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Fruits For Year Around Use
Michigan State University Cooperative Extension Service
Circular Bulletin Series
Ruth Griswold, Foods and Nutrition
Reprinted November 1946
50 pages

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CIRCULAR BULLETIN 164

JANUARY 1938

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FRUITS

FOR YEAR AROUND USE

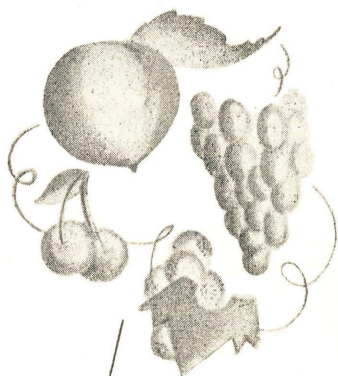
Michigan State College
Agricultural Experiment Station

Section of Home Economics

East Lansing

FRUITS

FOR YEAR AROUND USE



by
RUTH M. GRISWOLD

Issued, January 1938
Second Printing, November 1946

Eat Fruits Because:

1. Their delightful color and delicious flavor stimulate jaded appetites.
2. They are easy to prepare—fresh or cooked—alone or combined with other fruits.
3. They add minerals and vitamins in a universally well-liked way.
4. They supply bulk in a desirable form.
5. They combine well with other foods and add zest to everyday meals.

Fruits for Year Around Use

By RUTH GRISWOLD*

FRESH FRUIT is one of the most welcome gifts that summer brings to our tables. In season it is easy to obtain and cheap—especially for those who have an orchard or garden of their own. Michigan is particularly fortunate in having an abundant and excellent supply of fruit available throughout the summer. Fruit picked near home can be fully ripened and often tastes better than fruit which is picked before fully ripe so that it may be shipped long distances.

Many people think fruit is best when it is eaten fresh and raw. While fruit is in season it is wise to eat it freely and to use it for cooking. After that, the surplus may be canned for winter use.

This bulletin gives suggestions for the use of cherries, blueberries, peaches and grapes, four popular fruits that are grown in Michigan. In order that they may be more widely and more skillfully used, recipes have been developed for them. All the recipes have been carefully tested, some of them many times, and have been retested with canned fruit.

Fruits are so good in themselves that if they are cooked they should be made into a delicious product. Good cooking is an art as well as a science. Imaginative cooks will go beyond the recipes suggested in this bulletin and think of methods of preparation not given here. Two or more fruits may be combined, interesting spices added, or the recipe baked and served in unusual dishes.

Many of the recipes may be used with either fresh or canned fruit. Any changes necessary for the canned fruit are indicated in the recipe. These changes usually involve decreasing the amount of sugar, because sugar has been added to the fruit in canning.

The fruit used in testing these recipes was canned according to the directions in "Successful Home Canning," Michigan State College Extension Bulletin 132. Medium syrup (1 cup sugar to 2 cups water) was used for the peaches and blueberries. Thick syrup (1 cup sugar to 1 cup water) was used for the cherries,

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which were sour, red pie cherries. One-half cup sugar was added to every quart of juice in making the grape juice. Full directions for canning these fruits are given in "Successful Home Canning." If fruit canned in sweeter syrup is used, it may be necessary to reduce the amount of sugar in the canned fruit recipes, and with water-packed fruit as much sugar will be needed as with fresh fruit.

A few recipes are given for the juice from canned fruits. This juice should be used in some way, and if not eaten with the fruit may be used in beverages, sauces, gelatin salads and desserts, and in other ways.

A word of caution should be given about following the directions. All measurements should be made level, in standard measuring cups and spoons. Flour should be sifted just before measuring, spooned lightly into the measuring cup, and leveled with the straight edge of a spatula or knife. The directions should be followed carefully and the oven should be at the correct temperature. If the oven has no temperature control, an oven thermometer will be found valuable in preventing baking failures.

BLUE BERRIES

BEVERAGE

Blueberry Punch

4-6 servings

- | | |
|---|-----------------------------------|
| 2 cups juice from canned blue-
berries | 1 cup water
Juice of one lemon |
|---|-----------------------------------|

1. Mix ingredients.
2. Pour over ice in glasses.

BREADS

Blueberry Coffee Cake

2 cakes 9x9x2 inches

TEMPERATURE: 400° F.

TIME: 20-25 minutes

$\frac{3}{4}$ cup milk

$\frac{1}{4}$ cup sugar

3 tablespoons fat

1 teaspoon salt

1 cake compressed yeast

$\frac{1}{4}$ cup lukewarm water

1 egg

$3\frac{1}{2}$ cups family flour

TOPPING

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup bread crumbs

$\frac{1}{2}$ teaspoon cinnamon

2 cups blueberries, fresh or
canned

1. Scald milk; pour over sugar, fat and salt. Cool to lukewarm.
2. Soften yeast in water; add beaten egg; add to milk mixture.
3. Add about half the flour and beat thoroughly. Add remaining flour; mix well.
4. Allow to rise closely covered in warm place (80-85° F.) until double in bulk.
5. Remove dough to floured board, knead lightly and divide into two equal parts. Flour the back of a pan; place dough on pan and roll to fit. Place each rolled portion in greased pan.
6. Cover closely and allow to rise in warm place until double in bulk.
7. Cream butter, add sugar, crumbs and cinnamon gradually, mixing well. Fold in blueberries. Divide in two portions; sprinkle on raised doughs.
8. Bake in moderately hot oven until crumbs are delicately browned. Serve hot.

Note: If only one coffee cake is desired, half the dough can be used to make rolls, or stored immediately after mixing in the refrigerator. Before storing, cover bowl with waxed paper held in place with string.

BLUEBERRIES

Blueberry Muffins

12 medium-sized

TEMPERATURE: 425° F.

TIME: about 25 minutes

2 cups family flour

1 egg, beaten

$\frac{1}{3}$ cup sugar

1 cup milk

4 teaspoons baking powder

3 tablespoons melted fat

$\frac{1}{2}$ teaspoon salt

1 cup fresh blueberries

1. Sift dry ingredients.
2. Combine beaten egg, milk and melted fat (slightly cooled).
3. Add to dry ingredients. Stir until flour disappears but not until batter is smooth. Fold in blueberries, mixing as little as possible.
4. Fill greased muffin pans two-thirds full, handling the batter as little as possible.
5. Bake in hot oven.

Canned Blueberries: Increase flour to $2\frac{1}{4}$ cups. Drain blueberries thoroughly.

Blueberry Pancakes

16 large pancakes

$2\frac{1}{2}$ cups family flour

1 egg

1 teaspoon soda

2 cups sour milk or buttermilk

$\frac{1}{2}$ teaspoon salt

$1\frac{1}{2}$ tablespoons melted butter

$1\frac{1}{2}$ tablespoons sugar

2 cups fresh blueberries

1. Sift dry ingredients.
2. Beat egg, add milk. Add to dry ingredients; beat until smooth. Fold in melted butter and blueberries.
3. Drop by spoonfuls on hot greased griddle, cook until top is bubbly; turn and brown on other side. Turn cakes only once.
4. Serve hot with butter and powdered sugar, honey or syrup.

Note: If sweet milk is used, substitute 5 teaspoons baking powder for the soda.

DESSERTS

Baked Blueberries

6-8 servings

TEMPERATURE: 350° F.

TIME: about 30 minutes

4 cups fresh blueberries

$\frac{2}{3}$ cup sugar

1. Put blueberries and sugar in casserole. Cover and bake in moderate oven until berries are tender.

Blueberry Betty

6 servings

TEMPERATURE: 375° F.

TIME: 35-40 minutes

2 cups fresh blueberries

1 cup bread crumbs

$\frac{1}{2}$ cup sugar

2 tablespoons melted butter

$\frac{1}{4}$ teaspoon grated orange rind

1. In a greased casserole put alternate layers of blueberries, sugar, and crumbs, butter and orange rind mixed together. The top layer should be crumbs.
2. Bake covered in moderate oven for 20 minutes. Remove cover and bake until crumbs are delicately browned.

Canned Blueberries: Reduce sugar to $\frac{1}{3}$ cup.

Blueberry Blanc Mange

6 servings

$1\frac{1}{2}$ cups milk

$\frac{1}{2}$ cup milk

$2\frac{1}{2}$ tablespoons cornstarch

$\frac{1}{2}$ teaspoon vanilla

$\frac{1}{3}$ cup sugar

Pinch of salt

1 cup fresh blueberries

1. Scald $1\frac{1}{2}$ cups milk.
2. Mix cornstarch and sugar. Add $\frac{1}{2}$ cup cold milk gradually.
3. Add to scalded milk gradually, stirring constantly. Cook over direct heat until it boils, stirring constantly. Cook over hot water for 30 minutes, stirring occasionally.
4. Add vanilla and salt. Cool slightly; add blueberries. Pour into serving dish; chill thoroughly.

Blueberry Bread Mold

6-8 servings

$\frac{1}{2}$ pound (9 slices) bread

3 cups fresh blueberries

$1\frac{1}{2}$ cups sugar

1 tablespoon lemon juice if
desired

1. Remove crusts from bread and cut into small cubes.
2. Add sugar to berries. Cover and cook slowly until berries are soft. Add lemon juice if desired.
3. Rinse a bowl or mold with cold water; put in alternate layers of berries and bread, ending with berries. Pack firmly.
4. Chill thoroughly, unmold on serving plate and garnish with whipped cream.

Canned Blueberries: Reduce sugar to 1 cup. Allow sugar and blueberries to stand until sugar is dissolved. Do not cook.

BLUEBERRIES

Blueberry Cobbler

8 servings

TEMPERATURE: 400° F.

TIME: about 30 minutes

2 cups fresh blueberries

2 cups family flour

$\frac{1}{2}$ cup sugar

1 teaspoon salt

1 cup water

4 teaspoons baking powder

1 tablespoon cornstarch

2 tablespoons sugar

1 tablespoon butter

6 tablespoons fat

$\frac{1}{2}$ teaspoon nutmeg

$\frac{3}{4}$ cup milk

1. Heat berries, sugar and water. Blend in cornstarch dissolved in a little cold water, and cook for 5 minutes.
2. Pour into the bottom of a buttered casserole. Dot with butter and nutmeg.
3. Sift flour, salt, baking powder and sugar.
4. Cut in fat until mixture resembles coarse cornmeal. Add milk; mix until smooth.
5. Drop dough on fruit. Bake in moderately hot oven until crust is browned.

Canned Blueberries: Use only $\frac{1}{3}$ cup sugar with berries. Substitute 1 cup juice from canned blueberries for 1 cup water.

Blueberry Cottage Puddings

9 medium-sized

TEMPERATURE: 375° F.

TIME: 25-30 minutes

$1\frac{1}{2}$ cups family flour

$\frac{2}{3}$ cup sugar

1 tablespoon baking powder

1 egg

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup milk

$\frac{1}{4}$ cup fat

1 cup fresh blueberries

1. Sift first 3 ingredients.
2. Cream fat; add sugar gradually, beating constantly. Add beaten egg; mix well.
3. Add dry ingredients alternately with milk, beating after each addition. Fold in blueberries.
4. Bake in well-greased muffin pans. Serve with a hot orange or lemon pudding sauce.

