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## Custards Plain and Fancy

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## CUSTARDS PLAIN AND FANCY

by

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Custards are one of the plain patterns in cookery that every home maker should use because they are easily and quickly prepared, they are palatable used as a dessert or main dish at a meal and they are one of the many ways of introducing more milk into the diet.

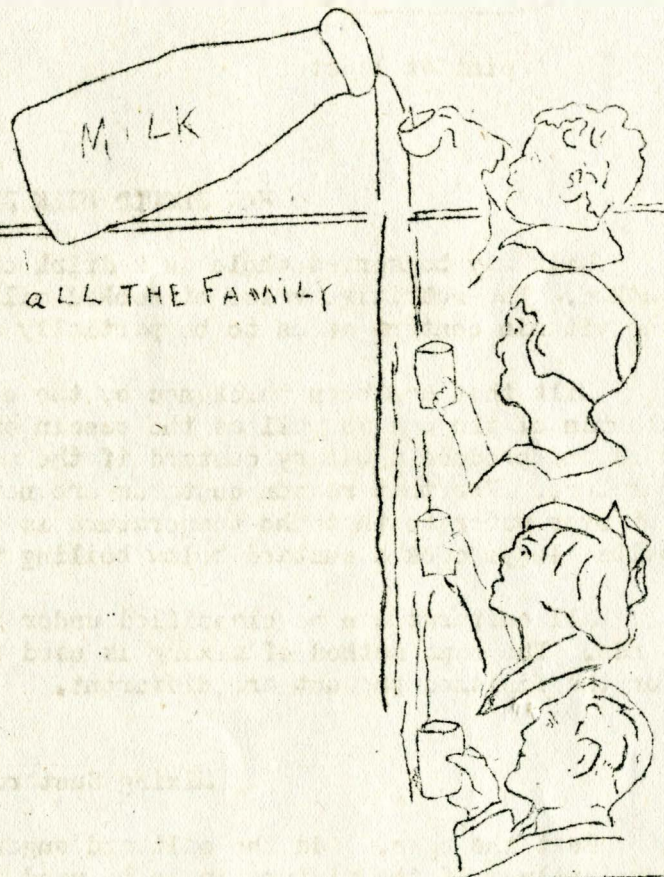
The questions of preparation are taken up later in the bulletin. The need of introducing more milk into the diet is the important question.

### Why Feed the Family More Milk?

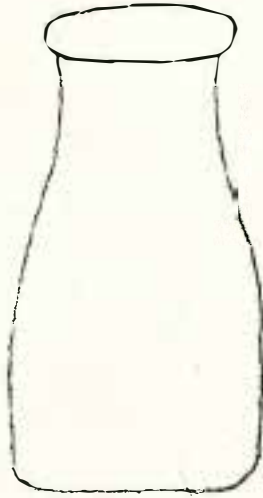
Milk proteins are excellent for growth. Ninety eight percent of milk proteins are digested and absorbed by the body..

The minerals, calcium, phosphorous and iron which milk contains are needed by the body to build bones and teeth for the blood and for certain body processes. Generally those diets which lack milk are deficient in calcium.

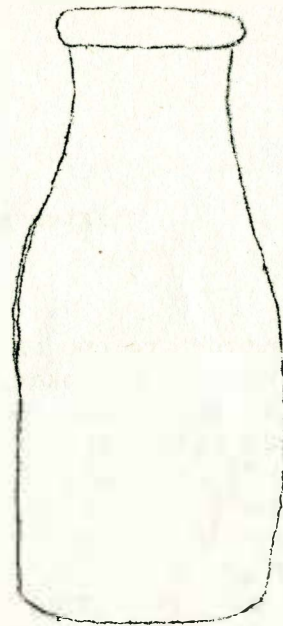
Milk contains all the known vitamins of which there are four. Vitamins are those substances which are necessary for health and growth. Children need an adequate supply of vitamins because they are growing rapidly. Milk is probably the best source.



## HOW MUCH MILK SHOULD A CHILD HAVE EVERY DAY



A pint at least



A quart is better

## HOW SHOULD MILK BE SERVED

Milk may be served whole as a drink on breakfast foods and puddings or cooked. The nutritive value of cooked milk is the same as the uncooked but the vitamin content seems to be partially destroyed in the cooking.

Milk that has been thickened by the use of eggs is called a custard. The albumin of the egg as well as the casein of the milk will become tough and hard and produce a watery custard if the mixture is cooked at too high a temperature. For that reason custards are never cooked directly over the fire but over water so that the temperature is not too high. To get the best results always cook a custard below boiling temperature.

All custards can be classified under two main heads, baked and soft custards. The same method of mixing is used for both but the cooking and tests for the finished product are different.

### Mixing Custards

Beat the eggs. Add the salt and sugar. Add the scalded milk, stirring constantly. If the mixture is to be used as a baked custard it should be strained, flavored and put into molds. If the mixture is to be used for soft custard the straining and flavoring is omitted until the custard is cooked.

### Cooking Custards

The cups of custard for baking are placed in a pan of water in a moderate oven. To test for sufficient cooking, insert a knife if it comes out clean, the custard is cooked.

The soft custards are cooked in a double boiler with the water below boiling, stirring constantly. To test for sufficient cooking, dip into custard, if the spoon comes out coated the custard is done.

If a baked or steamed custard is to be removed from the mold for serving, the amount of egg should be increased. A fairly good custard will result if one half teaspoon of cornstarch is used in place of one or two eggs omitted from the recipe. This is a good practice when eggs are expensive. Where a starch substance is used in place of egg, cook the mixture well before adding it to the egg, otherwise the egg may be cooked too long.

