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Susan Z. Wilder

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Puddings For Economical Meals

By

Susan Z. Wilder

Extension Nutritionist

The up-to-date homemaker plans intelligently to meet the many needs of her family. She wants her efforts to produce the greatest possible results in their lives. One of her many problems is feeding the family adequate meals that they will enjoy. She can serve the plainest food and make them feel satisfied if she will serve interesting desserts.

Puddings are of wide variety. Changes in basic recipes give results that bear little resemblance to one another. The real secret is to have the finished product well flavored and attractively served.

Puddings include quick bread with fruit incorporated, covered with or placed between layers of dough and baked. There are also the cereal puddings of cornmeal, cornstarch, tapioca, oatmeal, rice and bread, with fruit. The custards, too, offer a wide variety. Besides the different flavored plain custards there are those in which fruit, nuts, chocolate, and cocoanut are used. The custard makes an excellent binder in bread puddings. There are junkets and gelatin desserts of many flavors.

The serving of these inexpensive, attractive desserts will cut the food cost which must always be considered in the average household if the family is to be properly clothed, housed and enjoy some recreation.

The homemaker must see that the meal is balanced. If she serves a heavy main course she will plan a light dessert. If the dinner is light she may have a rich dessert.

She will try to serve the things the family likes. However, in the well regulated family the children are trained to eat whatever is placed on the table, since the mother always plans to serve foods that will make them grow and keep in health.

Puddings offer another means of including in the diet the protective foods—milk, fruit, vegetables, and eggs which will enrich the dietary with calcium and vitamins A, C, and G.

Pudding Pointers

Custards are cooked at low temperature to give them an even, tender grain.

A boiled custard poured over sliced mild-flavored fruit such as peaches, apricots or pineapple, and pieces of left over cake or cookies, makes a pleasing dessert.

Batter puddings are baked in a quick oven. The five ingredients for

quick bread desserts—sugar, salt, flour, baking powder, and fat—may be mixed at one time and stored in the refrigerator during the height of the fruit season. In a very few minutes, with only the addition of a liquid, a dessert can be prepared.

Cereal puddings must have a long thorough cooking in order to burst the starch grains and do away with the raw flavor.

Sauces are poured over the pudding just before serving. They improve the appearance and taste of the plainest desserts. They add a festive appearance to a pudding. They may be made in quantity and kept for a number of days in the refrigerator or cool basement.

Puddings, heavy with fruit, may be made in quantity or just the right size for one meal family serving, since they will not only keep but improve in flavor. They may be re-steamed in their original containers. It requires less time to make a number of puddings and re-steam them when needed than to make them fresh each time. It also means freedom from worry if the unexpected guest arrives.

Any kind of fruit, canned, fresh or dried as well as fruit juices can be used successfully in puddings.

Egg white must be beaten light when used in meringues. If the eggs are chilled they will beat more easily. Fine granulated sugar, 2 T to 1 egg white is satisfactory in making meringues. They are more attractive if piled on top unevenly. The pudding is placed in the oven only long enough to lightly brown the top of the ridges. The meringue should touch the edge of the dish when placed on the dessert, otherwise it will shrink from the pan when browning.

Serving Puddings

In the family style of service the dessert is placed on the table at the upper left hand corner of the individual service or above the plate before the meal is announced. The pudding is conveniently placed in this position for eating without removing the dish to the dinner plate. However, if this is the custom followed in the family, the guest must accept it.

A little more elaborate style of family service is to serve the dessert as a separate course following one of two plans.

In the first plan the dessert is set above the hostess' plate with the individual dishes to the left and the serving spoon to the right. If a sauce is to be served over the pudding it is placed to the right. The sauce may be served with the pudding or passed separately. A wafer or tiny cake may be placed on the plate before the pudding is served or passed to each guest.

The other plan is to serve the dessert in the kitchen and place it before each guest when the table is cleared of the previous course.

A dessert such as custard in family style may be served in the molds in which it was baked. It is more attractive removed from the molds and garnished.

The individual dessert dish is set on a small plate for convenience and attractiveness in service. A tiny lace or fine paper doily may or may not be placed on the plate. Tall stemmed delicately tinted glasses with small plate to match improve the appearance of the dessert. If the dessert is of sufficient firmness to hold its shape it may be served on a plate.

The pudding is generally eaten with a spoon, but if it is solid and served on a plate it is eaten with a fork.

The method of serving desserts in each home will depend upon the amount of work that has to be done, the dishes available and the time that the family feel they can spend at meals.