Blueberry Cream Roll

8 servings

TEMPERATURE: 400° F.

TIME: 10-12 minutes

$\frac{2}{3}$ cup cake flour

2 tablespoons water

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{4}$ teaspoon salt

1 tablespoon melted butter

2 eggs

$\frac{1}{2}$ cup whipping cream

$\frac{2}{3}$ cup sugar

$\frac{1}{4}$ cup sifted powdered sugar

$1\frac{1}{2}$ cups fresh blueberries

Recipe Continued on Page 9

1. Sift first 3 ingredients.
2. Beat eggs until very light and fluffy; add sugar gradually, beating constantly; continue beating until very thick.
3. Fold in water and flavoring; add dry ingredients from the sifter, folding carefully; add butter.
4. Pour into shallow pan 10 x 13 inches lined with waxed paper. Bake in moderately hot oven until crust is a delicate brown.
5. Turn out cake on towel sprinkled with powdered sugar. Cut off edges of cake; roll, wrap in a cloth; cool. Unroll.
6. Whip cream; sweeten with powdered sugar. Spread on cake, sprinkle with blueberries; reroll. Chill about $\frac{1}{2}$ hour before serving.

Blueberry Crumble

6 servings

TEMPERATURE: 350° F.

TIME: about 40 minutes

1½ cups blueberries, fresh or canned	4 tablespoons butter
½ cup sugar	$\frac{3}{4}$ cup family flour
	Pinch of salt

1. Place berries in a large pie pan with half the sugar.
2. Cream butter; add remaining sugar, flour and salt gradually. Sprinkle over berries.
3. Bake in moderate oven until crumbs are delicately browned.

Blueberry Delight

6-8 servings

2 cups grape juice	$\frac{1}{3}$ cup water
$\frac{1}{4}$ cup sugar	1½ cups fresh blueberries
1½ tablespoons gelatin	$\frac{1}{2}$ cup shredded almonds or chopped walnuts

1. Bring grape juice and sugar to a boil. Soak gelatin in water 5 minutes; dissolve in hot grape juice.
2. Cool until slightly thickened; add berries and nuts.
3. Pour into a large mold or individual molds rinsed with cold water. Chill thoroughly. Unmold and serve.

Blueberry Dumplings

8 servings

TEMPERATURE: 400° F.

TIME: about 30 minutes

2 cups family flour	$\frac{3}{4}$ cup milk
1 tablespoon baking powder	1½ cups blueberries, fresh or canned
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup sugar
2 tablespoons sugar	1 tablespoon butter
5 tablespoons fat	

Recipe Continued on Page 10

BLUEBERRIES

1. Sift first 4 ingredients. Cut in fat until mixture resembles coarse cornmeal. Add milk; mix with a fork until flour disappears.
2. Knead lightly on floured board 1 minute. Roll $\frac{1}{4}$ -inch thick, keeping rectangular shape. Cut in 8 4-inch squares.
3. Place a spoonful of berry and sugar mixture on each. Dot with butter. Bring corners to center and seal.
4. Place in greased baking pan 9 x 9 x 2 inches. Bake in moderately hot oven. Serve hot with lemon sauce.

Blueberry Puff Pudding

6-8 servings

TEMPERATURE: 325° F.

TIME: 35-40 minutes

2 cups fresh blueberries

2 eggs, separated

$\frac{1}{3}$ cup sugar

$\frac{1}{3}$ cup sugar

2 tablespoons tapioca

$\frac{1}{8}$ teaspoon salt

$\frac{1}{2}$ cup water

$\frac{1}{4}$ teaspoon cream of tartar

$\frac{1}{3}$ cup cake flour

1. Stew first four ingredients 10 minutes. Pour into casserole.
2. Beat egg yolks until thick and lemon colored; add sugar; beat again.
3. Beat egg whites until foamy; add salt and cream of tartar. Continue beating until stiff but not dry. Fold in yolk mixture, then flour gradually. Pour over fruit.
4. Bake in moderate oven. Serve cold with cream.

Canned Blueberries: Reduce sugar to $\frac{1}{4}$ cup. Substitute $\frac{3}{4}$ cup juice from canned blueberries for $\frac{1}{2}$ cup water.

Blueberry Roll

8 servings or

1 pan 10-1/2 x 5-1/2 x 3-1/2 inches

TEMPERATURE: 450° F.

TIME: 10 minutes

then

then

350° F.

30 to 40 minutes

2 cups family flour

4 tablespoons fat

2 tablespoons sugar

1 egg

1 tablespoon baking powder

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ teaspoon salt

2 cups fresh blueberries

$\frac{2}{3}$ cup sugar

1. Sift together first four ingredients; cut in fat until mixture resembles coarse cornmeal.
2. Beat egg, add milk, add to first mixture. Stir with a fork until flour disappears.
3. Turn out dough on floured board; knead lightly for a few seconds. Roll dough into a rectangle 8 x 16 inches.

Recipe Continued on Page 11

4. Spread dough with berries and sugar; roll like a jelly roll, starting with the small end. Transfer to greased bread pan.
5. Bake in hot oven for 10 minutes; reduce heat to moderate for remainder of baking period.

Blueberry Shortcake

8 servings

TEMPERATURE: 450° F.

TIME: 15-20 minutes

SAUCE

DOUGH

1/3 cup sugar
1 tablespoon cornstarch
1/2 cup water
2 1/2 cups fresh blueberries

2 cups family flour
1 tablespoon baking powder
1/2 teaspoon salt
2 tablespoons sugar
5 tablespoons fat
3/4 cup milk

1. Mix sugar and cornstarch for sauce; add water. Cook. Stir constantly while cooking until thickened and clear.
2. Add berries, cover pan; simmer until a few, but not all, of the berries are broken. Serve hot or cold over shortcake.
3. Sift dry ingredients for dough. Cut in fat until mixture resembles coarse cornmeal. Add milk; mix with a fork until flour disappears.
4. Turn out dough on floured board; knead lightly for a few seconds. Roll out dough about 1/2-inch thick, keeping a round shape.
5. Bake in greased 9-inch layer-cake pan in a hot oven.
6. Split warm shortcake in half crosswise; spread bottom layer with butter and with berry sauce. Put on top crust layer, butter, and pour remaining berry sauce over cake. Garnish with whipped cream.

Canned Blueberries: Reduce sugar to 1/4 cup. Substitute 1 cup juice from canned blueberries for 1/2 cup water. Warm up, but do not cook after berries have been added.

Blueberry Slump

6 servings

TIME: 10 minutes

1 quart fresh blueberries
1 cup sugar
1 teaspoon nutmeg
1/4 cup water

1 cup family flour
1 tablespoon baking powder
1/4 teaspoon salt
1/2 cup milk

1. Cook first four ingredients until berries are tender.
2. Sift flour, baking powder and salt. Add milk; stir hard until very thick.
3. Drop batter from a spoon on boiling berry mixture. Six dumplings should be made.

Recipe Continued on Page 12

BLUEBERRIES

4. Cover closely and cook over a low flame 10 minutes. Do not remove cover during cooking period.
5. Serve hot with cream.

Canned Blueberries: Reduce sugar to $\frac{2}{3}$ cup. Add 1 cup juice from canned blueberries to fruit.

Blueberry Tapioca

8 servings

3 cups fresh blueberries $\frac{3}{4}$ cup sugar
1 cup water $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup quick-cooking tapioca

1. Cook $1\frac{1}{2}$ cups of blueberries in the water until tender; strain. Measure juice and add water to make 3 cups.
2. Bring juice to a boil in top of a double boiler. Mix sugar, salt and tapioca; add to juice.
3. Cook over hot water until tapioca is transparent. Remove from stove; add remaining $1\frac{1}{2}$ cups blueberries.
4. Serve very cold with cream.

Canned Blueberries: Use 2 cups juice from canned blueberries instead of 1 cup water. Reduce sugar to $\frac{1}{2}$ cup. Omit step 1. Add 3 cups blueberries after tapioca has been cooked.

French Pudding

6 servings

TEMPERATURE: 425° F. TIME: about 20 minutes
4 cups fresh blueberries 4 slices French toast
1 cup sugar 2 tablespoons powdered sugar
Pinch of salt $\frac{1}{2}$ teaspoon nutmeg

1. Stew first three ingredients until berries are tender. Pour into baking pan 9 x 9 x 2 inches.
2. Remove crusts from toast and cut in 3 pieces lengthwise. Place slices over fruit. Sift sugar mixed with nutmeg over toast.
3. Bake in a hot oven about 20 minutes. Serve warm or cold.

Canned Blueberries: Reduce sugar to $\frac{2}{3}$ cup.

Steamed Blueberry Pudding

5-6 servings

TIME: 1 hour
1 cup family flour $\frac{1}{4}$ cup sugar
1 teaspoon baking powder 1 egg
 $\frac{1}{4}$ teaspoon salt $\frac{1}{3}$ cup milk
3 tablespoons butter $\frac{1}{2}$ teaspoon vanilla extract
1 cup fresh blueberries

Recipe Continued on Page 13

1. Sift dry ingredients.
2. Cream butter; add sugar gradually, beating constantly. Add egg; beat well.
3. Add dry ingredients alternately with milk and flavoring. Fold in blueberries.
4. Pour into greased custard cups. Cover with a double thickness of waxed paper tied on with string. Steam 1 hour.
5. Serve hot or warmed over with Foamy Berry Sauce or Hard Sauce.

Foamy Berry Sauce

5-6 servings

- | | |
|---|-----------------------------|
| 4 tablespoons butter | 1 tablespoon boiling water |
| 1 cup sugar | $\frac{1}{4}$ teaspoon salt |
| 1 cup crushed blueberries,
fresh or canned | 1 egg white |

1. Cream butter; add sugar gradually. Add blueberries; mix well. Add boiling water and salt.
2. Cook over boiling water for 5 minutes. Just before serving, add egg white beaten stiff but not dry.

MEAT ACCOMPANIMENT

Blueberry Fritters

16-18 small fritters

TEMPERATURE: 370° F.

- | | |
|--|-----------------------------|
| 1 cup family flour | $\frac{1}{4}$ teaspoon salt |
| $1\frac{1}{2}$ teaspoons baking powder | 1 egg |
| 3 tablespoons sugar | $\frac{1}{3}$ cup milk |
| 1 cup fresh blueberries | |

1. Sift dry ingredients.
2. Beat egg, add milk. Add to dry ingredients; beat until smooth. Fold in blueberries.
3. Drop by small spoonfuls into hot fat. Turn only once. Drain on unglazed paper.
4. Sprinkle with powdered sugar. Serve as a meat accompaniment.

Canned Blueberries: Omit sugar. Drain berries well.

BLUEBERRIES

PASTRY

Plain Pastry

- 1 2-crust pie or
- 2 pastry shells

TEMPERATURE: 450° F.

