

## Eggs for Family Use

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The nutritive value of eggs is so great that this product of the farm becomes one of the most important of the home grown foods with which the family may guard the normal development, vitality, and health of its members. A year-round supply of fresh eggs, used in the large variety of ways suggested in this circular, will also reduce the family grocery bill and conserve the net income.

The protein of eggs is of an excellent quality and is classed along with the protein found in meat and milk. The protein is about equally divided between the yolk and the white of the egg. Protein is part of most body cells; therefore is essential for life and growth. Muscles are largely protein.

Egg yolk is an excellent source of iron. All the iron in the egg is of a kind that can be used by the body. Iron is needed for red blood. Eggs contain an appreciable amount of calcium and phosphorus. The egg yolk is also a rich source of all the vitamins known to be essential to the human body except vitamin C. The white is rich in vitamin G.

An egg a day for each member of the family is a desirable goal for adequate nutrition and normal health. An egg a day would go far toward meeting the requirements of the individual for protein, minerals, and vitamins, besides improving the color and texture of the day's meals. Eggs supply material for muscles and help maintain red blood, strong bones, and sound teeth. Because of their high vitamin A content, they help in keeping eyes healthy and in building up resistance to colds.

Eggs may be served at any meal and in a wide variety of ways. They may appear in the main dish, in the salad, or in the dessert of any meal. Many good breads, cakes, salad dressings, sauces, and desserts taste better, look better and are higher in food value if eggs are used liberally.

Because of their nourishing qualities, flavor, color, and building properties and because they are easily and quickly digested eggs are valuable in the diets of children and of people who are or have been ill. For these uses eggs are frequently added to milk or fruit drinks, frozen desserts, mashed potatoes, or other vegetables to enrich them with extra food materials.

### Care of Eggs

Eggs are a perishable product and should be given about the same care that is given milk. They should be cooled quickly soon after they are laid and stored where there is some moisture to keep the eggs from drying and the whites from shrinking, and at a temperature between 45 and 60°F. Cooling helps maintain thick firm whites and strong upstanding yolks. Warm eggs should not be placed in the cases before they have an opportunity to cool rapidly. They should be protected from rain, warm sun, and freezing temperatures. If laying hens are allowed to lay their eggs with sitting hens and the eggs are gathered only in the evening, the eggs will not be of the best quality even though they are only 8 or 10 hours old.

Egg whites or egg yolks may be kept several days if they are closely covered. It is preferable to place them in a tall narrow container rather than in one that is wide and shallow as there will be less evaporation and surface drying. A thin layer of milk, water, or oil may be used to cover the yolks. The yolks may be dropped one by one in simmering water, covered and simmered 10 to 15 minutes. These cooked yolks make excellent additions to salads, sauces, casserole dishes, sandwich fillings, and garnishes.

Clean nests should be provided so the eggs will be clean. It is not a good plan to wash eggs in water as this removes the protective covering on the shell, leaving the pores of the egg shell open and permitting bacteria to enter. If it is necessary to wash eggs they should be washed in a 1 per cent lye water solution. A dull appearing shell is an indication of better quality than a glossy smooth shell. A good egg has no off odors or flavors.

The size of the eggs, their shape, uniformity, and cleanliness are important factors when considering quality of eggs but the color of the shell makes no difference. Eggs vary in weight from 16 to 26 ounces per dozen. U. S. graded eggs marked 'large' weigh 24 ounces per dozen; 'medium' not less than 20 ounces; and 'small' eggs weigh 17 ounces to the dozen.

Eggs, like milk and milk products, take on odors so they should be kept away from foods with strong odors. Extreme changes in temperature may cause the egg yolk as well as the egg shell to break. It is preferable to remove eggs from the refrigerator in advance of cooking to allow them to warm to room temperature before they are used, or they may be warmed by placing them in warm water for a few minutes. However, if eggs are to be broken and the whites and yolks separated, this should be done immediately after the eggs are taken from the refrigerator as the high fat content of the yolk causes it to be firm when cold and this makes a clean and easier separation.

