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Deserving Desserts
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Deserving Desserts

Michigan State University
Cooperative Extension Service
East Lansing
Deserving Desserts

Desserts are made in many styles—from good old family favorites to ultramodern frozen treats. Some folks enjoy a colorful low-calorie trifle to top off a substantial meal, while others prefer traditional rich sweets. Today's homemaker has a right to expect that the desserts she serves be delicious and also generous in food values. This recipe collection relies mainly on the use of dairy products and of Michigan's many-hued fruits. The desserts are truly both delectable and deserving.

Different Fruit Desserts

BLUEBERRY DELIGHT

2 cups grapejuice
2 tablespoons sugar
13/4 tablespoons gelatin
3/4 cup water
1/2 cups fresh blueberries
1/2 cup shredded almonds or chopped walnuts

Bring grapejuice and sugar to a boil. Soak gelatin in water 5 minutes; dissolve in hot grapejuice. Cool until slightly thickened; add berries and nuts. Pour into a large mold or individual molds rinsed with cold water. Chill thoroughly. Unmold and garnish with whipped cream or whipped dry milk solids and sliced fresh or canned peaches. Six to eight servings.

CHERRY JUICE PUDDING

1 cup enriched flour
1 teaspoon baking powder
3/4 teaspoon salt
1 cup sugar
4 tablespoons shortening (softened)

Grease an 8- by 8- by 2-inch cakepan. Sift flour, baking powder, salt, 3/4 cup sugar. Cream in shortening, milk and vanilla and beat vigorously. Pour batter into pan, cover with cherries, and sprinkle with the remaining 3/4 cup sugar. Heat cherry juice and pour over top of cherries and sugar. Bake in moderate oven (375°) for 40 to 45 minutes. Serve warm, plain or with cream or ice cream.

CRANBERRY CRUNCH

1 cup uncooked rolled oats
1/2 cup all-purpose flour
1 cup brown sugar
3/4 cup butter

Heat oven to 350°F. Mix oats, flour and brown sugar. Cut in butter until crumbly. Place half of this mixture in an 8-by 8-inch greased cakepan. Cover with cranberry sauce. Top with balance of mixture. Bake 45 minutes at 350°. Serve hot in squares topped with scoops of vanilla ice cream. Serves six to eight.
DATE TORTE

3 egg yolks
3/4 cup coarsely chopped nuts
1/2 cup brown sugar
1 teaspoon baking powder
2 tablespoons flour

Beat egg yolks until light. Add salt and confectioner's sugar and blend. Add baking powder, bread crumbs, nuts, dates, and vanilla, and mix well. Beat egg whites to soft peak stage and fold into mixture. Pour into buttered 9-inch square pan. Bake in slow oven (325°) 20 to 25 minutes. Cool. Break torte into pieces the size of a walnut and fold into whipped cream. Serve in sherbet dishes. Six to eight servings.

PUMPKIN CHIFFON PUDDING

1 1/2 cups canned pumpkin
1 cup brown sugar
3 egg yolks
1/2 cup milk
2 teaspoons cinnamon
1 tablespoon gelatin
3/4 cup cold water

Cook pumpkin, sugar, egg yolks, milk, and spices together. Soak gelatin in cold water and then add to hot mixture. Cool. Beat egg whites and add 2 tablespoons sugar and 1 tablespoon orange juice. Add to the pumpkin mixture. Pour into baked pie shell; when cold, spread top with a layer of sweetened whipped cream. The filling may also be served as a pudding.

RHUBARB CRISP

2 cups rhubarb
6 tablespoons flour
3 tablespoons rolled oats
1/2 cup white sugar
1/2 cup brown sugar

Put rhubarb (cut up) in greased baking dish. Mix white sugar with 2 tablespoons flour. Sprinkle on top of rhubarb. Mix brown sugar, rolled oats, remainder of flour and melted butter. Spread over top. Bake 40 minutes at 325°. Four to six servings.