TIME: 10-15 minutes

- 1½ cups family flour
- 1 teaspoon salt

- ½ cup cold fat
- 4 to 5 tablespoons ice water

1. Sift flour and salt.
2. Cut in fat with two knives or a pastry blender.
3. Sprinkle water over the surface, a little at a time, tossing flour mixture lightly with a fork. Sprinkle a dry portion each time, removing to board any very wet portions. Add only enough water to permit dough to hold together.
4. Roll out dough for 1 crust at a time, on a lightly floured board or canvas.
5. For pastry shells or tart shells, roll dough ⅛-inch thick. Fold over dough and place loosely in pan. Be sure there are no air bubbles between pastry and pan. Trim edge with scissors, leaving about ½ inch of crust over rim of pan. Fold under and flute edge.
6. Prick pastry shell and bake in hot oven.
7. Do not prick lower crust for 2-crust pies. Place filling on bottom crust. Moisten edge. Adjust top crust, press down with the tines of a fork, trim, and bake as directed under the pie recipe.

Blueberry Glaze Tarts

9 4-inch tarts

- 1 cup sugar
- 3½ tablespoons cornstarch
- ½ cup orange juice
- 3 cups fresh blueberries
- 9 baked tart shells

1. Mix sugar and cornstarch; add orange juice gradually. Boil 10 minutes, stirring constantly. Cool slightly.
2. Put blueberries in tart shells; pour orange glaze over them. Chill thoroughly; serve garnished with whipped cream.

Blueberry Orange Pie

1 9-inch pie

- 2½ cups fresh blueberries
- ½ cup orange juice
- ¾ cup sugar
- ¼ teaspoon salt
- 1 tablespoon gelatin
- ½ cup water
- 1 baked pastry shell

Recipe Continued on Page 15

1. Bring first four ingredients to a boil in a covered pan.
2. Soak gelatin in water 5 minutes; dissolve in berry mixture.
3. Cool; when starting to thicken, pour into baked pastry shell.
4. Chill and serve with whipped cream.

Canned Blueberries: Reduce sugar to $\frac{1}{2}$ cup. Add $\frac{1}{3}$ cup juice from canned blueberries to fruit.

Blueberry Pie

1 9-inch pie

TEMPERATURE: 450° F.
then
375° F.

TIME: 10 minutes
then
about 35 minutes

1 recipe plain pastry
1 cup sugar

4 tablespoons flour
1 quart fresh blueberries
2 tablespoons butter

1. Line pie pan with pastry.
2. Mix sugar and flour. Spread half of this mixture on the pastry, then fill with blueberries. Sprinkle on remaining sugar and flour. Dot with butter.
3. Cover with top crust.
4. Bake in hot oven for 10 minutes, then reduce heat to moderate for remainder of baking period.

Canned Blueberries: Reduce sugar to $\frac{2}{3}$ cup. Add 1 to 2 tablespoons lemon juice if desired.

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CHERRIES

1. Sift first 4 ingredients into a mixing bowl.
2. Beat eggs; add remaining ingredients; blend well.
3. Add to dry ingredients. Stir until flour disappears but not until batter is smooth.
4. Fill greased muffin pans two-thirds full, handling the batter as little as possible.
5. Bake in a moderately hot oven.

Canned Cherries: Reduce sugar to $\frac{1}{4}$ cup.

CAKES

Cherry Angel Food Cake

1 10-inch cake

TEMPERATURE: 275° F.
then
325° F.

TIME: 30 minutes
then
30 minutes

1½ cups sugar
1 cup cake flour
1¼ cups egg whites
¼ teaspoon salt
1 teaspoon cream of tartar

½ teaspoon vanilla extract
¼ teaspoon almond extract

FILLING

1½ cups whipping cream
1 cup drained canned cherries

1. Sift sugar; add half of it to flour and sift several times.
2. Beat egg whites and salt until foamy; add cream of tartar; continue beating until stiff but not dry.
3. Fold in remaining sugar, 2 tablespoons at a time. Add flavoring.
4. Add flour and sugar mixture from the sifter, folding in carefully.
5. Pour into ungreased tube or angel cake pan and bake in very slow oven about 30 minutes; then increase heat and finish baking.
6. Invert and cool cake in pan.
7. Cut slice $\frac{3}{4}$ -inch thick from the top of cooled cake. Hollow out cake, leaving a wall $\frac{3}{4}$ -inch thick at bottom and sides. Crumbs may be mixed with soft custard for another dessert.
8. Whip cream; fold in cherries. Fill cake with this mixture; replace top layer.
9. Top and sides of cake may be decorated with additional whipped cream and fruit or nuts.

Cherry Cream Roll

8 servings

TEMPERATURE: 400° F.

TIME: 10-12 minutes

$\frac{2}{3}$ cup cake flour *or* $\frac{1}{2}$ cup
family flour

2 tablespoons water

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{4}$ teaspoon salt

1 tablespoon melted butter

2 eggs

$\frac{1}{2}$ cup whipping cream

$\frac{2}{3}$ cup sugar

$1\frac{1}{2}$ cups drained canned
cherries

1. Sift first three dry ingredients together.
2. Beat eggs well; add sugar gradually; continue beating until thick and lemon-colored. Add water and flavoring.
3. Fold in sifted dry ingredients slowly.
4. Fold in melted and cooled butter.
5. Bake in shallow pan (10 x 13 inches), lined with waxed paper, in moderate oven.
6. Turn out baked cake on a towel that has been sprinkled lightly with powdered sugar. Cut off crisp edges; remove waxed paper. Roll up cake as for jelly roll. Cool.
7. Unroll cooled cake; spread with whipped cream; cover with cherries; roll up again; chill about $\frac{1}{2}$ hour.
8. Cut into thick slices for serving.

Cherry Upside-down Cake

8 servings or

1 9-inch cake

TEMPERATURE: 375° F.

TIME: 30-35 minutes

4 tablespoons butter

$2\frac{1}{2}$ teaspoons baking powder

$\frac{2}{3}$ cup brown sugar

$\frac{1}{4}$ teaspoon salt

2 cups pitted cherries, fresh or
canned

4 tablespoons fat

$\frac{1}{4}$ cup walnut or pecan halves

$\frac{3}{4}$ cup sugar

$1\frac{1}{2}$ cups family flour

1 egg

$\frac{1}{2}$ cup milk

1 teaspoon vanilla extract

1. Melt butter in 9-inch skillet; add brown sugar. Cook, stirring constantly until sugar is melted. Arrange cherries and nuts over sugar and butter.
2. Sift flour, baking powder and salt.
3. Cream fat; add sugar gradually, beating constantly. Add egg; beat well.
4. Add dry ingredients alternately with milk and flavoring, beating after each addition.
5. Pour batter over fruit. Bake in moderate oven.
6. As soon as cake is removed from oven invert on serving plate. Serve hot or cold with sweetened whipped cream.

CHERRIES

DESSERTS

Cherry Betty

6-8 servings

TEMPERATURE: 350° F.

TIME: about 35 minutes

1 cup bread crumbs	$\frac{1}{4}$ teaspoon nutmeg
3 tablespoons melted butter	$\frac{1}{8}$ teaspoon cinnamon
$1\frac{1}{2}$ tablespoons lemon juice	1 quart pitted fresh cherries
	1 cup sugar

1. Mix first 5 ingredients.
2. In a buttered casserole put alternate layers of crumb mixture, cherries and sugar until all are used. The top layer should be crumbs.
3. Bake covered in moderate oven for 20 minutes. Remove cover for remainder of baking period. Serve hot with cream.

Canned Cherries: Reduce sugar to $\frac{1}{2}$ cup, and pour $\frac{1}{3}$ cup cherry juice over the pudding before baking.

Cherry Cobbler

8 servings

TEMPERATURE: 400° F.

TIME: about 30 minutes

3 cups pitted fresh cherries	2 cups family flour
1 cup sugar	1 teaspoon salt
1 cup water	4 teaspoons baking powder
1 tablespoon cornstarch	2 tablespoons sugar
1 tablespoon butter	6 tablespoons fat
$\frac{1}{2}$ teaspoon cinnamon	$\frac{3}{4}$ cup milk

1. Heat cherries, sugar and water. Blend in cornstarch dissolved in a little cold water, and cook 5 minutes.
2. Pour into the bottom of a buttered casserole. Dot with butter and cinnamon.
3. Sift flour, salt, baking powder and sugar.
4. Cut in fat until mixture resembles coarse cornmeal. Add milk; mix until smooth.
5. Drop dough on fruit; bake in hot oven until crust is browned.

Canned Cherries: Use $\frac{1}{4}$ cup sugar instead of 1 cup, and use cherry juice instead of water.

Cherry Dumplings

10 servings or

1 pan 12-3/4 x 9 x 2 inches

TEMPERATURE: 450° F.
then
375° F.

TIME: 15 minutes
then
about 30 minutes

3 cups family flour
4 1/2 teaspoons baking powder
1 teaspoon salt
3/4 cup fat
3/4 to 1 cup milk
1 1/2 cups pitted fresh cherries
2 teaspoons grated lemon and
orange rind

1/2 cup brown sugar
2 tablespoons butter

SAUCE

1 1/2 cups sugar
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
2 tablespoons melted butter
1 cup water

1. Sift first 3 ingredients. Cut in fat until mixture resembles coarse cornmeal. Add milk; stir until flour disappears.
2. Turn out on floured board; knead lightly. Roll to 1/4-inch thickness, keeping a rectangular shape. Cut into 5-inch squares.
3. In center of each square arrange a spoonful of cherries; sprinkle with rind and brown sugar mixed together; dot with butter. Bring corners of dough to center.
4. Mix ingredients for sauce in order given. Place dumplings in greased pan; cover with sauce.
5. Bake in a hot oven for 15 minutes; reduce heat to moderate for remainder of baking period.

Canned Cherries: Omit brown sugar.

Cherry Gelatin

6 servings

1 tablespoon gelatin
1/4 cup water

2 cups juice from canned
cherries

1/4 cup whipping cream, optional

1. Soften gelatin in water. Bring cherry juice to a boil; pour over gelatin, stirring well.
2. Cool until syrupy. Whip cream, if desired, and fold into gelatin.
3. Pour into individual or one large mold. Chill until firm before unmolding.

CHERRIES

Cherry Mousse

10 servings

- | | |
|-------------------------|-------------------------------|
| 1½ teaspoons gelatin | ½ cup sugar |
| 1 tablespoon cold water | 1 cup rolled dry macaroon |
| ⅓ cup boiling water | crumbs |
| 1 cup milk, scalded | 1 cup chopped canned cherries |
| 1½ cups whipping cream | |

1. Soak gelatin in cold water. Add boiling water, milk and sugar. Stir until dissolved. Cool until thickened but not stiff.
2. Add crumbs and cherries. Fold in whipped cream; freeze in tray of mechanical refrigerator.

Cherry Pudding

8-10 servings or

1 loaf 10-1½ x 5-1½ x 3-1½ inches

TEMPERATURE: 350° F.