### Egg Cookery

A low to moderate and even temperature is very important in the cooking of eggs. The white and the yolk of an egg begin to thicken at 150°F. and set to a jelly and coagulate at 190° to 200°F., which is around 20° below boiling temperature (212°F.). An egg mixture with sugar, as a custard or meringue, will jelly and set at a higher temperature than one without the sugar; while salt, tomato juice, vinegar or other acid will cause the egg to set at a lower temperature. When the egg white is heated it tends to hold in its meshwork the things mixed with it but if it is heated too long it begins to shrink and to leave the other materials, the jelly-like product becomes watery, and the egg white becomes tough and slightly rubbery. This is clearly shown when souffles, custards, bread puddings, scrambled eggs, or other such foods are over-cooked or cooked at too high a temperature. Unbroken egg yolk, however, being high in fat, become waxy and then mealy rather than tough on being overheated. Eggs may be served 'rare', 'medium', or 'well done', but whatever way they are served they should be properly cooked as no one enjoys watery scrambled eggs, leathery fried eggs, or greenish hard boiled eggs. The cooking of all egg dishes should be stopped before the eggs are quite done to taste as they continue to cook some after they are removed from the heat. Hot eggs should be served on warm plates.

To have a tender product all egg dishes should be cooked at a low to moderate temperature, with the heat evenly distributed. To meet these two requirements, cook eggs in water below the boiling point. Never boil eggs. Use a double boiler for egg-thickened mixtures made on top of the stove as custard and scalloped eggs; fry eggs in a heavy skillet with the fire low, set baked custards and other egg dishes to be baked in a pan of water and use a low to moderate oven for baking angel food and other sponge cakes.

One teaspoon of salt is used for each pint of liquid for poaching eggs and one-eighth teaspoon of salt is used for seasoning for each egg in scrambled eggs. One teaspoon of water, milk, cream, or tomato juice is used for each egg in omelet and one to two for scrambled eggs. Two tablespoons of sugar are used to each egg white for meringue, and twice as much for hard meringue. One egg may replace  $\frac{1}{2}$  teaspoon of baking powder for leavening, and one yolk will thicken a liquid as much as one tablespoon of flour. One egg yolk will emulsify one cup of oil, and one egg white will clarify one quart of soup stock. Eight to ten whites will measure 1 cup and weigh 8 ounces or  $\frac{1}{2}$  pound; it will require 10 to 14 egg yolks to give an equal volume of weight. Four to six whole eggs will yield one cup.

### Beating Eggs

Eggs beat more quickly and give a larger volume if they are at room temperature than if they are very cold. When egg white is beaten it will form bubbles or foam, which will stretch and hold particles of air. Small amounts of salt, sugar and acid will make the egg white hold more air bubbles. A flat egg beater used on a flat plate will give larger air bubbles and more volume, while a rotary egg beater will give fine air bubbles and a little less volume. If the wires of the beater are fine the texture is less coarse and the foam is more stable. As the egg whites are beaten they are stretched and somewhat hardened.

If salt, sugar, cream of tartar, or lemon juice is to be added to egg white it is added just before the foam is formed. If flour is also added to egg white part of the sugar should be added to the flour to separate its particles so it will fold into the meringue more readily.

#### STAGES OF BEATEN EGG WHITES

<i>Stages</i>	<i>Description</i>	<i>Uses</i>
1. Slightly beaten	Frothy or slightly foamy, large air bubbles, transparent, flows easily.	To clear soup or coffee, to coat chicken, croquettes, etc., to thicken liquids as custards, to emulsify as in meringue.
2. Beaten stiff	Frothy quality disappears Air cells smaller; it is whiter; flows if bowl is tipped; very shiny, glossy and moist. If left standing liquid separates out quickly; softly rounded peaks.	For soft meringues and angel food cakes.
3. Beaten very stiff	No longer foamy, air cells very small and very white; slips very slightly if bowl is tipped, still glossy, smooth and moist looking; <b>pointed peaks</b> which stand upright.	For cakes, omelets, souffles, cooked frostings, candies, marshmallows, and hard meringues.
4. Beaten dry	Very white but dull rather than shiny; small flakes or curds appear, rigid; particles may be thrown off.	For special types of cookies; not good for leavening.