The more nicely food can be served to the family without making too much work, the more interesting the meal time.

The silver for the dessert may be placed on the table, the spoon to the right of the knife, the fork, if used, next to the plate on the left. In informal service the silver may be served on the plate with the dessert.

pudding Sauces

“Trimmed with sauce, a feast for the eyes,
And giving the taste a sweet surprise.”

Sauces if carefully made and served with the right pudding add a touch to the dessert that is most pleasing.

Hard Sauce Plain

$\frac{1}{2}$ c. butter 1 c. sugar, powdered
 $\frac{1}{8}$ t. lemon extract

Cream the butter; add the sugar and continue creaming. Add extract.

Hard Sauce, Butterscotch

$\frac{1}{2}$ c. butter $\frac{1}{4}$ c. milk
 $\frac{1}{2}$ c. sugar, brown 1 egg yolk
1 t. vanilla

Cream the butter and sugar, add rest of ingredients. Continue to beat until light.

Orange Sauce

$\frac{3}{4}$ c. water, hot 2 T. lemon juice
 $\frac{2}{3}$ c. sugar $\frac{1}{2}$ c. orange juice
2 T. cornstarch 1 T. grated rind each of or-
1 egg yolk ange and lemon

Salt

Sift the dry ingredients together. Cook with the water until clear. Beat in the egg yolk. Partially cool and add fruit juice and rind.

Hot Chocolate Sauce

8 squares chocolate, un- $1\frac{1}{4}$ c. water
sweetened $2\frac{1}{2}$ c. sugar

Salt

Cut the chocolate into small pieces and cook it with the water. Beat. Add the sugar and cook a few minutes. Serve hot or cold.

Foamy Sauce

1 c. sugar, powdered 1 egg yolk
 $\frac{1}{2}$ c. butter 1 t. vanilla

Cream butter and sugar. Add other ingredients in double boiler and beat while heating.

Custard Sauce

1¼ c. milk
2 T. sugar
1 T. flour

1 egg yolk
1 t. vanilla
Salt

Sift dry ingredients, combine with the egg yolk and part of the milk. Add mixture to hot milk in double boiler.

Cream Sauce

¼ c. butter
1 c. sugar, powdered

¼ c. cream, heavy
½ t. vanilla

Cream butter and sugar. Add the cream and vanilla. Beat.

Variety in Cream Sauces

To ½ c. of whipped cream fold in 2 to 4 tablespoonfuls of heavy maple syrup, liquid jelly, preserves, honey, chocolate sauce, butterscotch or caramelized syrup.

Fruit Juice Sauces

Any fruit juice, sweetened and thickened with cornstarch makes an excellent sauce served with a quick bread or cereal pudding.

Peanut Cream

1 c. whipped cream ½ c. peanut brittle

Grind the peanut brittle and fold it into the cream. Serve over plain cornstarch or fruit pudding.

Custards

Custards are baked in a slow oven, otherwise they will become tough and watery. In order to control the heat, custard containers may be set in a pan of water during baking.

Custards are often served in the dish in which they are baked. They are more attractive if removed from the baking dish for serving because they can be garnished.

A custard sauce is cooked when it coats a spoon; a baked custard when a knife inserted comes out clean.

Commercial Custard Mixture

Cream 1 T. flour with 1 T. of butter and add mixture to 1 cup of milk and cook. Use the sauce as milk in custard recipes. The custard will stand up and not become watery.

Baked Custard

4 eggs
¼ c. sugar

4 c. milk
½ t. vanilla

Salt

Beat the eggs. Add sugar and salt. Add the hot milk gradually to the mixture. Add vanilla last. Pour into greased custard cups. Set cups in pan of water. Bake slowly. When a knife inserted in custard comes out clean the custard is cooked.

Apple Custard

4 c. ground apple	¼ c. sugar
2 T. lemon juice	3 eggs
2 T. butter, melted	¼ t. grated nutmeg

Mix lemon juice with apples immediately on grinding to prevent discoloration. Add melted butter, sugar, nutmeg, and beaten yolks. Fold in stiffly beaten whites. Bake in slow oven in pan of water.

Fruit Custard Pudding

Cover inside of bottom and side of baking dish with a thick spread of butter so that it will hold a layer of chopped dried fruits—cherries, dates, currants, candied peel. Arrange pieces of cake next with spreading of apricot jam. Fill with custard. Allow it to stand until well soaked. Bake in slow oven.