TIME: about 40 minutes

- | | |
|--------------------|--------------------------------|
| 4 eggs | 1 cup thin cream |
| ½ cup sugar | 2 tablespoons melted butter |
| 1 cup bread crumbs | 2 teaspoons lemon juice |
| ¼ teaspoon salt | 3 cups drained canned cherries |

1. Beat eggs until light; add sugar gradually, beating constantly.
2. Add remaining ingredients in the order in which they are mentioned, mixing well.
3. Bake in buttered baking dish in moderate oven.
4. Serve with sweetened whipped cream or lemon sauce.

Cherry Shortcake

8 servings

TEMPERATURE: 450° F.

TIME: 15-20 minutes

SAUCE

DOUGH

- | | |
|------------------------------|----------------------------|
| 1 cup sugar | 2 cups family flour |
| 1½ tablespoons cornstarch | 1 tablespoon baking powder |
| ¾ cup water | ½ teaspoon salt |
| 3 cups pitted fresh cherries | 2 tablespoons sugar |
| | 5 tablespoons fat |
| | ¾ cup milk |

1. Mix sugar and cornstarch for sauce; add water and cherries.
2. Cook, stirring constantly, until thickened and clear. Cherries should not be thoroughly cooked. Serve hot or cold over shortcake.
3. Sift dry ingredients for dough. Cut in fat until mixture resembles coarse cornmeal. Add milk; mix with a fork until flour disappears.

Recipe Continued on Page 23

4. Turn out dough on floured board; knead lightly for a few seconds. Roll out dough about $\frac{1}{2}$ -inch thick, keeping a round shape.
5. Bake in greased 9-inch layer-cake pan in a hot oven.
6. Split warm shortcake in half crosswise; spread bottom layer with butter and with cherry sauce. Put on top crust layer, butter, and pour remaining cherry sauce over cake. Garnish with whipped cream.

Canned Cherries: Reduce sugar in sauce to $\frac{1}{4}$ cup, and use cherry juice instead of water.

Cherry Tapioca Cream

8 servings

- | | |
|-------------------------------------|--|
| 3 cups juice from canned cherries | Juice of 1 lemon |
| 4 tablespoons quick-cooking tapioca | 2 cups drained, canned cherries |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup whipping cream, optional |

1. Bring cherry juice to a boil in top of double boiler; add tapioca and salt.
2. Cook over hot water 20 minutes or until tapioca is clear, stirring occasionally. Add lemon juice; cool.
3. When cool but not set, fold in cherries, and whipped cream if desired. Serve very cold.

Steamed Cherry Puddings

9 servings

TIME: 1 hour

- | | |
|--|--|
| $1\frac{1}{2}$ cups family flour | $\frac{2}{3}$ cup sugar |
| 2 teaspoons baking powder | 2 eggs |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup milk |
| $\frac{1}{3}$ cup fat | $\frac{1}{2}$ teaspoon vanilla extract |
| 1 $\frac{1}{2}$ cups pitted fresh cherries | |

1. Sift first 3 ingredients.
2. Cream fat; add sugar gradually, beating after each addition. Add well beaten eggs; mix well.
3. Add dry ingredients alternately with milk and flavoring. Fold in cherries.
4. Pour into individual greased molds, such as custard cups. Cover each with a double layer of waxed paper tied securely in place.
5. Steam 1 hour, serve hot or reheated with Cherry Sauce or Hard Sauce.

Note: If desired, the pudding may be steamed for 2 hours in a large mold.

Canned Cherries: Reduce sugar to $\frac{1}{3}$ cup.

CHERRIES

Cherry Sauce

- | | |
|----------------------------------|--------------------------|
| 2 tablespoons butter | 1 tablespoon lemon juice |
| 1 tablespoon cornstarch | Pinch of nutmeg |
| 1 cup juice from canned cherries | Pinch of salt |

1. Melt butter; add cornstarch, blend well.
2. Add cherry juice gradually, stirring well.
3. Cook, stirring constantly, until thick and clear. Add remaining ingredients.
4. Serve hot on cake, cottage pudding, or steamed puddings.

MEAT ACCOMPANIMENT

Cherry Fritters

16-18 small fritters

TEMPERATURE: 370° F.

- | | |
|--|-----------------|
| 1 cup family flour | ¼ teaspoon salt |
| 1½ teaspoons baking powder | 1 egg |
| 3 tablespoons sugar | ⅓ cup milk |
| 1 cup pitted cherries, fresh or canned | |

1. Sift dry ingredients.
2. Beat egg, add milk. Add to dry ingredients; beat until smooth. Fold in cherries.
3. Drop by small spoonfuls into hot fat. Each fritter should not contain more than 4 cherries. Turn only once. Drain on unglazed paper.
4. Sprinkle with powdered sugar. Serve as meat accompaniment.

PASTRY

Plain Pastry

- 1 2-crust pie or
2 pastry shells

TEMPERATURE: 450° F.

TIME: 10-15 minutes

- | | |
|----------------------|------------------------------|
| 1½ cups family flour | ½ cup cold fat |
| 1 teaspoon salt | 4 to 5 tablespoons ice water |

1. Sift flour and salt.
2. Cut in fat with two knives or a pastry blender.
3. Sprinkle water over surface, a little at a time, tossing flour mixture lightly with a fork. Sprinkle a dry portion each time, removing to board any very wet portions. Add only enough water to permit dough to hold together.

Recipe Continued on Page 25

4. Roll out dough for 1 crust at a time, on a lightly floured board or canvas.
5. For pastry shells or tart shells, roll dough $\frac{1}{8}$ -inch thick. Fold over dough and place loosely in pan. Be sure there are no air bubbles between pastry and pan. Trim edge with scissors, leaving about $\frac{1}{2}$ inch of crust over rim of pan. Fold under and flute edge.
6. Prick pastry shell and bake in hot oven.
7. Do not prick lower crust for 2-crust pies. Place filling on bottom crust. Moisten edge. Adjust top crust, press down with the tines of a fork, trim, and bake as directed under the pie recipe.

Cherry Chiffon Pie

1 10-inch pie

- | | |
|------------------------------|----------------------------------|
| 2 cups pitted fresh cherries | 1 tablespoon gelatin |
| $\frac{1}{2}$ cup water | $\frac{1}{4}$ cup cold water |
| $\frac{1}{2}$ cup sugar | 1 egg white |
| $\frac{1}{8}$ teaspoon salt | $\frac{1}{2}$ cup whipping cream |
| 1 baked pastry shell | |

1. Cook cherries in $\frac{1}{2}$ cup water until soft. Add sugar, salt and gelatin which has been soaked in $\frac{1}{4}$ cup water, to hot mixture; chill.
2. When mixture begins to thicken, fold in stiffly beaten egg white and whipped cream.
3. Pour filling into pastry shell. Chill thoroughly before serving.

Canned Cherries: Omit sugar and use $\frac{1}{2}$ cup cherry juice instead of water. Bring cherries and juice to a boil before adding gelatin.

Cherry Glaze Tarts

9 4-inch tarts

- | | |
|---------------------|---------------------------------------|
| 1 cup sugar | 4 cups pitted fresh cherries |
| 1 cup water | $2\frac{1}{2}$ tablespoons cornstarch |
| 9 baked tart shells | |

1. Cook $\frac{3}{4}$ cup of the sugar, the water, and 1 cup of the cherries to a thick syrup.
2. Mix cornstarch with remaining $\frac{1}{4}$ cup sugar. Strain cooked fruit syrup over it; force cherry pulp through a sieve. Cook until syrup is thickened and clear, stirring constantly. Cool slightly.
3. Line tart shells with remaining cherries. Pour sauce over them.
4. Chill thoroughly; serve garnished with whipped cream.

CHERRIES

Cherry Pie

1 9-inch pie

TEMPERATURE: 450° F.
then
350° F.

TIME: 15 minutes
then
25-30 minutes

1 recipe plain pastry
1 cup sugar
2 tablespoons cornstarch
1 quart pitted fresh cherries
2 tablespoons butter

1. Line pie pan with pastry.
2. Mix sugar and cornstarch. Spread half of this mixture on the pastry, then fill with cherries. Sprinkle on remaining sugar and cornstarch. Dot with butter.
3. Cover with top crust.
4. Bake in a hot oven.

Canned Cherries: Add 3 tablespoons cherry juice with the cherries, and use only $\frac{1}{2}$ cup sugar.

Deep Dish Cherry Pie

8 servings

TEMPERATURE: 400° F.

TIME: about 35 minutes

1 $\frac{1}{2}$ quarts pitted fresh cherries
 $\frac{1}{2}$ cup granulated sugar
 $\frac{3}{4}$ cup brown sugar
4 tablespoons cornstarch
1 teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon salt
2 tablespoons butter
DOUGH
1 cup family flour
 $1\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
4 tablespoons fat
 $\frac{1}{3}$ cup milk

1. Put cherries in a deep round baking dish (2-quart casserole). Mix sugars, cornstarch, spices and salt. Sprinkle over cherries. Dot with butter.
2. Sift flour, baking powder and salt. Cut in fat; add milk; mix until flour disappears.
3. Turn dough out on lightly floured board. Roll to fit top of pan. Put over cherries; flute edges.
4. Bake in moderately hot oven until crust is browned. Serve warm with hard sauce or cold with whipped cream.

Canned Cherries: Add $\frac{1}{2}$ cup cherry juice with cherries, and omit brown sugar.

SALADS

Cherry Salad

8 servings

1½ cups pitted fresh cherries 1 tablespoon gelatin
½ cup sugar ¼ cup water
 ½ cup shredded almonds

1. Cook cherries and sugar with sufficient water to cover until cherries are tender. Drain; measure juice and add enough water to make 2 cups.
2. Soak gelatin in water for 5 minutes; dissolve in hot cherry juice. Cool until mixture begins to thicken. Fold in cherries and almonds.
3. Rinse a large salad mold, or individual molds with cold water. Pour in cherry mixture. Chill thoroughly.
4. Serve on lettuce with whipped cream.

Canned Cherries: Omit sugar and use 2 cups cherry juice instead of water. Bring cherries and juice to a boil before adding gelatin.

Christmas Salad

15 servings

2 tablespoons granulated 2 cups celery, cut small
gelatin 1½ cups pecan nutmeats,
1¼ cups juice from canned chopped
cherries 2 cups cottage cheese
2 cups drained canned cherries ¾ cup mayonnaise
1½ green peppers, cut small 1 cup cream, whipped
Few grains salt

1. Soften gelatin in ¼ cup of the cherry juice. Bring remaining cherry juice to a boil; pour over gelatin, stirring well. Cool slightly while preparing remaining ingredients.
2. Combine cherries, peppers, celery and nutmeats with cheese and mayonnaise.
3. Whip the cream; add salt and blend well.
4. Fold prepared fruit and cheese mixture into thickened gelatin. Fold in whipped cream.
5. Pour into one large or several small molds, previously rinsed with cold water. Chill.
6. Unmold; serve on lettuce or other salad greens, with mayonnaise and a garnish of paprika.