RUBY APPLES

4 medium baking apples
1/4 cup jellied cranberry sauce
1 cup water
1 cup heavy cream, whipped

Wash apples; remove cores. With small sharp knife pare thinly around stem end of each to remove about an inch of skin. Place apples in shallow pan or baking dish, leaving about an inch of space between apples. Mash cranberry sauce with fork and combine with water and sugar. Pour over apples. Bake uncovered in moderate oven (400°) for 35 to 45 minutes until soft throughout, basting apples frequently with sirup in pan. Serve warm. Four servings.

SUMMER FRUITS IN PINEAPPLE SHELLS

1 fresh pineapple
4 whole strawberries
4 large ripe peaches, peeled and sliced

Cut pineapple lengthwise through fruit and crown into quarters. With paring knife or curved grapefruit knife, cut fruit away from shell in each quarter; remove. Trim off triangular cores; slice fruit sections lengthwise, then crosswise into bite-size pieces. Replace pineapple pieces in shells with peach slices; garnish with cherries or strawberries and mint sprigs.

FRUIT PLATES

1. Sliced canned peaches dipped in chopped nuts and arranged on leaf lettuce, accented with fresh blueberries and small bunches of green grapes.
2. Pineapple segments on endive, complemented with fresh strawberries and wedges of lime.
3. Watermelon balls in a peeled cantaloupe ring on grape leaves, with black sweet cherries, black raspberries or mint leaves for contrast.

Delectable Dairy Desserts

CHERRY FLOATING ISLAND

Cherry Sauce
1 pint canned red cherries
2 1/2 tablespoons cornstarch
4 egg yolks
1/4 cup sugar
2 tablespoons water
4 drops almond extract

To make custard sauce: Scald milk in top of double boiler. Blend cornstarch with some of the cherry juice and stir this thin paste into the juice. Cook over moderate heat, stirring constantly, until mixture boils and thickens. Add sugar, coloring and salt; stir until blended, then add drained cherries and reheat only to simmering point. Remove from heat and cool, then chill.

Custard Sauce
2 tablespoons milk
1/4 cup sugar
2 tablespoons cornstarch
1/4 teaspoon salt
4 egg yolks
4 drops almond extract

Drain juice from cherries into saucepan. Blend cornstarch with some of the cherry juice and stir this thin paste into the juice. Cook over moderate heat, stirring constantly, until mixture boils and thickens. Add sugar, coloring and salt; stir until blended, then add drained cherries and reheat only to simmering point. Remove from heat and cool, then chill.

To make meringue islands: Beat two of the egg whites until foamy, then gradually add 2 tablespoons sugar and continue beating until whites stand in soft peaks. Drop meringue by heaping
tablespoons into a buttered pie plate. Cover and place over hot water; steam 20 minutes. Remove from heat and cool, or serve at once. Serve in individual dishes or in a large shallow glass bowl. First pour in chilled cherry sauce, then flow some of the custard sauce over cherries and top with a meringue island. Garnish islands with a maraschino cherry.

MINCEMEAT PUDDING

½ teaspoon salt ¼ cup orange juice
1 tablespoon flour 1 tablespoon butter
2 tablespoons cornstarch 4 to 5 ounces (½ pkg.)
⅛ cup sugar mincemeat prepared according to directions.
1½ cups milk
2 eggs separated

Mix salt, flour, cornstarch and half the sugar in top of double boiler. Add about ⅛ cup of the cold milk and stir until smooth. Add remaining milk and cook over hot water, stirring occasionally until mixture is smooth and thickened. Beat egg whites until stiff, add dash of salt and remaining sugar. Continue to beat until very stiff. Pour a small amount of hot custard over beaten egg yolks and return to double boiler. Add orange juice, butter and prepared mincemeat. Then fold in half the beaten egg whites and spread the remainder over the top. Cover and cook over hot water for 3 minutes. Cool. This pudding is soft and should be spooned into sherbets to serve. Four large servings.