Bread Custard Pudding

Dried bread or cake	Salt
Dried fruit chopped	6 eggs
4 c. milk	1 c. sugar
2 T. flavoring	

Place thinly sliced buttered bread in greased dish, then sliced canned fruit and last a custard made of the milk, egg, sugar, flavoring and salt. Bake in slow oven until custard is set.

Other Variations in Custards

Place a spoonful of jelly, a marshmallow, a half of cooked peach or apricot, cocoanut or nut meats in the bottom of the custard cup. If custard is removed from cup these serve as garnish.

Two squares of chocolate may be melted and combined with a half a cup of milk in the recipe. A caramel syrup may be served over a custard.

The sides and bottom of the custard cup may be spread with caramelized syrup. When set the custard is poured in and baked.

Maple Sugar—Sweet Potato Custard

2 c. sweet potato, cooked and creamed	2 egg yolks
1 c. seedless raisins	1 T. lemon juice
¼ c. sugar	½ c. maple syrup
	¼ c. butter

Combine the first 5 ingredients and pour into a greased baking dish. Cook the maple syrup and butter together and pour it over the pudding in baking dish. Bake until the top begins to caramelize, then cover with meringue made of 2 T. sugar to one egg white. Dot with small slices of Jelly. Brown in oven.

Sweet Potato Custard

1½ c. milk	½ c. sugar
4 eggs	1 t. each, nutmeg and cin- naron
½ c. sorghum	
4 c. ground raw sweet po- tato	¼ c. butter, melted

Beat the eggs; add milk and other ingredients. Bake in moderate oven one hour. Fold in the browned part twice. Brown a third time. Serve with whipped cream.

Batter Puddings

Peach Pudding

1 c. dried peaches, cut fine	½ c. milk
¼ c. fat	1½ c. flour
½ c. sugar	4½ t. baking powder
1 egg	½ t. salt

¼ t. almond extract

Cream the fat and sugar; add the egg and milk. Sift the other dry ingredients and add them. Add the peaches and extract. Steam in greased pans 2 hours. Serve with orange sauce. Pudding may be baked if desired.

Cranberry Pudding

2 c. raw cranberries, chopped	1 c. milk
2 c. flour	3 T. butter
1 c. sugar	3 t. baking powder

Salt

Sift dry ingredients together. Cut in the fat. Add the milk. Fold in cranberries. Bake in greased pan. Serve with whipped cream, or lemon sauce.

Banana and Berry Pudding

2 egg whites	1 c. milk
4 yolks	Cake, left-over
1 cup bananas sifted	½ c. raspberry jam or fresh raspberries with
½ c. sugar	1 T. lemon juice

Beat the yolks; add the milk and cake until a thick batter. Add sugar, bananas, raspberry jam and lemon juice. Bake in greased dish ¾ hour in moderate oven and serve with meringue made of egg white or whipped cream.

Pineapple Upside Down Cake

2 c. crushed pineapple	3 T. butter
3 c. water	¼ c. brown sugar
½ c. sugar	Nuts

Shredded cocoanut

Cook first 3 ingredients. Butter an iron skillet. Sift brown sugar over butter; spread fruit, nuts and cocoanut on top. Pour batter onto fruit. Bake. Turn upside down immediately. Sliced pineapple may be used instead of crushed.

Mixed Fruit Pudding

Place 1 c. each of bananas, peaches, strawberries, and pears in a greased baking dish. Cover with rich biscuit dough. Bake thirty minutes. Serve hot with fruit juice or whipped cream.

Berry Pudding

Place sweetened berries with 1 T. water to every cup of berries in greased baking dish and cover with biscuit made of rich dough. Bake in quick oven. Serve biscuit with fruit and whipped cream.

Banana Short Cake

Make a short cake dough. Divide in half, pour one half in a greased pan. Butter the top. Cover with the rest of the dough. Bake. Remove from oven. Spread butter, sugar, and sliced bananas between layers and on top. Cover with sweetened whipped cream. Garnish with cocoanut and bits of red jelly. Serve hot. Sliced peaches, oranges or strawberry preserves may be used in place of bananas.

Dutch Apple Cake

2 c. flour	1 egg
$\frac{1}{4}$ c. sugar	$\frac{1}{4}$ c. fat
4 t. baking powder	$\frac{3}{4}$ c. milk
	Salt

Sift dry ingredients together. Cut in the fat. Add the milk. Bake in greased pan. Before baking cover the top with wedges of apple. Spread with sifted sugar and cinnamon. Dot with butter. Chopped apple may be baked in ginger bread for variety. Serve with hard sauce, lemon, or fruit sauce.