Note: This salad may also be served as a dessert. It is especially good during the summer as a one-dish luncheon.

CHERRIES

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GRAPES

BEVERAGES

Grape Punch

6-8 servings

- | | |
|--------------------|--------------------------------|
| 2 cups grape juice | $\frac{1}{4}$ cup lemon juice |
| 2 cups water | $\frac{1}{2}$ cup orange juice |
| | $\frac{1}{2}$ cup sugar |

1. Mix ingredients. Allow to stand until sugar is dissolved.
2. Serve very cold.

Spiced Grape Juice

6-8 servings

- | | |
|------------------------------------|---------------------|
| 2 whole cloves | 2 cups water |
| $\frac{1}{2}$ small stick cinnamon | 2 tablespoons sugar |
| 3 tablespoons lemon juice | 1 quart grape juice |

1. Tie spices in cheesecloth bag. Simmer with remaining ingredients 15 minutes.
2. Serve hot or chilled.

CAKE

Grape Upside-down Cake

1 9-1/2-inch cake

TEMPERATURE: 350° F.

TIME: about 1 hour

- | | |
|--------------------------------|---------------------------|
| 1 quart stemmed Concord grapes | 1 teaspoon baking powder |
| $\frac{3}{4}$ cup sugar | Pinch of salt |
| 3 tablespoons cornstarch | 3 eggs |
| Pinch of salt | 1 cup sugar |
| 1 cup cake flour | 2 tablespoons lemon juice |
| | 3 tablespoons water |

1. Skin grapes. Cook pulp until tender; remove seeds by forcing through a sieve.
2. Mix sugar, constarch and salt. Add to grape pulp and skins.
3. Cook, stirring constantly, until thick and smooth. Pour into a deep 9 $\frac{1}{2}$ -inch skillet.
4. Sift flour, baking powder and salt.
5. Beat egg yolks until thick and lemon colored. Add $\frac{1}{2}$ cup sugar gradually, beating constantly.
6. Add lemon juice and water. Fold in dry ingredients.
7. Beat egg whites until stiff but not dry. Add remaining $\frac{1}{2}$ cup sugar gradually, beating constantly.

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GRAPES

8. Fold egg whites into batter. Pour over grape mixture.
9. Bake in moderate oven until cake springs back when touched.
10. Allow to cool completely before removing from pan. Turn upside down on a large cake plate.

DESSERTS

Grape Bavarian Cream

6-8 servings

- | | |
|--------------------------|---------------------------|
| 1½ tablespoons gelatin | 1 tablespoon orange juice |
| ¼ cup cold water | ½ cup sugar |
| 1½ cups grape juice | ½ teaspoon salt |
| 1 tablespoon lemon juice | 1 cup whipping cream |

1. Soak gelatin in cold water.
2. Scald grape juice, add gelatin, stir until dissolved.
3. Add lemon and orange juice, sugar and salt. Chill until thickened but not stiff.
4. Fold in whipped cream. Chill in individual serving dishes or in a large mold.
5. Serve very cold with whipped cream if desired.

Grape Biscuit Pudding

9 servings

- | | |
|-------------------------------------|----------------------------|
| TEMPERATURE: 400° F. | TIME: about 30 minutes |
| 1 quart stemmed Concord grapes | Grated rind 1 lemon |
| 2 tablespoons quick-cooking tapioca | 1 cup family flour |
| ¾ cup sugar | 1½ teaspoons baking powder |
| ½ cup water | ¼ teaspoon salt |
| | 1 tablespoon sugar |
| | 2 tablespoons fat |
| | ⅓ cup milk |

1. Skin grapes. Cook pulp until tender; remove seeds by forcing through a sieve.
2. Mix skins, pulp, tapioca, sugar, water and lemon rind in top of double boiler.
3. Cook over boiling water until tapioca becomes transparent.
4. Pour into casserole or deep baking dish.
5. Sift dry ingredients; cut in fat until mixture resembles coarse cornmeal. Add milk; mix well with fork.
6. Turn dough on lightly floured board; knead gently a few seconds.

Recipe Continued on Page 31

7. Roll $\frac{1}{4}$ -inch thick; cut with $2\frac{1}{2}$ -inch doughnut or cookie cutter. Place biscuits on top of grape mixture.
8. Bake in moderately hot oven until biscuits are browned. Serve warm.

Grape Cake Pudding

8 servings

TEMPERATURE: 350° F.

TIME: about 45 minutes

- | | |
|-------------------------------------|--------------------------------------|
| 1 quart stemmed Concord grapes | Grated rind 1 lemon |
| 2 tablespoons quick-cooking tapioca | $\frac{1}{2}$ cup family flour |
| $\frac{3}{4}$ cup sugar | $\frac{1}{2}$ teaspoon baking powder |
| $\frac{1}{2}$ cup water | $\frac{1}{4}$ teaspoon salt |
| | 3 tablespoons butter |
| | 1 cup sugar |
| | 2 eggs |

1. Skin grapes. Cook pulp until tender; remove seeds by forcing through a sieve.
2. Mix skins, pulp, tapioca, sugar, water and lemon rind in top of double boiler.
3. Cook over boiling water until tapioca becomes transparent.
4. Pour into greased casserole or deep baking dish.
5. Sift flour, baking powder and salt together.
6. Cream butter; add sugar gradually; add well beaten eggs.
7. Fold in dry ingredients. Spread over grape mixture.
8. Bake in moderate oven. Serve warm or cold.

Grape Ice

1 3-quart freezer

- | | |
|---------------------------|--------------------------------|
| $1\frac{1}{3}$ cups sugar | 2 cups grape juice |
| 3 cups water | $\frac{1}{2}$ cup orange juice |
| | $\frac{1}{4}$ cup lemon juice |

1. Boil sugar and water 5 minutes. Add remaining ingredients.
2. Pour into cream can of freezer and fit freezer together. Mix finely chopped ice with coarse salt in the proportion three quarts ice to one cup salt. Pack into freezer.
3. Turn crank continuously until it is very difficult to turn.
4. Clear away ice from top of can and wipe lid dry. Open can, remove beater and push down grape ice.
5. Replace lid, fitting it with cork. Drain out most of the water. Mix ice and salt in same proportions as before and pack freezer, covering lid.
6. Cover with cloth and set in cool place until ready to serve. If necessary, drain and repack.

GRAPES_____

Grape Ice Cream

1 3-quart freezer

1 quart coffee cream 1¼ cups sugar
2½ cups grape juice

1. Mix cream and sugar. Add grape juice slowly, stirring constantly.
2. Freeze, using a mixture of 1 cup rock salt and 3 quarts of finely chopped ice. When ice cream is frozen, pack in ice and salt for 1 hour or more, using the same proportions as before.

Grape Mousse

10-12 servings

2 teaspoons gelatin ½ cup sugar
1 cup grape juice 1 teaspoon vanilla extract
1 tablespoon lemon juice ¼ teaspoon almond extract
1½ cups whipping cream

1. Soak gelatin in $\frac{1}{4}$ cup of the grape juice. Place pan in a bowl of hot water and stir until dissolved.
2. Add remaining grape juice, lemon juice, sugar and flavorings. Allow to cool until thickened but not stiff.
3. Fold in whipped cream. Freeze in tray of mechanical refrigerator.

Fresh Grape Mousse

6 servings

2 cups stemmed Concord grapes	1 cup whipping cream
½ cup sugar	½ cup chopped walnuts

1. Skin grapes. Cook pulp until tender; remove seeds by forcing through a sieve.
2. Add sugar to grape skins and pulp. Cook about 10 minutes stirring frequently. Cool.
3. Fold in cream beaten until thick but not stiff, and nuts.
4. Serve immediately, or freeze in a mechanical refrigerator.

Grape Tapioca

6-8 servings

1 quart stemmed Concord grapes
2 tablespoons quick-cooking tapioca.

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup water
Grated rind of 1 lemon

1. Skin grapes. Cook pulp until tender; remove seeds by forcing through a sieve.
2. Mix skins, pulp and remaining ingredients in top of double boiler.
3. Cook over boiling water until tapioca becomes transparent.
4. Chill; serve with plain or whipped cream.

MEAT ACCOMPANIMENT

Grape Juice Sauce

8 servings

3 tablespoons cornstarch	1 cup water
$\frac{2}{3}$ cup sugar	1 cup grape juice
	Juice of 1 lemon

1. Mix cornstarch and sugar. Add water gradually, stirring well. Add fruit juices.
2. Cook stirring constantly, until thick and clear.
3. Serve hot on ham.

PASTRY

Plain Pastry

1 2-crust pie or
2 pastry shells

TEMPERATURE: 450° F.

TIME: 10-15 minutes

1½ cups family flour	$\frac{1}{2}$ cup cold fat
1 teaspoon salt	4 to 5 tablespoons ice water

1. Sift flour and salt.
2. Cut in fat with two knives or a pastry blender.
3. Sprinkle water over surface, a little at a time, tossing flour mixture lightly with a fork. Sprinkle a dry portion each time, removing to board any very wet portions. Add only enough water to permit dough to hold together.
4. Roll out dough for 1 crust at a time, on a lightly floured board or canvas.
5. For pastry shells or tart shells, roll dough $\frac{1}{8}$ -inch thick. Fold over dough and place loosely in pan. Be sure there are no air bubbles between pastry and pan. Trim edge with scissors, leaving about $\frac{1}{2}$ inch of crust over rim of pan. Fold under and flute edge.
6. Prick pastry shell and bake in hot oven.
7. Do not prick lower crust for 2-crust pies. Place filling on bottom crust. Moisten edge. Adjust top crust, press down with the tines of a fork, trim, and bake as directed under the pie recipe.

GRAPES

Deep Dish Grape Pie

8 servings

TEMPERATURE: 400° F.

TIME: 25-30 minutes

6 cups stemmed Concord
grapes

1 $\frac{1}{4}$ cups sugar

4 $\frac{1}{2}$ tablespoons cornstarch

$\frac{1}{8}$ teaspoon salt

2 tablespoons lemon juice

1 cup family flour

1 $\frac{1}{2}$ teaspoons baking powder

$\frac{1}{4}$ teaspoon salt

4 tablespoons fat

$\frac{1}{3}$ cup milk

1. Skin grapes. Cook pulp until tender; remove seeds by forcing through a sieve.
2. Mix sugar, cornstarch and salt. Add to grape skins and pulp; cook stirring constantly, until thick and smooth. Add lemon juice.
3. Pour into casserole.
4. Sift flour, baking powder and salt. Cut in fat; add milk; mix gently with fork.
5. Turn dough on lightly floured board; roll to fit top of casserole.
6. Fit dough over top of casserole; cut with point of knife in several places to permit escape of steam.
7. Bake in moderately hot oven until crust is browned.
8. Serve hot or cold.

