun-Maid Raisins  
Lady fingers or strips of sponge cake

Steam raisins until plump, then chill. Whip cream; add flavoring and sugar; add raisins; pile in glasses lined with split lady fingers.

Peanut Butter Sandwich Filling

\( \frac{1}{2} \) cup chopped Sun-Maid Raisins  
\( \frac{1}{4} \) cup peanut butter  
1 tablespoon hot water

Add water to the peanut butter; mix until smooth and creamy, then add chopped raisins. Spread between slices of buttered bread.
Raisin Fudge

1 square unsweetened chocolate  
2 cups sugar  
½ cup milk  
1 tablespoon butter  
1 teaspoon vanilla  
1 cup Sun-Maid Raisins

Put milk, sugar and chocolate in a saucepan and cook without stirring until mixture forms a soft ball when dropped in cold water. Remove from fire, add butter and set aside until partially cold, then add raisins and vanilla and beat until creamy. Pour into a buttered pan and cut into squares.

Raisin Penuche

1 cup brown sugar  
1 cup granulated sugar  
½ cup milk or thin cream  
2 teaspoons vanilla  
½ cup chopped walnuts or pecans  
½ cup Sun-Maid Raisins

Add milk to sugar, stir until dissolved and boil until syrup will form a soft ball when dropped in cold water. Add raisins, nuts, and flavoring and beat until creamy. Pour into a buttered pan and when cool cut in squares.
Molded Fruit Cream

½ cup Sun-Maid Raisins
1 orange
4 bananas
1 tablespoon granulated gelatine
½ cup cold water
1 cup whipped cream

Steam raisins until plump. Soak the gelatine in cold water ten minutes. Peel bananas, and rub through a coarse sieve; add orange juice and a little of the grated rind, the raisins and 2 tablespoons powdered sugar. Melt the gelatine over hot water; Strain into fruit mixture. Stir until mixture begins to thicken, then fold in whipped cream and pour into large or individual molds. To serve, unmold and add whipped cream.

Raisin Muffins

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
1 well-beaten egg
1 cup milk
2 tablespoons melted shortening
¾ cup Sun-Maid Raisins

Sift dry ingredients, add raisins; beat egg well, add milk, then dry materials gradually, beating to a smooth batter. Add melted shortening last. Bake in heated, well-greased muffin pans in a hot oven, 400° F.
Ginger Bread

2 cups flour
1 teaspoon soda
1 teaspoon cinnamon
3 teaspoons ginger
1 teaspoon salt
1 teaspoon baking powder
1 cup molasses  1 egg
\( \frac{1}{2} \) cup milk (sweet or sour)
\( \frac{1}{3} \) cup shortening
\( \frac{1}{2} \) cup Sun-Maid Seeded or Seedless Raisins

Mix and sift dry ingredients, add raisins. Put molasses and shortening into saucepan and heat slowly. Beat egg, add milk, then molasses mixture and dry ingredients. Bake in a moderate oven 25 minutes.

Raisin Cup Cakes

\( \frac{1}{3} \) cup butter or other fat
1 cup sugar  2 eggs
1\( \frac{1}{2} \) cups flour
2 teaspoons baking powder
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{8} \) teaspoon nutmeg  \( \frac{1}{4} \) cup milk
3\( \frac{1}{4} \) cup Sun-Maid Raisins

Everyday Raisin Loaf Cake

2 tablespoonfuls butter
1 cupful sugar
2 eggs
1/2 cupful milk
1 1/2 cupfuls flour
1 teaspoonful baking powder
1/4 teaspoonful cinnamon
1 cupful Sun-Maid Raisins

Slightly melt the butter and cream with the sugar, add the eggs beaten together. Sift the flour and baking powder together, and add alternately with the milk. Stir in the floured raisins and the cinnamon and bake in a loaf cake pan in a temperature of 350 degrees. When nearly finished, sprinkle the surface of the cake with granulated sugar and cinnamon, and return to oven to partially glaze.

Raisin Biscuits

2 cups flour 1 teaspoon salt
4 teaspoons baking powder
1 cup Sun-Maid Raisins
2 tablespoons shortening
3/4 cup milk or equal parts of milk and water.

Sift dry ingredients cut in shortening with knife; add raisins. Add liquid gradually to make soft dough. Pat to 1/3 inch thickness on floured board. Cut with floured cutter. Place in greased pan. Bake in hot oven 12 to 15 minutes.
Coffee Cake

Prepare the Raisin Biscuit mixture omitting raisins from dough. Divide into 2 parts and roll out to fit a layer cake pan. Place 1 layer in the greased pan, brush the top with melted butter or substitute and then spread 1 cup of chopped Sun-Maid Raisins over the top. Place the other layer on top of raisins, brush top with melted butter and sprinkle with brown sugar and 2 tablespoons of chopped walnuts or pecans. Bake about 20 minutes in a hot oven.

Quick Raisin Bread

$1\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups whole wheat flour
1 teaspoon salt
4 teaspoons baking powder
$\frac{1}{4}$ cup sugar
1 egg
$1\frac{1}{2}$ cups milk
2 tablespoons melted butter
1 cup Sun-Maid Raisins

Sift flour, salt, baking powder and sugar together and mix with the whole wheat flour. Add well beaten egg and milk and mix thoroughly. Add the melted butter and raisins. Put into a greased loaf pan and bake in a moderate oven—380°F.—for 1$\frac{1}{2}$ hours. This makes one loaf.