Beaten eggs should be used as soon as the beating is completed for if it is left standing the liquid separates out quickly. Egg white should be handled carefully and folded rather than beaten or stirred in a mixture. Egg white mixtures should be cooked at a low or a moderate

temperature so the air will expand and give volume before the egg sets, and so that the exterior may become set without the outside shrinking and becoming tough.

### Ways of Serving Eggs

*Cooked in the shell*, eggs have many uses. They may be served in the shell soft or hard cooked, or they may be peeled and used as scalloped eggs, deviled eggs, or egg slices. They may be used alone or as a part of, or as the garnish for, other foods. To prevent toughening and shrinkage of the egg white next to the shell, while the rest of the egg is heating, eggs in the shell should be cooked at a temperature below boiling temperature. The exact time needed to cook eggs to a certain degree of doneness can be standardized by noting the number and the temperature of the eggs when placed in the water and the quantity of water used. If 6 eggs, at room temperature, are placed in a quart of boiling water, the eggs will be hard cooked in 30 minutes. The green discoloration sometimes seen on the outside of the egg yolk is caused by too high a temperature, by over-cooking, or leaving in the water too long. Cooking eggs at a simmering temperature and cooling them quickly have a tendency to make eggs peel more easily.

*Poached eggs* take less time to cook than eggs in the shell but one is likely to lose part of the egg white as it scatters in the liquid. If a little salt or any acid is added to the water the egg white will harden sooner and there will be less loss. Cooking the eggs in a poacher or ring will also prevent this loss. Eggs should be broken just before poaching, since they flatten on standing.

*Fried eggs* are preferred by many persons. A low temperature should be used for frying, even as for cooking in the shell, poaching, or baking. If the fat is allowed to become very hot, the egg white is tough, crisp, and almost indigestible. If a 'hard' fried egg is desired the temperature should be kept low and the fat dipped over the top of the egg while it is cooking.

*Scrambled Eggs*.—Again the low temperature is very important. To make sure of this low temperature, many people prefer scrambled eggs done in a double boiler. The scrambled eggs may be extended and their flavor changed by adding milk, bits of bacon, finely chopped meat, herbs, cheese, or small amounts of vegetables. Scrambled eggs which are spread out thin over a pan and cooked very slowly are quite different from the usual scrambled eggs. If the egg yolk and white are beaten separately and then mixed, one has an omelet. The omelet provides a good way for using bits of left-over vegetables or meats or preserves.

### Combination of Eggs with Other Foods

Eggs are a big help in meal planning, not only because they can be prepared easily and quickly and served baked, coddled, fried, poached, scrambled, or creamed, but also because they are most helpful in making different dishes. They are used in combination with other foods for thickening, for leavening, for binding to form the elastic framework, and for settling out suspended material. Egg proteins will thicken a liquid if mixed with it and then heated just until the protein coagulates or jells. Eggs will make batters lighter by holding air in the mixture as shown by adding beaten egg white to cake or bread mixtures. With the gluten of flour, eggs make an elastic framework which gives a light product such as popovers. They are used as a binder to hold particles of food together, as in croquettes and meat patties. Slightly beaten eggs can be used to clear cloudy coffee and to clear consommés, or bouillon. Slightly beaten yolk or whole egg may be stirred or beaten into a mixture, as a beverage, to enrich it.