Grape Juice Chiffon Pie

1 9-inch pie

1 $\frac{1}{2}$ tablespoons gelatin

$\frac{1}{4}$ cup cold water

1 $\frac{1}{2}$ cups grape juice

1 tablespoon lemon juice

1 tablespoon orange juice

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ teaspoon salt

1 cup whipping cream

1 baked pastry shell

1. Soak gelatin in cold water.
2. Scald grape juice, add gelatin, stir until dissolved.
3. Add lemon and orange juice, sugar and salt. Chill until thickened but not stiff.
4. Fold in whipped cream. Pour into baked pastry shell. Chill until stiff.
5. Decorate top with additional whipped cream if desired.

Grape Pie

1 deep 9-inch pie

TEMPERATURE: 450° F.
then
350° F.

TIME: 15 minutes
then
about 15 minutes

5 cups stemmed Concord grapes
1 cup sugar
4 tablespoons cornstarch
Pinch of salt
1 tablespoon lemon juice
1 recipe plain pastry

1. Skin grapes. Cook pulp until tender; remove seeds by forcing through a sieve.
2. Mix sugar, cornstarch and salt; add to grape pulp; cook until thick and smooth; add lemon juice and grape skins.
3. Line pie pan with pastry; pour in filling; moisten edge of pastry. Cover top with strips of pastry $\frac{1}{4}$ -inch wide arranged in the form of a lattice. Press down around sides and trim.
4. Bake in hot oven 15 minutes; reduce heat to moderate for remainder of baking period.

SALADS

Blueberry Delight

6-8 servings

2 cups grape juice
 $\frac{1}{4}$ cup sugar
 $1\frac{1}{2}$ tablespoons gelatin
 $\frac{1}{3}$ cup water
 $1\frac{1}{2}$ cups fresh blueberries
 $\frac{1}{2}$ cup shredded almonds *or*
chopped walnuts

1. Bring grape juice and sugar to a boil. Soak gelatin in water 5 minutes; dissolve in hot grape juice.
2. Cool until slightly thickened; add berries and nuts.
3. Pour into a large mold or individual molds rinsed with cold water. Chill thoroughly. Unmold and serve.

Grape and Orange Salad

8 servings

1 tablespoon gelatin
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup boiling water
 $1\frac{1}{3}$ cups orange juice
1 cup seeded grapes

1. Soak gelatin in cold water; add boiling water; stir until gelatin is dissolved.
2. Add orange juice; allow to chill until somewhat thickened but not firm.
3. If grapes contain seeds, cut each grape in half and remove seeds.
4. Add grapes to chilled gelatin mixture; pour into individual molds or large mold. Chill until firm.

GRAPES

Grape Salad

6 servings

- | | |
|------------------------------|---------------------------------------|
| 1 tablespoon gelatin | $\frac{1}{3}$ cup sugar |
| $\frac{1}{4}$ cup cold water | $\frac{1}{2}$ cup orange segments |
| 1 pint grape juice | $\frac{3}{4}$ cup grapefruit segments |

1. Soak gelatin in water. Bring grape juice to a boil, add to gelatin, stirring well.
2. Add sugar; chill until thickened but not stiff. Fold in orange and grapefruit segments.
3. Pour into one large mold or into individual molds.

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PEACHES

BEVERAGE

Peach Buttermilk

4-6 servings

- | | |
|---------------------------------|-----------------------------------|
| ½ cup cream | 3 large ripe peaches, <i>or</i> |
| 1 quart buttermilk | 6 canned peach halves, <i>or</i> |
| 1 to 2 teaspoons powdered sugar | 1⅓ cups juice from canned peaches |
| ¼ teaspoon almond extract | |

1. Mix cream and buttermilk; add sugar.
2. Force peaches through a sieve; add flavoring.
3. Add peaches to buttermilk; stir until thoroughly mixed.
4. Serve very cold in tall glasses.

BREADS

Peach Coffee Cake

2 pans 9 x 9 x 2 inches

TEMPERATURE: 400° F.

TIME: 20-25 minutes

- | | |
|-------------------------|----------------------------------|
| ¾ cup milk | 1 egg |
| 4 tablespoons sugar | 3½ cups family flour |
| 3 tablespoons fat | 32 peach halves, fresh or canned |
| 1 teaspoon salt | 6 tablespoons sugar |
| 1 cake compressed yeast | 1 teaspoon nutmeg |
| ¼ cup lukewarm water | 4 tablespoons butter |

1. Scald milk; pour over sugar, fat and salt. Cool to lukewarm.
2. Soften yeast in water; add beaten egg; add to milk mixture.
3. Add about half the flour and beat thoroughly. Add remaining flour; mix well.
4. Remove dough to floured board; divide into two equal parts. Flour the back of a pan; place dough on pan and roll to fit. Place each rolled portion in greased pan.
5. Cover closely and allow to rise in warm place until double in bulk.
6. Place peach halves, cut side up, on dough. Sprinkle with sugar mixed with nutmeg; dot with butter.
7. Bake in moderately hot oven until delicately browned. Serve hot.

Note: If only one coffee cake is desired, half the dough may be used for Peach Fold-Ups, or stored in the refrigerator. Before storing, cover bowl with waxed paper held in place with string.

PEACHES

Peach Fold-Ups

3 dozen rolls

TEMPERATURE: 400° F.

TIME: 15-20 minutes

$\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup sugar
3 tablespoons fat
1 teaspoon salt
1 cake compressed yeast
 $\frac{1}{4}$ cup lukewarm water

1 egg
 $3\frac{1}{2}$ cups family flour
6 medium-sized fresh peaches *or*
2 cups canned sliced peaches
 $\frac{3}{4}$ cup sifted powdered sugar
1 tablespoon lemon juice

1. Scald milk; pour over sugar, fat and salt. Cool to lukewarm.
2. Soften yeast in water; add beaten egg; add to milk mixture.
3. Add about half the flour and beat thoroughly. Add remaining flour; mix well. Peel peaches; cut in sixths.
4. Remove dough to floured board; divide into 36 pieces. Roll each piece into a ball; roll out $\frac{1}{4}$ -inch thick.
5. Place a slice of peach to one side of the center of each piece of dough. Fold over dough and seal edges. Place on greased baking sheet.
6. Cover rolls; allow to rise in a warm place until double in bulk.
7. Bake in moderately hot oven until delicately browned.
8. Mix powdered sugar and lemon juice. As soon as rolls are removed from oven brush with this icing.

Note: For variety make half the dough into rolls and half into peach coffee cake.

CAKES

Peach Ginger Topsy Turvy

1 cake 8 x 8 x 2 inches

TEMPERATURE: 350° F.

TIME: about 40 minutes

3 tablespoons butter
3 tablespoons brown sugar
4 medium fresh peaches
 $1\frac{1}{2}$ cups family flour
 $\frac{1}{3}$ cup sugar
1 teaspoon soda
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon each ginger,
cloves, nutmeg and
cinnamon
1 egg
 $\frac{1}{2}$ cup molasses
 $\frac{1}{2}$ cup hot water
 $\frac{1}{4}$ cup melted fat.

1. Melt butter in baking pan. Add brown sugar; cook, stirring constantly, until sugar is melted. Peel and slice peaches; arrange on sugar.
2. Sift together dry ingredients.
3. Beat egg, add molasses and hot water. Add to dry ingredients; beat until smooth. Add melted fat; mix well.
4. Pour batter over peaches. Bake in moderate oven.
5. Serve with hard sauce or whipped cream.

Canned Peaches: Omit butter and brown sugar; use 1 cup sliced peaches.

Peach Meringue Cake

2 8-inch layers

TEMPERATURE: 350° F.
then
325° F.

TIME: about 20 minutes
then
about 30 minutes

1¼ cups cake flour
1¼ teaspoons baking powder
¼ teaspoon salt
½ cup butter
½ cup sugar
4 egg yolks
⅓ cup milk

1 teaspoon vanilla extract

MERINGUE

4 egg whites
½ cup sugar

FILLING

1½ cups canned, drained
peaches

1. Sift first three dry ingredients together.
2. Cream butter, add sugar gradually, beating until light and fluffy.
3. Beat egg yolks until lemon colored and as thick as mayonnaise. Add to fat and sugar; beat thoroughly.
4. Add dry ingredients alternately with milk and flavoring, beating after each addition.
5. Bake in layer cake pans lined with wax paper in a moderate oven (350° F.).
6. Remove from oven when just done (about 20 minutes).
7. Beat egg whites until thick, but not stiff. Add sugar gradually; continue beating until stiff enough to hold a point.
8. Spread on baked but not cooled cakes.
9. Bake in slow oven until meringue is firm and delicately browned.
10. When cakes are removed from oven, loosen edges to allow steam to escape; let stand in pans 5 minutes. Lift layers, right side up, from pans with spatula. Slide paper out from under cake. Allow to cool.
11. Crush peaches and spread between layers of cake, having meringue of bottom layer in the middle.
12. Decorate top of cake with sliced canned peaches and, if desired, with toasted nut meats.

Peach Spice Cake

1 cake 9 x 9 x 2 inches

TEMPERATURE: 350° F.

TIME: about 50 minutes

2 cups family flour
1 teaspoon baking powder
½ teaspoon soda
1 teaspoon salt
½ teaspoon each nutmeg,
ginger, cloves, cinnamon

½ cup fat
1⅓ cups sugar
2 eggs
1 cup sieved canned peaches
⅓ cup milk
½ cup chopped nuts

Recipe Continued on Page 40

PEACHES

1. Sift together flour, baking powder, soda, salt and spices.
2. Cream fat thoroughly; add sugar gradually, beating well after each addition. Add well beaten eggs gradually.
3. Add dry ingredients alternately first with peaches, then with milk. Fold in nuts.
4. Pour into greased pan lined with waxed paper. Bake in moderate oven about 50 minutes.

Peach Upside-down Cake

8 servings or

1 9-inch cake

TEMPERATURE: 375° F.

TIME: 30-35 minutes

- | | |
|--------------------------------|----------------------------|
| 4 tablespoons butter | 1/4 teaspoon salt |
| 2/3 cup brown sugar | 4 tablespoons fat |
| 2 cups sliced fresh peaches | 3/4 cup sugar |
| 1/4 cup walnut or pecan halves | 1 egg |
| 1 1/2 cups family flour | 1/2 cup milk |
| 2 1/2 teaspoons baking powder | 1 teaspoon vanilla extract |

1. Melt butter in 9-inch skillet; add brown sugar. Cook, stirring constantly until sugar is melted. Arrange peaches and nuts over sugar and butter.
2. Sift flour, baking powder and salt.
3. Cream fat; add sugar gradually, beating constantly. Add egg; beat well.
4. Add dry ingredients alternately with milk and flavoring, beating after each addition.
5. Pour batter over fruit. Bake in moderate oven.
6. As soon as cake is removed from oven invert on serving plate. Serve hot or cold with sweetened whipped cream.

Canned Peaches: Reduce brown sugar to 1/2 cup.

DESSERTS

Baked Peaches

6 servings

TEMPERATURE: 350° F.