If a custard has been cooked at too high a temperature it may become curdled. In that case place dish containing it in cold water and beat with dover egg beater.

The number of custard combinations that can be made with the standard, plain pattern recipe as a basis is almost unlimited. Milk and eggs are the main ingredients. Starch foods like tapioca, rice, bread may be added. Different flavorings as vanilla, chocolate, fruit sauces, give variety. Fruits fresh, canned or dried of practically any kind can be used either in the custard or served as a garnish with it. When cheese, meat or a vegetable, corn for instance, is added to a custard the housewife uses it as the main dish for a meal rather than a dessert.

#### Standard Custard Recipe - Sweetened

2 c. milk             $\frac{1}{2}$  c. sugar  
2 or 3 eggs        1-2 ts. salt  
 $\frac{1}{2}$  ts. vanilla (may be omitted)

Scald milk. Beat eggs slightly and add the sugar and salt. Add scalded milk

#### Custard Recipes

##### Plain Custard

The standard recipe may be served plain as a baked, steamed or soft custard.

##### Custard modified for flavorings

Nutmeg or cinnamon may be sifted over baked or soft custard at time of serving. Fruit, maple or caramel syrup may be served over a custard as a sauce.

##### Caramel Syrup

Melt one half cup sugar in an iron pan until it is a light brown syrup. Add one half cup water and simmer until a thick syrup.

A tablespoon of jell makes an attractive garnish served on top a baked custard. Coconut, shredded, may be sprinkled over a soft or baked custard at the time of serving. Ground nuts, peanuts, walnuts, or almonds make an attractive garnish for custard and add a distinct flavor.

##### Fruit Custard

Arrange sliced fruit, peaches, bananas, or oranges, in a serving dish. Cover with soft custard. Serve.

Pieces of dry cake may be alternated with the layers of fruit. Thin slices of toasted buttered bread may be used instead of cake.

### Fruit Mold

A piece of cooked peach, spoonful of fruit juice or jell may be placed in bottom of mold for a baked custard. The custard will have to be added carefully to keep the juice from mixing with the custard.

### Rice Date Custard

One cup of cooked rice with a fourth cup of dates, raisins or dried fruits may be added to the standard custard recipe.

### Tapioca Custard

One fourth cup of pearl tapioca is cooked in the two cups of milk until transparent. The hot mixture is added slowly to the slightly beaten yolks; sugar and salt, cook until thick. Fold in the beaten egg whites. Flavor, chill. May serve with whipped cream.

### Floating Island Custard

2 c. milk	$\frac{1}{4}$ c. sugar
3 yolks	1-8 ts. salt
vanilla	

Combine as for standard recipe.

### Meringue

3 whites	3 tb. powdered sugar
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Beat eggs stiff, adding sugar, gradually. Serve by spoonfuls on custard. Meringue may be browned in oven. Bits of jell may be used as a garnish.

### Mock Cream Custard

4 c. milk	4 tb. powdered sugar
3 eggs	$\frac{1}{2}$ ts. salt
2 tb. cornstarch	1 T. butter

Heat the milk and butter in double boiler. Add cornstarch previously dissolved in cold milk. Add to the well beaten eggs and sugar. Cook. Flavor. Serve cold.

### Apple Custard

2 c. milk
$1\frac{1}{2}$ c. apple pulp (put through sieve)
$\frac{1}{4}$ c. sugar
3 eggs

Combine sugar and apples. Beat eggs until light and add them to the milk alternately with the apple. Bake 20 minutes in custard cups.

### Chocolate Cream Custard

2 c. scalded milk	5 tb. corn starch
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ ts. salt
1-3 c. cold milk	$1\frac{1}{2}$ squares chocolate
3 tb. hot water	3 egg whites
1 ts. vanilla	

Mix cornstarch, sugar and salt with the cold milk. Add mixture to the scalded milk. Cook ten minutes in a double boiler stirring constantly. Melt the chocolate in the hot water. Blend well and add it to the cooked mixture. Add vanilla. Fold in the stiffly beaten whites.

### Custard - Main Protein Dish

#### Standard Custard Recipe - Unsweetened

2 c. milk	2 or 3 eggs
$\frac{1}{4}$ ts. salt	

Heat the milk. Beat eggs slightly. Add the salt and hot milk. Bake. Serve the following custards unsweetened.

#### Cheese Custards

One half cup of grated cheese may be added before baking.

#### Meat Custard

One cup of cooked rice, one half cup of ground meat, two tablespoons of grated cheese may be added to the standard unsweetened recipe.

Chopped parsley, green or sweet red peppers give a good flavor.

#### Bread Cheese Custard

Over a layer of toasted bread in a baking dish sprinkle one half cup of finely grated cheese. Cover with custard mixture. Bake.

#### Corn Custard

1 c. milk	
4 c. corn (canned or fresh)	
2 tb. flour	$1\frac{1}{2}$ tb. butter
1 ts. salt	2 eggs

Make a white sauce of flour, salt, butter and milk. Add the corn (and slightly beaten egg) Bake in a buttered baking dish in pan of hot water. Moderate oven.

Chicken Custard

$\frac{1}{2}$  c. fine grated white chicken meat  
 $\frac{1}{2}$  c. milk or chicken broth  
1 egg  
1-8 ts. salt

Rub chicken meat through sieve. Combine meat, milk, salt and egg slightly beaten. Bake in buttered mold. Serve hot.