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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	½ cup water
2 tablespoons sugar	1½ cups fresh blueberries
1½ tablespoons gelatin	½ 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	½ cup milk
1 teaspoon baking powder	½ teaspoon vanilla
¼ teaspoon salt	2 cups pitted cherries
1 cup sugar	1 cup hot cherry juice
4 tablespoons shortening (softened)	

Grease an 8- by 8- by 2-inch cakepan. Sift flour, baking powder, salt, ½ cup sugar. Cream in shortening, milk and vanilla and beat vigorously. Pour batter into pan, cover with cherries, and sprinkle with the remaining ½ 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 pound can cranberry sauce (jellied or whole)
½ cup all-purpose flour	1 quart vanilla ice cream
1 cup brown sugar	
½ 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
¼ teaspoon salt
1½ cups confectioner's sugar
1 teaspoon baking powder
¼ cup breadcrumbs
½ cup coarsely chopped nuts
½ pound pitted dates, chopped
½ teaspoon vanilla
3 egg whites
1 cup heavy cream, whipped

Beat egg yolks until light. Add salt and confectioner's sugar and blend. Add baking powder, breadcrumbs, 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

1½ cups canned pumpkin
1 cup brown sugar
3 egg yolks
½ cup milk
2 teaspoons cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
½ teaspoon salt
1 tablespoon gelatin
¼ 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
½ cup white sugar
¼ cup brown sugar
¼ cup butter

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
½ cup jellied cranberry sauce
½ cup water
½ cup sugar

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 large ripe peaches,
peeled and sliced
4 whole strawberries
4 sprigs fresh mint
Bottled thick French dressing

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

<i>Cherry Sauce</i>	<i>Custard Sauce</i>
1 pint canned red cherries	2 cups milk
2½ tablespoons cornstarch	¼ cup sugar
½ cup sugar	2 tablespoons cornstarch
Dash salt	¼ teaspoon salt
½ teaspoon red coloring	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 custard sauce: Scald milk in top of double boiler. Blend cornstarch and sugar and salt, then stir this into scalded milk. Cook over boiling water, stirring constantly, until mixture is smooth and thickened. Beat egg yolks; add some of the hot milk mixture, stirring thoroughly, then stir the yolk mixture slowly into the milk mixture and continue to cook 5 to 10 minutes with occasional stirring. Remove from heat and add almond extract. 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

*Omit if canned cherries were sweetened.

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

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

Mix salt, flour, cornstarch and half the sugar in top of double boiler. Add about ½ 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

½ cup raw rice	1 quart milk, scalded
¼ teaspoon salt	2 tablespoons butter
¼ 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

2½ cups milk	1½ teaspoons vanilla
¼ cup flour	2 egg whites
½ cup sugar	¼ cup drained crushed
½ teaspoon salt	pineapple
2 egg yolks	

Scald milk in double boiler. Mix flour, ¼ 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

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

Combine ingredients thoroughly and store in covered container. To prepare pudding, use ¾ cup pudding mix to 1½ 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 ¾ cup mix and 1½ cups water add:

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

COCONUT CRUST

2 tablespoons soft butter	1 package (1½ cups) coconut
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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

1½ cups dry milk solids	2 teaspoons salt
4 cups sifted flour	4 cups sugar
4 teaspoons baking powder	1½ cups cocoa

Sift ingredients together thoroughly. Cover tightly. Keep cool. Makes 10 cups mix.

TO MAKE BROWNIES

2½ cups Brownie Mix	3 tablespoons water
½ cup chopped nuts	1½ teaspoons vanilla
2 beaten eggs	½ 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
¼ cup sugar
1 package frozen strawberries, thawed and drained

¾ cup ice water
1 tablespoon lemon juice
¾ cup nonfat dry milk

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 top. 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

¾ cup water
¾ cup dry milk solids

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

BAKED CUP CUSTARDS

2 slightly beaten eggs
¼ teaspoon salt
2 tablespoons sugar

2 cups skim milk, scalded
1 teaspoon vanilla
Dash of nutmeg

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

1½ teaspoons unflavored gelatin
1½ cups cold water
¼ cup nonfat dry milk
¼ cup sugar
1½ teaspoons noncaloric liquid sweetener*

1 teaspoon grated orange peel
1 cup orange juice
2 tablespoons lemon juice
Few drops yellow food coloring
1 drop red food coloring
1 stiffly beaten egg white

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 orange peel, 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

6 grapes, cut in quarters
6 small grape clusters

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 tablespoons cold water
½ cup hot water

2 cups cooked or canned sieved raspberries and syrup
2 tablespoons lemon juice
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
1½ teaspoons gelatin
1½ cups whole milk
1 egg, separated

¾ cup sugar
2 teaspoons flour
½ teaspoon salt
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

*Ask your physician about using these. Be sure to taste the dessert after adding part of the sweetener.

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

1½ cups sugar	¼ teaspoon lemon extract
½ cup lemon juice	2 cups whole milk
Grated rind of 1 lemon	

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	¼ cup sifted confectioner's sugar
1 quart strawberry ice cream	Green food coloring
1 quart vanilla ice cream	Whole strawberries
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. Whip 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

1½ cups sifted flour	2 teaspoons almond extract
1 tablespoon sugar	2 tablespoons water
¾ 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)	¾ cup whipping cream
2 cups milk	1 tablespoon sugar
	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

¾ cup fine gingersnap crumbs (about 12 2-inch gingersnaps)	¾ teaspoon salt
1 tablespoon sugar (for crust)	1 envelope unflavored gelatin
3 tablespoons melted butter	¾ cup cold water
2 egg yolks	1 package (8 oz.) cream cheese
½ cup sugar (for filling)	4 peaches (fresh or canned)
½ cup milk	2 egg whites
	½ cup cream for whipping

Crust

Blend gingersnap crumbs, 1 tablespoon sugar and melted butter in medium-sized bowl; set aside about 2 tablespoons 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 ½ 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 in same small bowl; 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 can	6 tablespoons granulated sugar
3 egg whites, at room temperature	1 to 1½ pints vanilla ice cream

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.)

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