### Eggs Make Foods More Attractive

Eggs can add interest and color to many kinds of vegetables, salads, soups, fish dishes, and entrees. Put yolks of hard cooked eggs through a sieve for a soft fluffy garnish. Put the yolk and white of a hard cooked egg through a sieve, cream with mayonnaise or cream, add a bit of horseradish, and make rosettes on salads or vegetables. Put yolks through a sieve, cream, put back in whites and add to a platter of cold, sliced meat or to a sandwich loaf. Omelet may be cut into narrow strips and used as a garnish for rice and other such dishes.

### Recipes Using Eggs

#### CODDLED (SOFT-COOKED) EGGS

There are two general methods used for cooking eggs in the shell.

1. Place eggs in sauce pan, preferably on a rack. Cover with cold water to come at least 2 inches over the top of the egg. Heat gradually to simmering. Remove at once or reduce heat and hold 3 to 5 minutes, depending upon consistency desired. **Do not boil!**

2. Pour boiling water into upper and lower parts of the double boiler. Put eggs in upper part. Let water in lower part boil gently 12 to 15 minutes. Remove eggs at once. For hard cooked eggs let eggs remain approximately 30 minutes.

#### POACHED EGGS

Break eggs into boiling salted water in a shallow pan. Have the water deep enough to come over top of the eggs. Remove the pan from the heat as soon as the water commences to simmer again. Cover and let stand for about 5 minutes, or until the eggs are as firm as desired. Remove the eggs carefully and serve immediately. A little melted fat may be poured over them, and salt and pepper added. Poached eggs are frequently served on a bed of flaky cooked rice, on toast, spinach or other greens.

## HAM AND EGGS

**Method 1:** Cook ham or bacon, transfer to warm serving platter. Add more fat if necessary to have approximately an  $\frac{1}{8}$ -inch layer. Slip eggs into moderately hot fat. Cook at moderate heat, dipping fat over eggs until cooked to desired doneness. Turn if desired.

**Method 2:** Slip eggs into moderately hot skillet that has just enough fat to grease it well. Cook eggs until partially set. Add 1 teaspoon water for each egg, decreasing proportion slightly for each additional egg. Cover tightly, cook gently to desired doneness.

## BAKED OR SHIRRED EGGS

Break the desired number of eggs into a hot, well greased, shallow baking dish, or in well oiled muffin tins or custard cups. Add butter or other fat, sprinkle with salt and pepper. Bake in a very moderate oven until the eggs are set. The egg white and yolk may be separated, the yolk placed in the oiled baking dish, the white beaten until foamy then placed around the yolk and the whole baked until of the desired consistency.

**Variations.**—Cover each egg before baking with buttered soft crumbs, grated cheese or cheese and crumbs mixed.

Line bottom of casserole with chopped cooked chicken, fish, meat, liver, sausage or sauted mushrooms.

Line bottom of casserole with cooked, mashed, or chopped well-seasoned vegetables, carrots, peas, spinach, squash, or any favorite vegetable.

Pour one to two tablespoons top milk or cream over each egg before baking.

Before baking, pour enough milk over the eggs just to cover them. Sprinkle with a mixture of soft cheese and dry bread crumbs. Bake in a very moderate oven until the eggs are set and the crumbs are brown.

## PLAIN OMELET

For each egg, use 1 tablespoon of milk, and salt and pepper to taste. Beat the eggs just enough to blend the yolks and whites. Add the milk and seasoning. Heat a large, thick frying pan and add enough fat to cover the bottom of the pan; when the fat melts pour in the egg mixture. Cook over low heat. Lift the egg mixture with a knife and let the uncooked portion run underneath until the whole mass is of a creamy consistency. When the omelet is lightly browned, roll and turn out onto a hot platter. Serve at once.

**Variations.**—Sprinkle bits of cooked meat, chopped parsley, thinly sliced cheese, cooked vegetables, or delicately fried onions over the top of the omelet before rolling, or add to egg mixture before it is cooked. For a sweet omelet add jelly or marmalade just before it is rolled. For a tomato omelet use canned tomatoes instead of milk for the liquid in the recipe.

