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DESSERTS TO YOUR TASTE

by

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"What shall I have for dessert" is an ever present question to the busy housewife. Desserts that are easy to make, attractive and wholesome, are always acceptable. Fresh fruit or canned fruits make the simplest desserts. The housewife who has a good supply of either of these can always feel that she has something fine for dessert at a moments notice. Then too the fruits are needed in the diet because they furnish minerals and vitamins which are needed by the body. The woody substance which they contain is indigestible but it is needed to give bulk to the waste as it passes down the alimentary canal and so aids in preventing constipation. In order to keep in health the body fluids must be neutral. The fruits are base forming. The protein foods, which make up altogether too much of the American diet, are acid forming, therefore the fruits are needed to help to maintain the desired neutrality. Fruits are excellent served at the end of a heavy meal because they do not over tax the digestive system.

By the addition of a few nuts, flavoring, and whipped cream a more attractive though simple dessert is prepared. The food value is increased. Both nuts and whipped cream are rich foods. A combination of bland flavored fruits also make new but attractive desserts.

Puddings are always attractive and often more palatable when they are a combination of fruits and cereals in such a way that the fruit flavor predominates.

Custards may be served plain as a dessert. Fruits are often served with them.

The following recipes will help to solve the question - "What shall we have for dessert"?

Fruit Cobbler

Put a layer of fruit, apples, cherries or peaches with juice in the bottom of an oiled baking dish. Cover with a layer of biscuit dough. Bake 12 to 15 minutes in a hot oven. Serve with cream.

Apple Sweets

- 4 sweet mealy apples
- $\frac{1}{2}$  c. powdered sugar
- 1 c. whipped cream
- 1 tb. lemon juice
- $\frac{1}{2}$  c. fine cut walnut meats or peanuts

Peel, core and chop fine the apples. Add lemon juice. Cover with whipped cream to which sugar is added. Sprinkle with nut meats.

Cinnamon Apple Sauce

Add a few red cinnamon drops when begin to cook apples for sauce. Add sugar to taste. Baked apples are excellent prepared with cinnamon drops.

### Raisins with Baked Apples

6 apples	$\frac{1}{2}$ c. seeded raisins
$\frac{1}{2}$ c. cooked rice	2 c. maple syrup

Prepare apples for baking. Set in baking dish. Stuff with rice and raisins. Cover with syrup. Bake until tender. Serve plain or with whipped cream.

### Baked Apples with Coconut

Fill cavity of apples with sugar, coconut and raisins. Bake until tender. Serve with cream.

### Apple Salad

6 apples	$\frac{1}{4}$ ts. salt
$\frac{1}{2}$ c. sugar	$\frac{1}{4}$ c. pecan nuts
1 ts. lemon juice	$\frac{1}{4}$ c. chopped celery

Cook six apples tender. Skin apples. Serve on lettuce leaves. Sprinkle the other ingredients over the apples. Serve with whipped cream.

### Baked Peaches

1 qt. canned peach and juice
2 c. soft buttered bread crumbs
1 tb. lemon juice
1 tb. butter

Put peaches in greased baking dish. Sprinkle with sugar, butter and crumbs. Add juice of peaches and lemon. Bake 30 minutes. Serve with cream.

### Peaches and Marshmallows

1 c. milk	$\frac{1}{4}$ ts. almond extract
1 c. peach juice	3 $\frac{1}{2}$ tb. cornstarch
1 ts. grated lemon rind	1 egg
2 tb. sugar	18 marshmallows
1-8 ts. salt	6 canned peaches

cream

Make a sauce of the cornstarch and one fourth cup peach juice. Combine with the rest of peach juice, lemon rind, salt and sugar. Cook 25 minutes. Add the slightly beaten egg and 12 marshmallows. Cook five minutes. Add extract. Serve with half of peach on top filled with custard and marshmallows.

### Tapioca Cream

Cook one half pound of tapioca tender in one pint of milk. Salt and sweeten with strawberry jam and whipped cream.

### Date Pudding

$\frac{1}{2}$ c. sugar	1 ts. baking powder
2 eggs	1 c. chopped dates
$\frac{1}{2}$ c. flour	1 c. fine cut walnuts

Combine the sugar and eggs. ~~Add to the rest of the ingredients.~~ Bake 15 to 20 minutes in greased pan. ~~Serve with whipped cream.~~

#### Cream with Dates

2 c. dates                      1 tb. lemon juice  
1 c. walnut meats      whipped cream  
sugar

Arrange a layer of chopped dates, fine cut walnut meats and powdered sugar, alternately in serving dish. Top with whipped cream and walnut meats for garnish.