OLD-FASHIONED RICE PUDDING

⅛ cup raw rice 1 cup milk, scalded
⅛ teaspoon salt 2 tablespoons butter
⅛ cup sugar Nutmeg

Do or do not wash rice according to directions on box. Combine rice, salt and sugar in a flat baking dish 6½ by 10½ by 1½ inches. Add scalded milk, stir to mix; add butter and sprinkle with nutmeg. Place in a slow oven (300°) and bake about 1½ hours until rice is very tender and milk is thick and creamy. Stir carefully with a fork every 15 minutes for first hour, turning under any brown crust and scraping down at the edges. Serve hot or cold. Four servings.

PINEAPPLE FLUFF

2 cups milk ⅛ teaspoons vanilla
⅔ cup flour 2 egg whites
⅔ cup sugar ¼ cup drained crushed pineapple
⅛ teaspoon salt
2 egg yolks

Scald milk in double boiler. Mix flour, ⅔ cup of the sugar, and salt. Stir into hot milk. Cook until thick, 15 to 20 minutes. Beat egg yolks. Add some of the hot mixture to yolks and then combine both mixtures. Cook in double boiler 3 to 5 minutes longer. Cool. Add vanilla. Beat egg whites to frothy stage; add remaining ¼ cup sugar gradually and beat until stiff. When cooked mixture is cold, fold in beaten egg whites and add pineapple. This mixture is a pretty yellow color. Divide into thirds. Color one-third a delicate green, and another third a delicate pink. Fill tall parfait glasses alternately green, yellow, pink. Garnish top with half of a maraschino cherry and two mint leaves. Five to six servings.

Delightful Jiffy Desserts

PUDDING MIX

1⅛ cups sugar 1 teaspoon salt
1⅛ cups cornstarch 7 cups dry milk solids

Combine ingredients thoroughly and store in covered container. To prepare pudding, use ⅛ cup pudding mix to 1⅛ cups water. Add water gradually, stirring until smooth. Bring to a boil over gentle heat. Add ¼ teaspoon vanilla. Makes three to four servings.

For variations, to ⅛ cup mix and 1⅛ cups water add:

1. 1 tablespoon chocolate sirup or ½ square bitter chocolate.
2. ½ teaspoon vanilla and 1 teaspoon butter.
3. ¼ cup chopped fruit, fresh, canned or dried
4. ¼ cup cinnamon drop or crushed peppermint candies.
5. ¼ cup chopped nuts.
6. ¼ cup toasted cake cubes.
7. ¼ cup toasted coconut.

COCONUT CRUST

2 tablespoons soft butter 1 package (⅛ cups) coconut

Spread butter evenly in an 8- or 9-inch pan. Sprinkle coconut into the pan and pat evenly into the butter. Bake in a moderate oven (350°) until crisp and golden brown (10 to 12 minutes). Cool.

BROWNIE MIX

1⅛ cups dry milk solids 2 teaspoons salt
4 cups sifted flour 4 cups sugar
4 teaspoons baking powder 1⅛ cups cocoa


TO MAKE BROWNIES

2⅛ cups Brownie Mix 3 tablespoons water
⅛ cup chopped nuts ⅛ teaspoons vanilla
2 beaten eggs ⅛ cup melted butter

Combine the mix with nuts. Mix separately eggs, water, vanilla and melted butter. Gradually stir this into dry mixture. Blend well. Spread in greased pan (8 by 8 by 2 inches). Bake at 350° for 35 to 40 minutes. Cool. Cut into 16 brownies.
Dainty Medium-Calorie Desserts

STRAWBERRY BAVARIAN

1 package strawberry-flavored gelatin
1 package frozen strawberries, thawed and drained

Combine gelatin and sugar. Make gelatin according to label directions, using 1 cup hot water. Add ½ cup berry syrup. Cool. Add berries; chill until slightly thickened. Combine ice water and lemon juice; sprinkle nonfat dry milk. over. Beat until stiff, 8 to 10 minutes. Fold into thickened gelatin mixture. Turn into 1-quart mold and chill until firm. Serves eight. (89 calories per serving.)