## FLUFFY OMELET

Beat the yolk of 6 eggs thoroughly and add 6 tablespoons of milk, or  $\frac{1}{2}$  cup of medium white sauce may be added to the yolk instead of the milk. This will make a larger omelet. Fold the yolk mixture gradually into the stiffly beaten whites containing  $\frac{1}{2}$  teaspoon salt. Pour the egg mixture into a hot smooth heavy shallow pan or skillet. Place over a low fire. As soon as the omelet has browned slightly on the bottom, place in a moderate oven and bake for 10 minutes, or continue cooking on top of the stove until the mixture sets and then place under a low broiler flame for 2 or 3 minutes.

## SCRAMBLED EGGS

Break eggs in a bowl. For each egg, add 2 tablespoons of milk and beat slightly. Salt to taste. Pour the milk and egg mixture into top part of double boiler, place over hot water and stir constantly until it thickens. Serve at once.

## CHEESE FONDUE

3 eggs	½ cup cheese sliced very thin
1 cup hot milk	½ tablespoon fat
1 cup soft bread crumbs	Salt to taste

Beat the eggs well. Mix the milk, bread crumbs, cheese, fat, and salt. Stir this mixture into the beaten eggs. Pour into a shallow pan and bake in a moderate oven for about 25 minutes, or until set and lightly browned on top. Serve at once.

## POTATO OMELET

3 eggs	1 cup mashed potato
3 tablespoons milk	or
Salt and pepper	1 cup flaky boiled rice
1 tablespoon fat	

Beat eggs and add the milk. Then combine this mixture with the potatoes or rice, and season to taste. Melt the fat in a large skillet, pour in the mixture, cover, and cook over low heat from 20 to 25 minutes, or until the omelet has set and lightly browned on the bottom. Serve at once.

## EGGS A LA GOLDEN ROD

Make a medium white sauce using 2 tablespoons flour, 2 tablespoons butter, ½ teaspoon salt, and 1 cup of milk. When it is done, add 4 hard-cooked eggs that have been sliced or cut in sections—keeping back one egg yolk to garnish with. Mix eggs and white sauce very gently. Serve hot on toast, crackers or with another starchy food.

## EGGS BENEDICT

Toast slices of bread, or split and toast English muffins. Place on each piece of toast a thin slice of cooked ham or crisp cooked bacon, and on top of this a poached egg. Cover with hot Hollandaise sauce and serve at once.

## SPOON CORN BREAD

2 or 3 eggs	1 cup water
1 cup cornmeal	2 cups milk
1½ teaspoons salt	3 tablespoons butter

Add sugar and salt to water, add cornmeal and boil until thick, add the butter, milk, and egg yolks, fold in whites or add eggs beaten together. Pour into a well-greased hot pan or baking dish and bake for 45 to 50 minutes in a moderately hot oven. Serve from the dish in which baked.

**With Cheese.**—Add ¼ pound of cheese (1 cup grated) to the thickened milk mixture. Stir until it has melted. Reduce the fat to 2 tablespoons if cheese is used.

**With Bacon or Salt Pork.**—Add ½ cup crisp fried bacon or salt pork cut into small pieces to the thickened milk mixture. Reduce the fat to 2 tablespoons and the salt to 1 teaspoon.

## FRENCH TOAST

Beat 1 egg, add ½ cup milk, salt, a little melted butter, and ½ tablespoon sugar. Dip slices of dry bread into the egg mixture, drain, and fry at once at moderate heat until golden brown on both sides. Serve with bacon, or jelly, syrup, or other sweet.



This quantity of egg and milk will be sufficient for 6 pieces of toast or 3 servings of 2 slices each.

### EGG AND BACON SANDWICH

Combine sliced or chopped hard-cooked eggs, chopped bacon, and salad dressing to moisten. Serve between slices of buttered bread.