Dumplings in Fruit Juice

2 c. grape juice	6 T. lemon juice
1 c. water	2 T. butter
1 c. sugar	2 c. raisins

Combine ingredients and bring to a boil. Drop small dumplings into fruit juice and steam 20 minutes.

Dumpling Mixture

2 c. flour	$\frac{3}{8}$ c. milk
6 t. baking powder	Salt
$\frac{1}{4}$ c. fat	

Sift dry ingredients. Cut in the fat. Add the milk.

These dumplings are excellent cooked in sweetened rhubarb sauce. Use fruit juice instead of water in which to cook the rhubarb.

Apple Dumplings

Make a rich biscuit dough. Roll thin and cut into squares. Place a fourth of an apple on dough, add a teaspoonful each of jelly, butter and sugar and a second quarter of apple. Bring the dough over the fruit and pinch the edges together. Bake. Serve with cream and sugar.

Fruited Fritters

Peel apples, core and cut into rings. Dip into lemon juice, into powdered sugar and then into batter. Fry in deep fat. Drain. Glaze by sprinkling with powdered sugar and heating until sugar melts.

Mixed Fruit Pie

Line a deep pie pan with pastry. Cover with 1 cup of shredded pineapple mixed with two tablespoonfuls of sugar and one of flour, two oranges sliced, one banana sliced, and $\frac{1}{4}$ c. seedless raisins. Repeat the filling. Cover with crust and bake.

Grapefruit-Prune Pie

2 grapefruit	1½ c. Prune and grapefruit juice mixture
1 c. sugar	3 T. cornstarch
1 c. prunes, cooked	2 T. cold water
Cocoanut	

Separate the grapefruit from the white skin, add the sugar and let fruit stand 20 minutes. Drain. Combine fruit juices. Mix the cornstarch with water and add it to the fruit juice. Cook until thick and pour over the fruit in a freshly baked pie crust.

Plum Pudding

½ c. suet	½ c. currants
½ c. molasses	¼ c. citron
2 eggs	¼ c. cherries, candied
½ c. milk	1 T. orange peel, candied
2 c. flour	¼ c. almonds
2 t. baking powder	Spices:
½ t. soda	½ t. cinnamon
Fruit:	½ t. nutmeg
¼ c. figs	¼ t. allspice
½ c. apple	½ t. salt
½ c. raisins	

Chop the fruits and suet. Dredge fruit with ½ c. flour. Sift the dry ingredients together. Combine all ingredients. Place in greased molds. Cover and steam three hours. Serve with hard sauce.

Bread Puddings

Pear Cobbler

Buttered bread	½ c. milk
Pears	1 egg
½ c. honey	Nutmeg

Brown Sugar

Line baking dish with bread, buttered side down. Fill pan with pears cut in quarters. Combine honey, milk and egg, brown sugar and nutmeg. Cover with bread, buttered side up. Bake 25 minutes, covered. Remove cover and bake until slightly browned.

Apple Bread Pudding

6 apples, peeled and sliced	¼ t. nutmeg
2 c. sifted bread crumbs	5 eggs
1 t. cinnamon	Salt

Mix apples, bread crumbs and spice with beaten yolks. Fold in the whites, beaten stiff. Steam two hours. Serve with hard sauce.

Escalloped Apples and Macaroons

6 apples	2 T. lemon juice
¾ c. sugar	6 T. butter
2 c. macaroons	

Cook the apples after paring and coring. Combine with sugar, lemon juice and butter. Alternate layers of sauce with crushed macaroons. Bake an hour in a moderate oven. Serve with fruit sauce or whipped cream.

Cereal Puddings

Oatmeal Pudding

3 c. cooked oatmeal 3 T. melted butter
½ c. brown sugar ½ t. nutmeg
5 apples, sliced

Combine first three ingredients. Place layer of oatmeal on bottom of greased baking dish. Cover with sliced apples. Alternate three layers of oatmeal with apples. Top with buttered crumbs. Bake covered 30 minutes. Remove cover and brown top. Serve with cream.

Creamy Rice Pudding

4 c. milk ½ c. raisins, seedless
¼ c. rice, uncooked ¼ t. nutmeg
¼ c. sugar Salt

Scald milk in double boiler. Add other ingredients. Cook 2 hours. Stir frequently.

