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Susan Z. Wilder

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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 lb. lemon juice
\( \frac{1}{2} \) c. finely cut walnut meats or pecans

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 1/2 c. seeded raisins
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 1/3 c. sugar 1 ts. lemon juice
1/2 c. sugar 1/2 c. pecan nuts 1/2 c. chopped celery
1 ts. lemon juice

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
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 1/2 ts. almond extract
1 c. peach juice 3 1/2 tb. cornstarch
1 ts. grated lemon rind 1 egg
2 tb. sugar 18 marshmallows
1-3 ts. salt cream 6 canned peaches

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. Sweet and sweeten with strawberry jam and whipped cream.

Date Pudding

3 c. sugar 1 ts. baking powder
2 eggs 1 c. chopped dates
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 1/2 lb. 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 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
1/2 ts. salt

Soak tapioca in 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 cornstarch. 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 barries, crushed add the sugar and pour over the hot pudding. Do not mix. Serve.

**Gelatin Puff**

\[
\begin{align*}
&1 \text{ c. cream} \\
&1 \text{ c. sugar} \\
&\frac{1}{2} \text{ c. gelatin} \\
&\frac{1}{2} \text{ ts. vanilla}
\end{align*}
\]

Place layers of cake or wafers in a serving dish. Soak gelatin in \( \frac{1}{2} \) 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 \( \frac{1}{2} \) 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
- \( \frac{1}{4} \) c. shredded coconut
- \( \frac{1}{2} \) c. chopped dates
- 1 egg white
- \( \frac{1}{2} \) c. walnut meats
- \( \frac{1}{4} \) c. powdered sugar

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

**Apricot Bounty**

\[
\begin{align*}
&1 \text{ lb. dried apricots} \\
&1 \text{ c. sugar} \\
&2 \text{ tb. granulated gelatin} \\
&\frac{1}{2} \text{ c. cold water}
\end{align*}
\]


**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
- \( \frac{1}{2} \) 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. butter
1 tb. honey or syrup
2 tb. seeded raisins, cooked
1-8 ts. salt
1 tb. coconut
1 ts. lemon juice
1/2 c. hot water
1 tb. cornstarch
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 coconut before serving.

Baked Bananas

1/2 c. sugar
1 tb. cornstarch
1/2 ts. salt
6 bananas
1 c. hot water
2 tb. lemon juice
2 tb. tart jelly
1/2 c. buttered bread crumbs

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

Prune Special

1 pound prunes
3 in. stick cinnamon
2 slices lemon, cut in small pieces
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 1/2 c. bread crumbs
1/2 lb. prunes
3 tb. butter
1/2 lemon
1/2 c. brown sugar
1/2 c. dried crumbs
1/2 c. water

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.

Hot Prune Pudding

1 c. prunes, cooked and chopped
1/2 c. sugar
1 c. fine cut nuts
1/2 c. milk
1 ts. vanilla
1 tb. butter

MENU USING FRUIT DESSERTS

Breakfast
Fresh Apple Sauce
Krabble Sugar Cream
Toast Sugar Soft Cooked Eggs
Milk — Coffee

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

Supper
Potatoes
Butter
Cold Sliced chicken
Berry Pudding
Milk — Tea

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

Dinner
Cream of Tomato Soup
Potatoes Gravy Baked Chicken
Pens Dressing
Apple Salad Lutter
Bread — Coffee

Supper
Potatoes Graham Muffins Creamed Chicken
Prune Pudding Butter
Milk — Whipped Cream Coffee
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Dinner</th>
<th>Supper</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream of Wheat with Bananas</td>
<td>French Fried Potatoes</td>
<td>Potatoes</td>
</tr>
<tr>
<td></td>
<td>Parsnips</td>
<td>Corn Muffins</td>
</tr>
<tr>
<td></td>
<td>Prune Delight</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Corn Muffins</td>
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<tr>
<td>Coffee</td>
<td>Coffee</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
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<td>Dinner</td>
<td>Supper</td>
</tr>
<tr>
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<td>Apple Sauce</td>
<td>Macaroni Meat Loaf</td>
</tr>
<tr>
<td>Toast</td>
<td>Ham Croquet</td>
<td>Cinnamon Rolls</td>
</tr>
<tr>
<td>Milk</td>
<td>Bread</td>
<td>Marshmallow Custard</td>
</tr>
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</tr>
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**Breakfast**

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

**Dinner**

- Mashed Potatoes - Steamed Spare Ribs Spinach with hard-boiled eggs
- Bread Orange Balls
- Butter Milk
- Coffee

**Supper**

- Crackers Oyster Stew
- Peanut Sandwiches Chocolate Puffs
- Sauce Milk

**Breakfast**

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

**Dinner**

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

**Supper**

- Cream of Tomato Soup with Buttered Toast Tapioca Cream
- Plain Cookies Milk
Breakfast
Apple Sauce
Oatmeal with dates  Cream
Cornbread  Jelly
  Minced Ham with Eggs
Milk  Coffee

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

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