WHIPPED DRY MILK SOLIDS

⅛ cup water
⅛ cup dry milk solids

Combine gradually, stir until smooth. Scald in double boiler for 3 minutes. Chiff softly and whip. Flavor to taste with sugar and vanilla.

BAKED CUP CUSTARDS

2 slightly beaten eggs
⅛ teaspoon salt
2 tablespoons sugar

or
1 teaspoon noncaloric
liquid sweetener*

Combine eggs, salt, and sugar or sweetener. Gradually stir in milk and vanilla. Pour into individual custard cups; sprinkle with nutmeg. Set in shallow pan, filling pan to 1 inch with hot water. Bake in slow oven (325°) till mixture does not stick to knife, about 40 to 50 minutes. Chill custards. Six servings. Total calories without sugar: 330. Per serving: 55. Total calories with sugar: 450. Per serving: 75.

ORANGE MILK SHERBET

⅛ teaspoon unflavored gelatin
1 ½ cups cold water
⅛ cup nonfat dry milk
⅛ cup sugar
⅛ teaspoon noncaloric
liquid sweetener*

Soften gelatin in 2 tablespoons of the water. Pour remaining water into top of double boiler and sprinkle dry milk over it. Let stand 5 minutes; beat with rotary beater until milk dissolves, about 1 minute. Stir in sugar and sweetener. Heat over boiling water for 3 minutes. Remove from heat. Add softened gelatin; stir till dissolved. Chill well. Gradually stir in orangepeel, juices, and enough food coloring to tint a delicate hue. Pour into refrigerator tray. Freeze firm; break in chunks; beat with electric beater till smooth, or freeze till partially frozen and beat smooth with rotary beater. Fold in egg white. Return to cold tray; freeze. Eight servings. Total calories: 640. Per serving: 80.

LIME-GRAPE WHIP

1 package (3 oz.) lime-flavored gelatin
1 tablespoon lemon juice

Prepare gelatin according to directions on package, add lemon juice and chill until syrupy. Spoon 2 tablespoons of mixture into bottom of each of 6 molds. Add grape quarters. Chill until firm. Whip remaining gelatin until frothy and light in color. Add to fill molds. Chill until firm. Unmold, garnish each serving with a small grape cluster or berries or cherries. Six servings. Per serving: 80 calories.

RASPBERRY SHERBET

2 teaspoons unflavored gelatin
2 cups cooked or canned sieved raspberries and syrup
2 tablespoons cold water
½ cup hot water
Dash salt

Soften gelatin in cold water. Dissolve in hot water. Stir in berries, lemon juice and salt. Cool. Pour into refrigerator tray. Freeze firm; break in chunks; beat with electric beater till smooth, or freeze till partially frozen and beat smooth with rotary beater. Return to tray. Freeze firm. Makes six servings. Total calories: 420. Per serving: 70.

Delicate Frozen Desserts

CUSTARD ICE CREAM

1 cup light cream
⅓ cup sugar
1 ½ teaspoons gelatin
2 teaspoons flour
1 ¼ cups whole milk
⅓ teaspoon salt
1 egg, separated
1 teaspoon vanilla

Combine the cream and dissolved gelatin, chill, and whip. Make a custard of the milk, sugar, flour, salt, and egg yolk; cook until thick and combine with the beaten egg white. Chill and beat. Combine with the whipped cream. Add the vanilla and freeze. Beat twice while freezing. Four to five servings.

FLAVORINGS FOR ICE CREAM

Fresh fruit ice cream is made by adding 1 cup of sweetened crushed fruit to any of the ice cream recipes. The fruit pulp should be crushed fine, or rubbed through a wire strainer, in order to prevent the formation of coarse and icy particles in the
ice cream. Add the fruit to the chilled mix just before freezing.

To make chocolate ice cream, add 1½ squares (ounces) of melted chocolate to the other ingredients.