### WESTERN SANDWICH

For a hearty "western" sandwich beat 1 egg, add 1 tablespoon cold water and beat again. Brown  $\frac{1}{4}$  cup of chopped onion in 1 tablespoon of fat. Mix  $\frac{1}{2}$  cup of cooked finely chopped meat with the egg and water, and season with salt and pepper to taste. Add to the onion, stir, and cook until the egg is set. Put between 2 slices of buttered bread or on a bun.

### COOKED SALAD DRESSING

2 whole eggs, or 4 egg yolks	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup vinegar	$\frac{1}{4}$ teaspoon mustard
1 cup sour cream	$\frac{1}{8}$ teaspoon paprika
$\frac{1}{2}$ tablespoon sugar	

Beat the eggs, add the other ingredients, and mix thoroughly. Cook in a double boiler, and stir constantly until the mixture thickens.

### HOLLANDAISE SAUCE

4 egg yolks	$\frac{1}{4}$ teaspoon salt
2 tablespoons lemon juice	Dash of cayenne
$\frac{1}{2}$ cup butter	$\frac{1}{4}$ cup boiling water

Divide butter into three portions. Beat the egg yolks and lemon juice together, add one piece of butter, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Remove from the stove, add a second piece of butter, and stir rapidly. Then add the remaining butter, and continue to stir until the mixture is completely blended. Add the salt, cayenne, and boiling water. Return to the double boiler, and stir until the sauce thickens.

### CHICKEN, EGG, AND CELERY SALAD

1 cup cooked cubed chicken	1 cup chopped celery
1 hard cooked egg	$\frac{1}{4}$ cup nuts

Mix lightly together with salad dressing to moisten. Serve on bed of salad greens.

### DEVEILED EGGS

1 tablespoon mayonnaise or cream	$\frac{3}{4}$ teaspoon Worcestershire
$\frac{1}{2}$ tablespoon vinegar or lemon juice	$\frac{3}{8}$ teaspoon salt
$\frac{3}{4}$ teaspoon mustard	$\frac{1}{8}$ teaspoon pepper
	6 eggs

Cut hard cooked eggs in half crosswise or lengthwise. Remove yolk and put through sieve. Add seasonings and beat until smooth and fluffy. Refill shells, garnish top with chopped chives, parsley, paprika, caviar. Add other seasonings such as onion juice, caviar, anchovies, ham, sardine, cheese, to the yolk mixture if desired.

### SOFT COOKED CUSTARD

Scald two cups of milk in a double boiler. Beat slightly 2 eggs or 4 egg yolks. Add  $\frac{1}{4}$  cup sugar and a pinch of salt. Add the scalded milk gradually, strain, return to the double boiler and cook until it coats a spoon. The water

in the lower part of the double boiler should be kept below boiling. Add flavoring and pour into dessert dishes. Chocolate or caramel sauce may be added for flavoring. Coconut or nuts may also be added. The custard may be served over fresh, canned, or dried fruit or as a whip.

#### CUSTARD SPANISH CREAM

Soak 1 tablespoon of gelatin in 2 tablespoons of cold water. Pour hot soft custard over soaked gelatin. Stir until completely dissolved. Pour into mold which has been rinsed in cold water and set in cool place to chill, or when it begins to congeal whip until it becomes light and frothy. If desired fold in whipped cream or fruit pulp.

#### FLOATING ISLAND

2 to 3 eggs or	$\frac{1}{8}$ teaspoon salt
4 to 6 egg yolks	$\frac{1}{4}$ teaspoon vanilla or cinnamon
1 pt. milk	or nutmeg if desired
$\frac{1}{4}$ cup sugar	

Heat the milk in a pan over hot water. Add beaten sweetened egg white to top of scalded milk, cover, heat 2 minutes and remove to a hot dish and add to custard when it is cooked. Mix the sugar, salt, and eggs. Add some of the hot milk slowly to the beaten egg and sugar mixture. Place in a pan over hot, not boiling, water and stir constantly until the custard coats the spoon. Remove from the hot water at once, cool, and add the vanilla or a small amount of spice to flavor. Pour into dessert dishes and top with the cooked meringue.