#### Marshmallow Custard

2 eggs                              2 c. thin cream  
2 tb. sugar                       $\frac{1}{2}$  ts. vanilla  
6 marshmallows

To the beaten eggs, add the sugar, cream and vanilla. Put marshmallows in custard cups and pour custard over. Bake in moderate oven. Serve cold garnished with nuts.

#### Tapioca and Rhubarb

3 tb. pearl tapioca              1 tb. gelatin  
3 c. water                          1 c. sugar  
2 c. diced rhubarb              1 tb. lemon juice  
 $\frac{1}{4}$  ts. salt

Soak tapioca in  $\frac{1}{2}$  c. water and cook until tender in double boiler. Add sugar, salt, rhubarb, lemon juice and gelatin, soaked in cold water. Cook until tapioca is clear. Serve with whipped cream.

#### Prickly Pears

salted peanuts or almonds  
6 pears, cut in half

Stick nuts into pear. Serve with whipped cream.

#### Chocolate Puffs

2 egg whites                      2 sq. chocolate (or coconut)  
2 c. powdered sugar              2 tb. cornstarch

Mix grated chocolate with cornstarch. Beat egg whites stiff. Add sugar and then the chocolate with corn starch. Drop in mounds on baking sheet. Bake 15 to 20 minutes.

#### Fruit Pudding

2 c. cooked breakfast food  
1 c. milk  
1 egg white  
2 c. fresh, canned or dried berries  
1 c. sugar

Heat breakfast food and milk in double boiler. When hot fold in egg whites beaten stiff. Cook two minutes. To berries, crushed add the sugar and pour over the hot pudding. Do not mix. Serve.

#### Gelatin Puff

1½ c. cream	3 tb. cocoa
½ c. sugar	1 tb. gelatin
½ ts. vanilla	

Place layers of cake or wafers in a serving dish. Soak gelatin in ½ c. cold water and dissolve it over boiling water. Beat cream until thick, add sugar and vanilla. Beat gelatin into whipped cream. Add the cocoa to ½ whipped cream and pour over cake. Add the rest of the cream, serve cold. Chopped walnuts may be sprinkled on top.

#### Orange Balls

6 oranges	½ c. shredded coconut
¼ c. chopped dates	1 egg white
½ c. walnut meats	½ c. powdered sugar

Cut top off oranges. Remove pulp and combine with dates, walnuts and cocoanuts. Return to shells. Beat egg white and add sugar gradually. Top oranges with frosting made of one egg white and powdered sugar.

#### Apricot Dainty

1 lb. dried apricots
1 c. sugar
2 tb. granulated gelatin
½ c. cold water

Soak apricots. Add sugar and cook tender. Put apricots through a sieve. Soften gelatin in cold water. Combine with apricot pulp. Serve with whipped cream.

#### Banana Fry

Skin bananas, roll in beaten egg and then cracker crumbs. Fry in deep fat. Serve as dessert with whipped cream or sweet sauce.

#### Banana Whip

6 bananas	½ c. chopped nuts
2 tb. lemon juice	whipped cream
2 tb. sugar	

Put bananas through sieve. Add rest of ingredients. Serve with whipped cream, garnished with nut meats.

### Banana Delight

- |                              |                                 |
|------------------------------|---------------------------------|
| 3 large bananas              | 1 tb. cocoanut                  |
| 1 tb. butter                 | 1 ts. lemon juice               |
| 1 tb. honey or syrup         | $\frac{1}{2}$ c. hot water      |
| 2 tb. seeded raisins, cooked | 1 tb. cornstarch                |
| 1-8 ts. salt                 | 1 c. soft buttered bread crumbs |

Place sliced bananas in baking dish. Make a paste of cornstarch, honey, lemon juice and salt and small amount of water. Add to raisins. Pour over bananas. Cover with bread crumbs. Bake 30 minutes. Sprinkle top with shredded cocoanut before serving.

### Baked Bananas

- |                        |  |
|------------------------|--|
| $\frac{1}{2}$ c. sugar | 1 c. hot water                         |
| 1 tb. cornstarch       | 2 tb. lemon juice                      |
| $\frac{1}{2}$ ts. salt | 2 tb. tart jell                        |
| 6 bananas              | $\frac{1}{2}$ c. buttered bread crumbs |

Make a sauce of sugar, cornstarch, salt and water. When well cooked add lemon juice and jell. Pour over bananas sliced in baking dish. Cover with buttered crumbs. Bake tender.

### Prune Special

- |                      |                                     |
|----------------------|-------------------------------------|
| 1 pound prunes       | 2 slices lemon, cut in small pieces |
| 2 in. stick cinnamon | sugar                               |

Soak prunes until tender. Cover with water. Add the cinnamon. Cook until tender. Add sugar and lemon when the prunes are removed from the fire.