TIME: about 20 minutes

- | | |
|----------------------|--------------------------------|
| 6 fresh peaches | 2 teaspoons lemon juice |
| 4 tablespoons sugar | 1/2 teaspoon nutmeg |
| 2 tablespoons butter | 12 round pieces buttered toast |

1. Peel peaches, cut in half, remove stones. Place in shallow baking pan, cut side up.
2. Put 1 teaspoon sugar, 1/2 teaspoon butter, a few drops lemon juice and a few grains nutmeg in each cavity.
3. *Bake in moderate oven until delicately browned*; serve hot on toast.

Meringues with Peaches

about 1 dozen shells

TEMPERATURE: 250° F.

TIME: about 1 hour and 20 minutes

$\frac{1}{8}$ teaspoon salt

1 cup sugar

3 egg whites

1 teaspoon vanilla extract

1 teaspoon vinegar

1. Add salt to egg whites. Beat with rotary beater until stiff but not dry. Add sugar very gradually, beating constantly. Add flavoring and vinegar.
2. Shape the meringue mixture into nests (leaving a hole in the center) with a spoon or pastry bag and tube, on cookie sheet, covered with unglazed paper. Allow plenty of space between meringues. Sprinkle with sugar.
3. Bake in very slow oven to thoroughly cook the meringue shells and to barely color the tops.
4. Remove from paper as soon as baked; cool on wire rack or cake cooler.
5. Place shell on serving plate; fill center with one perfect peach half, canned or cooked in a thick sugar syrup until tender, then chilled. Pour raspberry, strawberry, or cherry sauce over peach. Serve at once.

Molded Rice with Peaches

6-8 servings

3 cups milk

$\frac{2}{3}$ cup rice

$\frac{3}{4}$ cup sugar

$1\frac{1}{2}$ teaspoons salt

Stewed or canned peaches

1. Scald milk in double boiler. Add sugar, rice and salt. Cook until rice is tender.
2. Pour into a ring mold; chill.
3. Turn out on serving plate; fill center with stewed or canned peaches. Serve with whipped cream.

Peach Betty

6-8 servings

TEMPERATURE: 350° F.

TIME: about 35 minutes

1 cup bread crumbs

$\frac{1}{4}$ teaspoon nutmeg

3 tablespoons melted butter

1 quart sliced fresh peaches

$\frac{1}{2}$ cup sugar

1. Mix crumbs, butter and nutmeg.
2. In a buttered casserole put alternate layers of crumb mixture, peaches and sugar until all are used. The top layer should be crumbs.
3. Bake covered in a moderate oven for 20 minutes. Remove cover for remainder of baking period.

Canned Peaches: Reduce sugar to $\frac{1}{4}$ cup.

PEACHES

Peach Bread Pudding

6-8 servings

TEMPERATURE: 350° F.

TIME: about 45 minutes

$\frac{1}{3}$ cup sugar

3 eggs

$\frac{1}{2}$ teaspoon salt

6 slices stale bread, crusts removed

$\frac{1}{2}$ teaspoon vanilla extract

$1\frac{1}{2}$ cups milk

2 cups sliced canned peaches

1. Add sugar, salt and flavoring to milk. Add beaten eggs.
2. Dip slices of bread in this mixture. Cover the bottom of a square or oblong pan with bread, add a layer of peaches, and continue until ingredients are used.
3. Pour any remaining liquid over top. Sprinkle with nutmeg. Place in pan of hot water and bake until firm. Serve hot or cold.

Peach Cabinet Pudding

8 servings

2 cups milk

$1\frac{1}{2}$ tablespoons gelatin

3 egg yolks

$\frac{1}{4}$ cup cold water

$\frac{1}{2}$ cup sugar

1 teaspoon vanilla extract

$\frac{1}{8}$ teaspoon salt

3 egg whites

2 cups sliced peaches, fresh or canned

1. Scald milk. Beat egg yolks; add sugar and salt. Add hot milk slowly, stirring constantly.
2. Cook over hot water until custard forms a coating on the spoon.
3. Sprinkle gelatin over surface of cold water; allow to soak 5 minutes. Dissolve in hot custard; cool.
4. Add flavoring; fold in whites beaten stiff but not dry.
5. Line a mold with peaches; pour in custard; chill until "set".
6. Unmold on serving plate; serve with whipped cream.

Peach Crumble

6 servings or

1 pan 9 x 9 x 2 inches

TEMPERATURE: 325° F.

TIME: about 30 minutes

8 fresh peaches, sliced

$\frac{3}{4}$ cup family flour

$\frac{1}{4}$ cup water

1 cup brown sugar

1 teaspoon lemon juice

2 tablespoons butter

$\frac{1}{8}$ teaspoon salt

1. Arrange peaches in buttered baking dish; sprinkle with water and lemon juice.
2. Blend flour, sugar, butter and salt until the mixture resembles cornmeal. Sprinkle over peaches.

3. Bake until peaches are soft and top is bubbly and golden brown.
4. Serve hot or cold with cream.

Crumbly Peach Pudding

6-8 servings or
1 pan 9 x 9 x 2 inches

TEMPERATURE: 400° F. TIME: about 30 minutes

3 cups canned peach halves	1/2 teaspoon cinnamon
1/2 cup sugar	1 cup family flour
	1/3 cup butter

1. Place peaches, cut side down, in greased pan.
2. Sift dry ingredients together. Cut in butter until mixture resembles cornmeal.
3. Sprinkle over peaches. Bake in moderately hot oven until crumbs are browned.

Peach Custard

6-8 servings

2 eggs or 3 egg yolks	1/2 teaspoon vanilla extract
1/2 cup sugar	1 cup sliced peaches, fresh
1/8 teaspoon salt	or canned
2 cups scalded milk	2 tablespoons shredded cocoanut

1. Beat eggs or yolks; add sugar and salt. Add hot milk gradually, stirring constantly.
2. Cook over hot water, stirring constantly, until custard has thickened and coats a metal spoon. Cool slightly; add vanilla.
3. Distribute peaches between individual serving dishes or custard cups. Pour custard over peaches; sprinkle with cocoanut.
4. Serve very cold.

Peach Dumplings

9 servings or
1 pan 8 x 8 x 2 inches

TEMPERATURE: 400° F. TIME: about 30 minutes

9 small ripe peaches	4 teaspoons baking powder
1/2 cup sugar	3/4 teaspoon salt
1/2 teaspoon nutmeg	1/4 cup sugar
1 tablespoon butter	1/3 cup fat
2 cups family flour	1 egg
	1/3 to 1/2 cup milk

1. Peaches should be freestone. Slice 1 side of peach; remove stone. Fill cavity with sugar and nutmeg mixed; dot with butter.

Recipe Continued on Page 44

PEACHES

2. Sift flour, baking powder, salt and sugar. Cut in fat until mixture resembles coarse cornmeal.
3. Beat egg; add milk. Add to dry ingredients; mix with a fork until flour disappears.
4. Turn dough out **on floured board**; knead lightly. Roll dough $\frac{1}{4}$ -inch thick; cut in 4-inch squares. Put a peach in each square; fold corners to center and press together.
5. Bake in greased pan in moderately hot oven until delicately browned. Serve hot with cream, hard sauce or lemon pudding **sauce**.

Canned Peaches: Use 18 peach halves and use $\frac{1}{4}$ cup sugar instead of $\frac{1}{2}$ cup.

Peach Honey Casserole

6 servings

TEMPERATURE: 425° F.

TIME: about 30 minutes

- | | |
|---------------------------------|--|
| 6 fresh peaches | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{4}$ cup honey | $1\frac{1}{2}$ teaspoons baking powder |
| $\frac{1}{2}$ teaspoon cinnamon | 2 teaspoons sugar |
| 2 teaspoons butter | 2 tablespoons fat |
| 1 cup family flour | $\frac{1}{2}$ cup milk |

1. Peel and slice peaches; place in bottom of casserole. Pour honey over them, sprinkle with cinnamon, dot with butter.
2. Sift flour, salt, baking powder and sugar together. Cut in fat.
3. Add milk, mix well.
4. Drop from spoon on peaches, distributing evenly over them.
5. Bake in hot oven until fruit is tender and crust browned. Serve hot with Peach Hard Sauce.

Canned Peaches: Use $1\frac{1}{3}$ cups sliced peaches and reduce honey to 2 tablespoons.

Peach Hard Sauce

- | | |
|--|--------------------------------|
| $\frac{1}{4}$ cup butter | 1 tablespoon peach pulp, fresh |
| $1\frac{3}{4}$ cups sifted powdered sugar | or canned |
| 4-5 drops almond extract <i>or</i> $\frac{1}{2}$ tablespoon cooking sherry | |

1. Cream butter until light and fluffy.
2. Add sugar gradually, beating constantly. Whenever necessary, thin with peach pulp and flavoring.
3. Pile lightly in a dish and serve with hot puddings.

Peach Ice

1 3-quart freezer

- | | |
|--------------------|-------------------------|
| 1 teaspoon gelatin | 2 cups fresh peach pulp |
| 1 quart water | Juice of 1 lemon |
| 2 cups sugar | Juice of 2 oranges |

1. Soak gelatin in $\frac{1}{4}$ cup of the water.
2. Boil sugar and remaining water 5 minutes; add gelatin. Cool.
3. Add peach pulp which has been forced through a sieve or a ricer and lemon and orange juice.
4. Freeze, using a mixture of 1 cup rock salt and 3 quarts finely chopped ice. When ice is frozen, pack in ice and salt for 1 hour or more, using the same proportions as before.

Canned Peaches: Reduce sugar to $1\frac{1}{2}$ cups.

Peach Ice Cream

1 3-quart freezer

- | | |
|---------------------------|---------------------------------------|
| $1\frac{1}{4}$ cups sugar | 2 cups fresh peach pulp |
| 1 quart thin cream | $\frac{1}{4}$ teaspoon almond extract |

1. Dissolve half the sugar in cream and half in strained peach pulp.
2. Add peach mixture slowly to cream, stirring constantly. Add flavoring.
3. Pour into cream can of freezer and fit freezer together. Mix finely chopped ice with coarse salt in the proportion 3 quarts of ice to 1 cup salt. Pack into freezer.
4. Turn the crank continuously until it is very difficult to turn.
5. Clear away ice from top of can and wipe lid dry. Open can, remove beater and push down ice cream.
6. Replace lid, fitting it with cork. Drain out most of the water. Mix ice and salt in same proportions as before and pack freezer, covering lid.
7. Cover with cloth and set in cool place until ready to serve. If necessary, drain and repack.

Canned Peaches: Reduce sugar to 1 cup.

Ice Cream and Peaches

1. Soak peach halves in juice from canned cherries. Use to garnish vanilla ice cream.
2. *Peach Melba:* Arrange vanilla ice cream on a canned peach half. Pour Melba sauce over it and garnish with whipped cream. To make Melba sauce, strain 1 cup canned or fresh raspberries, add $\frac{1}{4}$ cup sugar and cook to a heavy syrup.