#### BAKED CUSTARD

Add 2 cups of scalded milk to  $\frac{1}{4}$  cup sugar, 2 slightly beaten eggs and  $\frac{1}{2}$  teaspoon vanilla. Pour into custard cups. Sprinkle with nutmeg. Bake in a moderate oven (350° F.) on a rack or in a pan of water until set. Serve hot or cold with a spoonful of bright jelly or preserves on top. Nuts, coconut, or fruit may be added before it is baked or the baked custard may be served with a fruit, a chocolate, or a caramel sauce, or with whipped cream.

#### FROZEN CUSTARD

2 cups milk	$\frac{1}{4}$ teaspoon salt
2 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	

Scald milk and stir into eggs, sugar and salt, which have been thoroughly mixed together. Return to fire over simmering water and cook, stirring constantly, until the mixture coats the spoon. Cool, add vanilla and freeze. Use a freezer or the mechanical refrigerator. If the latter is used, freeze rapidly, stirring two or three times during the freezing.

#### PINEAPPLE SHERBET

1 cup water	$\frac{1}{2}$ cup sugar
1 cup sugar	$\frac{1}{3}$ cup water
1 cup pineapple juice	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup lemon juice	2 egg whites

Mix ingredients in the first column and stir until sugar is dissolved. Freeze to a mush. Meanwhile prepare a meringue by boiling the sugar and water to the thread stage (230-234° F.). Add salt to egg whites and beat to stiff foam. Add the slightly cooled syrup to the egg whites slowly, beating constantly. Beat until cool. Fold into the mushy fruit juice mixture thoroughly. Freeze to a mush. Stir once or twice during the freezing.

## QUEEN OF PUDDINGS

2 cups bread crumbs	Few grains salt
1 qt. milk	2 eggs
$\frac{1}{3}$ cup sugar	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup raisins or currants	

Soak crumbs in milk. Beat eggs. Add other ingredients and the soaked crumbs. Bake in buttered baking dish (about an hour) in slow oven. Test as for baked custard.

**Variations.**—Save egg whites, and make a meringue adding 1 tablespoon sugar for each egg white and drop by spoonfuls on top of pudding. Bake until light brown in very slow oven. Spread jam or jelly on baked pudding, then place meringue on top. For chocolate bread pudding, melt 2 ounces chocolate and add it with 1 teaspoon vanilla to puddnig before baking. Serve with cream, or with lemon sauce made as follows:

## LEMON SAUCE

1 tablespoon flour	1 cup boiling water
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ lemon, juice and grated rind
1 tablespoon butter	A few grains of salt

Mix sugar, salt, and flour, add water slowly and boil 5 minutes, stirring constantly. When ready to serve, add butter and lemon.

## BUTTERSCOTCH PUDDING

2 cups milk	2 tablespoons cornstarch
1 tablespoon butter	$\frac{1}{8}$ teaspoon salt
1 cup brown sugar	2 egg yolks
1 teaspoon vanilla	2 egg whites, beaten until stiff

Mix cornstarch with  $\frac{1}{4}$  cup milk. Scald remaining milk in double boiler. Melt butter, add sugar, and cook, stirring constantly, until sugar melts. Add slowly to hot milk, stirring constantly until well blended. Add cornstarch, stir until thickened. Cook 20 minutes. Add egg yolk, maintain heat until egg yolk is cooked, 3 or 4 minutes, add vanilla and salt, fold in egg whites, and chill.

## EGG BEVERAGE

2 eggs or 2 yolks	1 tablespoon honey or molasses
1 cup milk	$\frac{1}{8}$ teaspoon salt
1 cup orange juice	

Have all ingredients ice cold, place in deep bowl or pitcher, and beat well with rotary egg beater. Serve in chilled glasses. The sieved pulp of a banana may be added. Other fruit juice or tomato juice may be added in place of the orange juice. (2 servings.)