### Plain Prune Pudding

- |                                |                               |
|--------------------------------|-------------------------------|
| $1\frac{1}{2}$ c. bread crumbs | $\frac{1}{2}$ c. brown sugar  |
| $\frac{1}{2}$ lb. prunes       | $\frac{1}{4}$ c. dried crumbs |
| 3 tb. butter                   | $\frac{1}{2}$ c. water        |
| $\frac{1}{2}$ lemon            |                               |

Cook prunes and stone. Place one half bread crumbs in greased baking dish then a layer of prunes, thin slices of lemon one half the sugar and butter. Repeat and top with dried crumbs. Add the water or prune juice. Bake 25 to 30 minutes.

### Nut Prune Pudding

- |                                 |                                      |
|---------------------------------|--------------------------------------|
| 1 c. prunes, cooked and chopped | 1 tb. butter                         |
| $\frac{1}{2}$ c. sugar          | $\frac{1}{2}$ c. fine cracker crumbs |
| 1 c. fine cut nuts              | 1 ts. baking powder                  |
| $\frac{1}{2}$ c. milk           | 1-8 ts. salt                         |
| 1 ts. vanilla                   |                                      |

Combine ingredients. Mix well. Place in a greased baking dish in a pan of water in a moderate oven. Bake 20 minutes. Serve hot with whipped cream.

MENUS USING FRUIT DESSERTS

Breakfast

Fresh Apple Sauce  
Krumbles                      Sugar                      Cream  
Toast                      Soft Cooked Eggs  
Milk                      Coffee

Dinner

Boiled Chicken  
Potatoes                      Gravy                      Dumplings  
Buttered Beet Greens      Cabbage-saute salad  
Oatmeal Cookies  
Milk                      Coffee

Supper

Potatoes                      Cold Sliced chicken  
Bread                      Butter  
Berry Pudding  
Milk                      Tea

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Breakfast

Stewed Raisins  
Rice                      Sugar                      Cream  
Buttered Toast                      Bacon  
Scrambled eggs  
Milk                      Coffee

Dinner

Cream of Tomato Soup  
Potatoes                      Gravy                      Baked Chicken  
Peas                      Dressing  
Apple Salad  
Bread                      Butter  
Milk                      Coffee

Supper

Potatoes                      Creamed Chicken  
Graham Muffins                      Butter  
Prune Pudding                      Whipped Cream  
Milk                      Coffee

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Breakfast

Cream of Wheat with Bananas - Cream  
Poached Egg on Toast  
Milk - Coffee

Dinner

French Fried Potatoes Baked Fish  
Parsnips Tomato-Nut Salad  
Prune Delight  
Milk - Coffee

Supper

Potatoes Poached Egg  
Corn Muffins Butter  
Baked Peaches  
Milk

Breakfast

Puffed Rice - Cream  
Apple Sauce  
Toast Ham Omelet - Butter  
Milk - Coffee

Dinner

Potatoes Gravy Pot Roast  
Escalloped Tomatoes  
Porcupine Pears Fruit Cookies  
Break - Butter  
Milk - Coffee

Supper

Macaroni Meat Loaf  
Cinnamon Rolls Butter  
Marshmallow Custard  
Milk - Tea



Breakfast

Baked Apples with Rice - Cream  
Potatoes                      Pork Chops  
                                        Butter  
Milk    Coffee

Dinner

Mashed Potatoes      Steamed Spareribs  
Spinach with hard boiled eggs  
Bread    Butter  
                                        Orange Balls  
Milk    Coffee

Supper

Crackers    Oyster Stew  
                                        Peanut Sandwiches  
Sauce    Chocolate Puffs  
                                        Milk

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Breakfast

Cinnamon Apple Sauce  
Puffed Wheat      Sugar                      Cream  
Potatoes    Bacon  
Waffles    Jam                      Butter  
Milk    Coffee

Dinner

Clear Soup  
Potatoes Au Gratin      Steak with Gravy  
Turnips    Celery  
Break    Butter  
Baked Bananas - whipped cream  
Milk    Coffee

Supper

Cream of Tomato Soup with Buttered Toast  
Tapioca Cream                      Plain Cookies  
Milk

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Breakfast

Apple Sauce

Oatmeal with dates		Cream
Cornbread	Minced Ham with Eggs	Jelly
Milk	-	Coffee

Dinner

Baked Potatoes		Beef stew with vegetables
Bread	Fruit Cobbler	Butter
Milk	-	Coffee

Supper

Potatoes		Salmon Loaf
	Tomato Sauce (unsweetened)	
Bread		Butter
	Stuffed Baked Apples - Cream	
Milk	-	Tea