Cornstarch Pudding

3 egg whites, beaten stiff ½ c. cornstarch
4 c. milk, scalded ½ c. sugar
½ t. salt

To vary recipe:

1 oz. melted chocolate ½ c. figs or dates, chopped
½ c. almonds, chopped

Mix ½ c. of milk with cornstarch. Add the rest of the milk with the sugar and salt. Cook until thick in double boiler. Add the fruit, nuts or chocolate as desired. Fold in egg whites. Chill in mold.

Cornmeal Pudding

¼ c. corn meal ½ c. sugar
1 c. water 2 eggs
2½ c. milk ½ t. salt
½ c. molasses 1 t. cinnamon.
½ t. ginger

Scald the milk and add 2 cups of corn meal, then add water and molasses, sugar, beaten eggs, and seasoning. Bake 30 minutes in greased pan. Add the ½ c. of scalded milk. Bake slowly 2 hours. Serve with cream and sugar.

Graham Date-Nut Roll

1 lb. of graham crackers ½ c. pecan meats
¾ lb. dates Salt
½ lb. marshmallows Cream

Grind up the first four ingredients. Add enough cream to make the mass hold together. Mix thoroughly. Make into loaf. Chill over night. Slice and serve with whipped cream or fruit sauce.

Tapioca Pudding

1½ c. milk ½ c. sugar
½ c. water 1 T. butter
⅓ c. minute tapioca 2 eggs
Salt 1 t. vanilla

Cook the tapioca in the milk and water. Combine the other ingredients except the egg whites and vanilla. Pour the tapioca mixture over the other, beating constantly. Add the vanilla and fold in the beaten whites. Serve with whipped cream. One cup of drained crushed pineapple or shredded coconut may be added to the tapioca just before the egg whites are folded in.

Fruit Soufle

$\frac{1}{3}$ c. sugar	$1\frac{1}{4}$ c. fruit juice
$\frac{1}{4}$ c. minute tapioca	1 c. fruit thick pulp
$\frac{1}{8}$ t. salt	4 egg whites

2 T. sugar

Cook the first four ingredients until tapioca is clear. Add the pulp and fold mixture into stiffly beaten egg whites. Bake 45 minutes in slow oven. Serve hot.

Gelatin Puddings

Frozen Prune Pudding

2 c. prunes, cooked	4 eggs
2 t. gelatin	$\frac{1}{2}$ c. syrup
2 T. cold water	1 t. vanilla

$\frac{1}{8}$ t. salt

Dissolve the gelatin in cold water. Add it to the hot syrup. Pour the mixture over the stiffly beaten eggs. Continue beating until thoroughly mixed. Add seasonings and prunes. Place in molds and freeze. Serve.

Banana Delight

$\frac{1}{2}$ t. gelatin (granulated)	$\frac{1}{2}$ c. boiling water
$\frac{1}{4}$ c. cold water	2 T. lemon juice, strained

Bananas

Soak gelatin in cold water, add rest of hot water and sugar. When slightly cooled add lemon juice. Hollow out the top of a banana. Dip the bananas into the mixture and set aside to harden.

1 T. gelatin, granulated	$\frac{1}{4}$ c. sugar
$\frac{1}{2}$ c. cold water	1 c. strawberry juice, hot

Prepare this mixture as the first; when partially set dip the bananas into it a number of times. Melt marshmallows over hot water (12 mixed with 2 T. hot water). Fill cavity. Decorate with nut meats and serve with wafers.

Plain Fruit Puddings

Apple Crisp

6 c. apples, sliced	$\frac{1}{2}$ c. flour
$\frac{1}{2}$ c. water	6 T. butter
$\frac{3}{4}$ c. sugar	1 t. cinnamon

Salt

Put apples in greased baking dish with water. Sift dry ingredients together and combine with the butter. Spread mixture over the apples. Bake uncovered an hour.

Fig Pudding

1 c. figs, cooked	½ c. white sugar
½ c. fig juice	2 egg whites, beaten stiff
½ c. brown sugar	1 c. cream, whipped
1 t. vanilla	

Cook the sugar in the juice until it threads. Pour hot syrup onto egg whites beating constantly. Fold in the fruit, cream and vanilla. Pour into molds and chill. When firm serve on cold plates. Any dried fruit may be substituted in this recipe.

Flavored Junket Pudding

Junket desserts offer an attractive means of increasing the milk in the diet.

1 package junket	2 c. milk
Salt	

Crush the junket tablet. Heat the milk lukewarm and add the junket. Pour into individual glasses and allow it to stand until firm. Chill. Serve plain or with sweetened whipped cream.

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