To make coffee ice cream, scald the milk called for in the various recipes with 4 tablespoons of coffee, and strain through cloth.

**LEMON SHERBET**

- 1¼ cups sugar
- ¼ cup lemon juice
- Grated rind of 1 lemon
- 2 cups whole milk

Combine the sugar, lemon juice, rind, and extract. Add the milk, and stir until the sugar is dissolved. Freeze; remove to a chilled bowl, and beat well. Return to the refrigerator, and freeze.

**Dramatic Party Desserts**

**PASTEL PARTY ICE CREAM LAYERS**

- 1 quart pistachio ice cream
- 1 quart strawberry ice cream
- 1 quart vanilla ice cream
- ½ pint heavy cream

Pack pistachio ice cream, strawberry ice cream and vanilla ice cream individually into three 9-inch layer cakepans. Freeze until firm. Unmold ice cream layers on serving plate. Whipped cream until stiff. Fold sugar into cream. Add enough food coloring to tint cream a delicate green. Frost sides of ice cream layers with cream. Garnish with strawberries and mint leaves.

**BLUEBERRY TARTS WITH ALMOND PASTRY**

**Pastry**

- 1¼ cups sifted flour
- 1 tablespoon sugar
- ½ cup butter

Mix flour and sugar. Work in butter. Add extract to water and gradually add to flour mixture. Roll into six 6-inch circles. Place over inverted custard cups. Flute the edges. Prick with a fork dipped in flour. Bake at 425° for 12 to 15 minutes.

**Filling**

- 1 package vanilla pudding (or use homemade mix)
- ½ cup whipping cream
- 2 cups milk
- 3 cups blueberries

Make pudding according to recipe on package. Partially cool pudding. Fill tart shells with layers of pudding and blueberries. Decorate with whipped cream and extra blueberries.

**GINGER PEACH CHEESECAKE**

- ¼ cup fine gingersnap crumbs (about 12 2-inch gingersnaps)
- 1 envelope unflavored gelatin
- 1 tablespoon sugar
- 3 tablespoons melted butter
- 2 egg yolks
- ½ cup sugar (for filling)
- ½ cup milk

**Crust**

Blend gingersnap crumbs, 1 tablespoon sugar and melted butter in medium-sized bowl; set aside about 2 tablespoons of crumb mixture for topping. Press remaining mixture firmly over bottom of 9-inch pie plate; chill about 30 minutes, or until crust is firm.

**Filling**

Beat egg yolks in top of double boiler; blend in ¾ cup sugar, milk and salt. Cook over simmering water, stirring constantly, until mixture thickens slightly; remove from heat. Soften gelatin in cold water; dissolve in hot egg-yolk mixture; cool. While mixture cools, soften cream cheese in large bowl; peel and dice peaches; gradually blend cool egg-yolk mixture into cheese; fold in peaches. Beat egg whites in small bowl until stiff but not dry; lightly fold into peach mixture. Whip cream until stiff; fold into peach mixture. Pour into crumb-lined pan; spread evenly; sprinkle remaining 2 tablespoons of crumb mixture around edge to make border; chill several hours, or until firm. To serve, decorate with additional peach slices.

**PINEAPPLE BAKED ALASKA**

- 6 slices drained chilled pineapple from #2½ cans
- 6 tablespoons granulated sugar
- 3 egg whites, at room temperature

Place drained chilled pineapple slices on board. Beat egg whites with hand or electric beater until they stand in peaks when beater is raised. Add sugar slowly, while beating until stiff and glossy. Using an ice cream scoop or spoon, quickly place very firm ice cream in the center of each pineapple slice. Immediately cover completely with meringue out to edge of pineapple. Place board in hot oven (475°) and bake for 4 to 5 minutes, or until a delicate brown. Take from oven. Immediately place on chilled serving dish or tray. Garnish with whole strawberries and mint leaves. Serve at once. Serves six. (To vary, just before baking sprinkle coconut or toasted slivered almonds on the meringue.)
# Try These Deserving Desserts

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