



TWENTY-FIVE DESSERTS FOR EVERY STOMACH

By Mrs. S. T. Rorer

* NEW COOKING LESSONS: NUMBER NINE



HE dessert may be considered the luxurious part of the dinner, and while many think it quite as important as the soup and salad, it must be remembered that the appetite should not be fully gratified before reaching this portion. Persons requiring fatty matter will find whipped cream and the Bavarian cream desserts just suited to their conditions. In out-of-town places where it is almost impossible to secure fresh meat, desserts containing eggs and milk are advisable. The heavy puddings containing a mixture of fruits should be used only occasionally, and then in very small quantities. We are all by far better without them.

To make vanilla soufflé, put half a pint of milk over the fire; moisten two tablespoonfuls of flour and one of cornstarch in a little cold milk; add to the boiling milk, and stir to a smooth, thick paste, when take from the fire, and add hastily the yolks of four eggs and then the well-beaten whites. Fill into greased custard-cups, stand in a baking-pan partly filled with boiling water, and bake in a moderate oven for fifteen minutes. While these are baking make some vanilla sauce by mixing together one tablespoonful of flour and half a cup of sugar; add hastily half a pint of boiling water; stir until boiling, and pour while hot over one well-beaten egg. Beat for a moment and add a teaspoonful of vanilla, or mace, orange or caramel and vanilla, or lemon alone may be used.

CARAMEL CUSTARDS AND CARAMEL PUDDING

TO MAKE little caramel custards, put half a cup of sugar into an iron saucepan, and stir over the fire until a golden brown and melted. Pour into six custard-cups, and twirl the cups that they may be lined with the caramel. Beat three eggs without separating; add three tablespoonfuls of granulated sugar, a cup and a half of milk, and mix thoroughly. Fill the custard-cups, stand in a baking-pan in boiling water; bake in a moderate oven from fifteen to twenty minutes, until the custards are solid and jellylike. Turn each into an individual dish. They must be turned while hot from the cups, but served cold.

To make caramel pudding, put one pint of milk in a double boiler. Melt half a cup of sugar as for caramel custard; when melted add four tablespoonfuls of boiling water; allow the mixture to boil for a moment and add it to the milk. Take from the fire and add a teaspoonful of vanilla. When cool, not cold, stir in hastily four eggs thoroughly beaten with two tablespoonfuls of sugar. Pour the mixture into a mould; stand in a pan of boiling water, and bake in the oven until jellylike. Stand aside in the mould until cold. Serve plain or with whipped cream.

DESSERTS OF BAVARIAN CREAM

TO MAKE chocolate Bavarian cream, put two ounces of chocolate in a double boiler; when melted add a pint of milk and stir until the milk is scalding hot. Add half a cup of sugar, take from the fire; add a teaspoonful of vanilla, and half a box of gelatine that has been soaked in half a cup of cold water for half an hour. Strain into a basin, which stand in another of ice water or cracked ice. When this mixture begins to thicken fold in carefully one pint of cream whipped to a stiff froth. Turn at once into a mould and stand away to harden. Serve cold.

All Bavarian creams may be made after this rule, keeping the proportions the same and changing the amount of sugar to suit the ingredients used. For instance, a strawberry Bavarian cream may be made by soaking half a box of gelatine in half a cup of cold water for half an hour. Mash sufficient strawberries to make one pint of strawberry juice; add two-thirds of a cup of sugar, and stir until the sugar is dissolved. Then melt the gelatine over hot water, add to the strawberry juice and sugar, strain into a basin, and stand in another of ice water; stir constantly until the mixture begins to congeal, then fold in one pint of cream whipped to a stiff froth. You will notice here that, instead of the pint of chocolate, I have mentioned a pint of strawberry juice and a little more sugar, but the same proportion of gelatine and cream should, of course, be used.

*Mrs. Rorer's new series of Cooking Lessons, which began in the Journal of February last, will continue throughout the year. The lessons which have been given thus far are:

The Apple in Thirty-Five Ways, . . .	February
Cooking for the Sick and Convalescent, . . .	March
Proper Cooking for the Nursery, . . .	April
Strawberries in Thirty Ways, . . .	May
Thirty Soups Without Meat, . . .	June
Forty Kinds of Summer Sandwiches, . . .	July
Foods of the Woods, . . .	August
Pickling and Canning for Winter, . . .	September

The subject of Mrs. Rorer's next Cooking Lesson, which will appear in the November issue of the Journal, will be "Winter Vegetables Made Attractive."