## YOLK SPONGE CAKE

3 cups flour	2 teaspoons lemon extract
3 teaspoons baking powder	2 cups sugar
12 egg yolks (1 cup)	1 cup hot water
1 teaspoon salt	

Sift flour and baking powder together 4 times. Add salt and flavoring to yolks and beat with rotary beater until lemon colored. Add alternately sugar and hot water, beating thoroughly after each addition. Add flour mixture about  $\frac{1}{4}$  of it at a time. Beat thoroughly after each addition. Bake in a loose bottom tube pan with ungreased paper lining in the bottom. Invert pan and let cake cool before removing from the pan, usually about 1 hour. Bake in moderate oven (350° F.) for 1 hour in tube pan approximately 10x4 $\frac{1}{2}$ . Note: A delicious banana cake may be made by using 1 $\frac{1}{2}$  cup banana pulp (sieved—about 5 small bananas) in place of the water. Follow exactly same method. For flavoring use only 1 teaspoon of lemon.

## DE LUXE ANGEL FOOD

1 cup pastry flour	$\frac{3}{4}$ teaspoon salt
$1\frac{1}{2}$ cups sugar	$1\frac{1}{2}$ teaspoons cream of tartar
12 egg whites ( $1\frac{1}{2}$ cups)	1 teaspoon vanilla

Sift  $\frac{1}{2}$  cup of the sugar with the flour three times. Beat egg whites until foamy, then sprinkle salt and cream of tartar over the surface and continue beating until stiff, but glossy. Continue the beating, adding the sugar (1 cup) in about 2 tablespoon portions. Add flavoring. Sift in flour and sugar and fold into the meringue in four parts. Pour into ungreased tube pan. Bake one hour in oven  $350^{\circ}$  F. Invert pan and let cake cool before removing it, usually about 1 hour.

## FRUIT WHIP

4 to 5 egg whites	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ lb. dried prunes, dried peaches, or dried apricots	$\frac{1}{4}$ teaspoon salt 1 tablespoon lemon juice

Wash the fruit thoroughly. Soak over night in 1 cup of hot water. Cook the fruit until soft in the water in which it has been soaked. Press through a sieve. There should be about 1 cup of pulp after sieving. Add the sugar to the fruit pulp and heat carefully. Add the salt to the egg whites and beat them until stiff. Fold the hot fruit mixture into the beaten whites. Add the lemon juice. Chill and serve plain, with top milk, or with a soft custard.

Whip 1 cup of heavy cream, and either fold all into the fruit mixture or fold in part and save the rest of the whipped cream to serve on top of the pudding. Flavor the whipped cream for the top to taste with sugar and vanilla. Serve at once.

A small quantity of gelatin added to fruit whip will keep it light and fluffy for several hours. Soften 1 teaspoon of gelatin in 1 tablespoon of cold water, add to the cup of hot fruit pulp, and stir until the gelatin is dissolved. Combine this with the egg whites as described.

## LEMON CREAM PUFF

4 eggs	6 tablespoons sugar
1 lemon	3 tablespoons hot water

Beat yolks until smooth. Add sugar, lemon juice, and hot water, and cook until creamy, stirring constantly. Remove from fire and fold in beaten whites. Put into sherbet glasses and chill.

## PUMPKIN CHIFFON PIE

1 tablespoon gelatin	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{1}{4}$ cups canned pumpkin	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ cup sugar
3 eggs	

Pour cold water into a bowl and sprinkle gelatin on top. To slightly beaten egg yolks, add brown sugar mixed with salt and spices; add pumpkin and milk. Cook until thick in a double boiler. Add gelatin to hot pumpkin mixture, mix thoroughly and cool. Beat egg whites, adding  $\frac{1}{4}$  cup sugar gradually, and beat well. When pumpkin mixture begins to cool, fold in egg whites. Turn into crust. Pecan halves may be pressed into top of pie. Sprinkle with grated candied orange peel or cover with whipped cream. Chill several hours.

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UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED STATES  
DEPARTMENT OF AGRICULTURE COOPERATING

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