PEACHES

Peach Mousse

6 servings

- | | |
|------------------------|----------------------------------|
| 1 teaspoon gelatin | Pinch of salt |
| 1 tablespoon water | 6 drops almond extract <i>or</i> |
| 1 cup fresh peach pulp | 1½ tablespoons cooking sherry |
| ½ cup sugar | 1 cup whipping cream |

1. Soak gelatin in water; dissolve by placing in a pan of hot water.
2. Mix strained peach pulp, sugar, gelatin, salt and flavoring.
3. Put in pan of mechanical refrigerator until mixture begins to freeze. Stir well. Fold in cream, beaten until thick but not stiff.
4. Leave in refrigerator until frozen.

Canned Peaches: Reduce sugar to ¼ cup.

Peach Rice Bavarian

8 servings

- | | |
|---|----------------------------|
| 1¼ cups milk | ¼ cup cold water |
| ½ teaspoon salt | ½ cup sugar |
| ⅓ cup rice | 1 cup whipping cream |
| 1 tablespoon gelatin | 1 teaspoon vanilla extract |
| 1½ cups sliced peaches, fresh or canned | |

1. Scald milk; add salt and rice. Cook over hot water until rice is tender.
2. Sprinkle gelatin over cold water; allow to soak 5 minutes. Add to hot rice; add sugar, stir well.
3. Allow to cool. When it begins to thicken, fold in whipped cream, flavoring and peaches. Turn into a mold; chill.
4. Just before serving, turn out on plate.

Peach Roll

8 servings or

1 pan 10-1/2 x 5-1/2 x 3-1/2 inches

TEMPERATURE: 450° F.	TIME: 10 minutes
then	then
350° F.	30-35 minutes

- | | |
|----------------------------|-------------------------------|
| 2 cups family flour | 1 egg |
| 2 tablespoons sugar | ½ cup milk |
| 1 tablespoon baking powder | 1½ cups fresh peaches, sliced |
| ½ teaspoon salt | thin |
| 4 tablespoons fat | ⅓ cup sugar |
| ½ teaspoon nutmeg | |

1. Sift together first 4 ingredients. Cut in fat until mixture resembles coarse cornmeal.
2. Beat eggs, add milk. Add to flour mixture; mix with a fork until flour disappears.

3. Turn out dough on floured board; knead lightly for a few seconds. Roll into a rectangle 8 by 16 inches.
4. Spread peaches evenly over dough. Sprinkle with sugar mixed with nutmeg.
5. Roll up like jelly roll, starting with small end. Transfer to greased baking pan.
6. Bake in hot oven for 10 minutes, reduce heat to moderate for remainder of baking period.

Peach Shortcake

8 servings

TEMPERATURE: 450° F.

TIME: 15-20 minutes

2 cups family flour

5 tablespoons fat

1 tablespoon baking powder

$\frac{3}{4}$ cup milk

$\frac{1}{2}$ teaspoon salt

4 cups sliced fresh peaches

2 tablespoons sugar

$\frac{1}{2}$ to $\frac{2}{3}$ cup sugar

1. Sift first four ingredients. Cut in fat until mixture resembles coarse cornmeal; add milk; mix with a fork until flour disappears.
2. Turn out dough on floured board; knead lightly for a few seconds. Roll out dough about $\frac{1}{2}$ -inch thick, keeping round shape.
3. Bake in greased 9-inch layer-cake pan in a hot oven.
4. Sprinkle peaches with sugar; allow to stand a few minutes.
5. Split warm shortcake in half crosswise; spread bottom layer with butter and peaches. Put on top crust layer, butter, and pour remaining peaches over cake. Garnish with whipped cream.

Canned Peaches: Reduce or omit sugar on peaches.

Peach Tapioca Pudding

6 servings

2 cups sliced fresh peaches

$\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup sugar

Juice of 1 lemon

3 cups water

$\frac{1}{2}$ cup whipping cream,

4 tablespoons quick-cooking
tapioca

optional

1. Bring first 3 ingredients to a boil in top of double boiler; add tapioca and salt.
2. Cook over hot water 20 minutes or until tapioca is clear, stirring occasionally. Add lemon juice; cool.
3. When cool but not set, fold in whipping cream if desired.
4. Serve very cold, garnished with additional sliced peaches.

Canned Peaches: Reduce sugar to $\frac{1}{2}$ cup.

PEACHES

Stewed Peaches

4-8 servings

$\frac{3}{4}$ cup sugar
1 cup water

8 fresh peaches

1. Bring sugar and water to a boil.
2. Dip peaches in boiling water; remove skins.
3. Cook peaches in syrup until tender but not soft.
4. If desired, boil down syrup before pouring over fruit. Chill before serving.

MEAT ACCOMPANIMENTS

Broiled Peaches

6 servings

6 peach halves, fresh or
canned

2 tablespoons sugar
1 tablespoon butter

1. Put peach halves in shallow pan; sprinkle with sugar; dot with butter.
2. Broil until peaches are delicately browned. Serve hot with meat.

Spiced Canned Peaches

1 quart canned peach halves $\frac{2}{3}$ cup brown sugar
Whole cloves $\frac{1}{3}$ cup cider vinegar
1 small stick cinnamon

1. Drain peaches, saving juice. Stick 3 cloves in each peach half.
2. Mix peaches, juice and remaining ingredients in sauce pan. Simmer for 10 minutes.
3. Lift out peaches and strain syrup over them. Allow to stand a few hours.
4. Serve as a relish with meat.

PASTRY

Plain Pastry

1 2-crust pie or
2 pastry shells

TEMPERATURE: 450° F.

TIME: 10-15 minutes

1 $\frac{1}{2}$ cups family flour
1 teaspoon salt

$\frac{1}{2}$ cup cold fat
4 to 5 tablespoons ice water

1. Sift flour and salt.
2. Cut in fat with two knives or a pastry blender.
3. Sprinkle water over surface, a little at a time, tossing flour mixture lightly with a fork. Sprinkle a dry portion each time, removing to the board any very wet portions. Add only enough water to permit dough to hold together.
4. Roll out dough for 1 crust at a time, on a lightly floured board or canvas.
5. For pastry shells or tart shells, roll dough $\frac{1}{8}$ -inch thick. Fold over dough and place loosely in pan. Be sure there are no air bubbles between pastry and pan. Trim edge with scissors, leaving about $\frac{1}{2}$ inch of crust over rim of pan. Fold under and flute edge.
6. Prick pastry shell and bake in hot oven.
7. Do not prick lower crust for 2-crust pies. Place filling on bottom crust. Moisten edge. Adjust top crust, press down with the tines of a fork, trim, and bake as directed under the pie recipe.

Lattice Peach Pie

1 9-inch pie

TEMPERATURE: 475° F.	TIME: 15 minutes
then	then
375° F.	about 20 minutes

3 cups sliced fresh peaches	3 tablespoons cornstarch
1 cup sugar	1 recipe pastry
2½ cups sliced fresh peaches	

1. Cook 3 cups peaches with $\frac{3}{4}$ cup of the sugar until peaches are tender. No water is necessary if pan is covered at first and peaches are cooked slowly.
2. Force peaches and syrup through a sieve. Add cornstarch mixed with remaining $\frac{1}{4}$ cup sugar.
3. Line pie pan with pastry. Put in $2\frac{1}{2}$ cups sliced peaches; cover with peach pulp mixture.
4. Roll remaining pastry $\frac{1}{8}$ -inch thick into a long rectangle. Cut in $\frac{1}{4}$ -inch strips. Place strips criss-cross over top of pie, securing at edge. Trim.
5. Bake in hot oven 15 minutes; reduce heat to moderate for remainder of baking period.

Canned Peaches: Use 2 cups sliced peaches and $\frac{1}{2}$ cup sugar (instead of 1 cup) for puree. Use $\frac{1}{4}$ cup of the sugar with the peaches and the remaining $\frac{1}{4}$ cup with the cornstarch.

PEACHES

Peach Cream Pie

1 9-inch pie

- | | |
|--------------------------------|-----------------------------|
| 2 cups milk | 2 eggs |
| $\frac{1}{2}$ cup sugar | 4 to 5 drops almond extract |
| $\frac{1}{3}$ cup family flour | 2 cups sliced fresh peaches |
| $\frac{1}{4}$ teaspoon salt | 1 baked pastry shell |
| 1 cup whipping cream | |

1. Scald milk. Mix sugar, flour, and salt; add to beaten eggs. Add scalded milk gradually, stirring constantly.
2. Return to double boiler and cook until thickened, stirring constantly. Add flavoring; chill.
3. Fill pastry shell with peaches; cover with cream filling. Top with whipped cream.

Canned Peaches: Reduce sugar to $\frac{1}{4}$ cup.

Peach Pie

1 9-inch pie

- | | |
|----------------------|------------------|
| TEMPERATURE: 450° F. | TIME: 15 minutes |
| then | then |
| 375° F. | 20-25 minutes |

- | | |
|--------------------------|---------------------------------|
| 1 recipe plain pastry | $\frac{1}{8}$ teaspoon allspice |
| $\frac{3}{4}$ cup sugar | 1 quart sliced fresh peaches |
| 4 tablespoons cornstarch | 2 tablespoons butter |

1. Line pie pan with pastry.
2. Mix sugar, cornstarch and flavoring. Spread half of this mixture on pastry, then fill with peaches. Add remaining sugar mixture; dot with butter.
3. Cover with top crust.
4. Bake in hot oven for 15 minutes; reduce heat to moderate for remainder of baking period.

Canned Peaches: Line pie pan with pastry, brush bottom with unbeaten egg white and place in hot oven (450° F.) for 3 minutes. This is necessary because canned peaches tend to make the crust soggy. Reduce sugar to $\frac{1}{2}$ cup.

Peach Snowbank Pie

1 9-inch pie

- | | |
|--|---------------------------------|
| TEMPERATURE: 425° F. | TIME: about 5 minutes |
| $\frac{1}{4}$ teaspoon cream of tartar | 1 baked pastry shell |
| 3 egg whites | 4 or 5 peaches, fresh or canned |
| $\frac{1}{2}$ cup sugar | 1 pint ice cream, frozen hard |

1. Add cream of tartar to egg whites; beat stiff.
2. Add sugar gradually, beating only until dissolved.

Recipe Continued on Page 51

3. Line pastry shell with freshly sliced peaches. Sprinkle with sugar if necessary.
4. Cover fruit with slices of stiffly frozen ice cream and top with a few reserved slices of fruit.
5. Cover entire surface with meringue thickly enough to keep ice cream from melting.
6. Bake in hot oven until meringue is delicately browned. Pie should be placed near top of oven so that it will brown quickly.

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Peach Ice	45
Peach Ice Cream	45
Peach Mousse	46
Peach Pie	50
Peach Rice Bavarian	46
Peach Roll	46
Peach Shortcake	47
Peach Snowbank Pie	50
Peach Tapioca Pudding	47
Peach Upside-down Cake	40
Stewed Peaches	48
Juice from Canned Peaches	
Peach Buttermilk	37