CHARLOTTE RUSSE OF GELATINE

CHARLOTTE RUSSE is made by covering half a box of gelatine with half a cup of cold water and soaking it for half an hour. Whip a pint and a half of cream to a stiff froth, turn it gently into a basin, which stand in another of cracked ice or ice water. Sprinkle over two-thirds of a cup of powdered sugar and add a teaspoonful and a half of vanilla. Stand the gelatine over hot water, stir until dissolved, strain into the cream, stir at once and continuously until it begins to congeal. Have ready, lined with sponge cake or lady-fingers, small or large moulds. Pour the cream in, and stand at once in a cold place. This may be served without the cake, and would then be velvet cream. Plain charlotte may also be varied by adding with the sugar, and before adding the gelatine, half a cup of fruit, such as strawberries cut into small pieces, or a few whole raspberries, or, later in the season, a few conserved cherries or pineapple, or even chopped dates or chopped figs. With the latter mixture, beside the vanilla, add a teaspoonful of caramel flavoring, and then call it Egyptian pudding.

WAFER PUDDINGS AND POP-OVERS

WAFER puddings are made by placing one pint of milk in a double boiler. When hot add a quarter of a pound of butter, stir until melted; add hastily half a pint of sifted pastry flour; stir until you have a smooth dough; take from the fire, and when lukewarm add five eggs well beaten. Beat the mixture continuously for ten minutes, then cover and stand in a warm place for an hour. Put a tablespoonful into greased, hot gem-pans, and bake in a moderately quick oven for forty minutes. This proves most delicious served very hot with a liquid pudding sauce.

To make pop-overs, beat two eggs without separating, and add to them half a pint of milk. Pour this carefully, stirring all the while, into half a pint of sifted flour. Strain at once into greased, hot gem-pans, and bake in a moderately quick oven for at least thirty-five minutes. If not sufficiently baked they will fall when taken from the oven.

To make mock charlotte, moisten four level tablespoonfuls of cornstarch in half a cup of cold water. Add hastily one pint of boiling water and cook one minute; add half a cup of sugar, take from the fire, and pour slowly into the well-beaten whites of four eggs, beating all the while. Turn into a mould that has been rinsed with cold water, and stand aside to cool. Serve with a French custard sauce made by beating the yolks of the eggs with four tablespoonfuls of sugar, adding to them one pint of scalding milk. Cook until it is the thickness of cream; then take from the fire, and add a teaspoonful of vanilla, or any desired flavor.

Cream cornstarch pudding may be made by using the same measurements and manipulation, substituting milk for water. This may be changed into a chocolate cream pudding by adding to the milk, before adding the cornstarch, two ounces of grated chocolate; or into coffee cream by using instead of milk one pint of moderately strong coffee.

DANDY PUDDING AND APPLE SLUMP

TO MAKE dandy pudding, put one quart of milk into a double boiler; add two tablespoonfuls of cornstarch; moisten; cook until smooth; add half a cup of sugar; take from the fire, and add the yolks of four eggs. Turn at once into a dish that has been previously lined with slices of buttered bread or pieces of stale cake. Put at once into a moderate oven to bake for fifteen or twenty minutes. Beat the whites of the eggs until light; add to them four tablespoonfuls of powdered sugar; beat until stiff and dry. Heap these over the top of the pudding and brown.

Among the homely, palatable and rather wholesome desserts are apple slump, blackberry roly-poly and raisin roll. These, with junket and apple dumplings, form the desserts largely used by the country folks. Apple slump may be converted into blackberry slump, peach slump and huckleberry slump by substituting these for apples. Peel six good-sized apples, and cut them into quarters; remove the cores; put them into a saucepan with one quart of water; stew gently for ten minutes while you make a crust by rubbing one tablespoonful of butter into one pint of flour; add a teaspoonful of baking powder and half a teaspoonful of salt, moisten with two-thirds of a cupful of milk. The dough should be soft, but not sticky. Roll it out lightly and cut into biscuits. Add another pint of water to the apples, and when boiling stand your biscuits all over the top. Do not allow them to go under the water. Cover the kettle and cook for ten minutes without lifting the lid. Arrange the biscuits around the edge of the platter. Turn the apple into the centre and serve hot with a pitcher of milk or cream and sugar.

DUTCH HUCKLEBERRY AND PEACH PUDDINGS

DUTCH huckleberry pudding is made by beating two eggs without separating until light. Add a tablespoonful of butter and half a pint of milk. Sift a cup and a half of flour with one teaspoonful of baking powder; add it to the eggs and milk, beat thoroughly; pour into a greased, shallow baking-pan. Cover the top thickly with huckleberries, sprinkling over half a cupful of granulated sugar, and bake in a quick oven for twenty minutes. Serve hot with milk or cream. Peaches, blackberries or apples may be used.

To make peach pudding, boil in one pint of water for ten minutes, two good-sized peaches pared and stoned. Cool. Beat two eggs without separating until light; add gradually the stewed peaches; add a tablespoonful of melted butter and three cups of flour into which you have sifted two teaspoonfuls of baking powder. Pour this mixture into a baking-pan, and cover the top with halves of pared peaches; sprinkle a quarter of a cupful of sugar over the top, and bake in a moderately quick oven for twenty minutes. This should be served with hot sauce, or eaten with plain cream or milk.

A white potato pudding may be made by grating four good-sized peeled potatoes into a quart of milk; add half a cupful of sugar, stir until dissolved, adding a teaspoonful of vanilla. Beat two eggs without separating; add them to the milk and potato; mix thoroughly, turn into a baking-dish, stand in a pan of boiling water, and bake in a moderate oven until thick and jellylike. Serve cold.

DELICIOUS RICE PUDDINGS

A RICE meringue, the old-fashioned rice pudding, and the sponges may be made on Saturday for Sunday's dinner. Boil one cup of rice in a pint of water until tender; drain and add to one pint of milk, then stir in two ounces of butter and the yolks of four eggs beaten with one cup of sugar; add the grated yellow rind and juice of one good-sized lemon. Turn this into a baking-dish and bake for half an hour. Beat the whites of the eggs until foamy; add four tablespoonfuls of powdered sugar, and beat until stiff and white. Heap over the top of the pudding, dust thickly with powdered sugar; brown and serve quite cold.

Another delicious rice pudding is made by washing four tablespoonfuls of rice and adding it to two quarts of cold milk, four tablespoonfuls of sugar, a grating of nutmeg and half a cupful of raisins. Put at once into a slow oven, and cook continuously for an hour and a half, stirring down the thin crust as fast as it forms over the top of the milk. Before taking the pudding out, however, allow the crust to remain until paper-like and dark brown. Stand at once in a cool place and serve with cream.

PEACH SPONGE AND GOOSEBERRY FOOL

TO MAKE peach sponge, pare and remove the stones from one pound of nice ripe peaches. Boil together half a pound of sugar and half a pint of water for just a moment; skim, and add the peaches. Cook two minutes; take from the fire and press through a sieve; add the juice of one lemon. Stir in half a box of gelatine that has been soaked in half a cupful of cold water for half an hour; stir until the mixture begins to congeal, and then fold in the well-beaten whites of three eggs. Turn into a mould, and stand at once in a cool place. Make a sauce from the yolks of the eggs, three tablespoonfuls of sugar and a pint of milk. Cook as you would a soft custard. Add a little grated rind of a lemon, and stand the mixture in a cool, dry place. Apples, pears or any other small fruits may be substituted for peaches.

To make a gooseberry fool, top and stem one quart of ripe gooseberries; stew them for ten minutes with one pint of water and a cupful of sugar; press through a sieve and add a tablespoonful of butter and the beaten yolks of four eggs. Turn at once into a glass dish. If this is to be used on Sunday, and made on Saturday, the whites of the eggs may be beaten on Sunday morning. When foamy add four tablespoonfuls of powdered sugar, and beat until stiff and dry. Heap over the top, and serve at once.

RICE DUMPLINGS, JUNKET AND CUSTARD

RICE dumplings are made by boiling a cupful of rice in two quarts of water for twenty minutes. Drain. Have ready either apples or peaches. Wring from cold water your dumpling-cloths, or squares of cheese-cloth; put in the centre of each square sufficient rice to make a round the size of a common saucer and about half an inch thick; put in the centre of this one peach or half an apple; gather the corners of the cloth, folding it over, making the rice an even thickness over the fruit in the shape of a ball. Tie tightly, throw these into a kettle of boiling water, and boil for ten minutes. Remove the cloths, and serve hot with cream or hard sauce.

Junket and cold custard are excellent for desserts. Heat the milk to blood temperature, sweeten and flavor. Then add sufficient rennet to congeal. Allow the milk to remain quiet in a warm place for ten minutes. When solid and firm put at once into a cold place. Serve plain or with cream.

Editor's Note—Mrs. Rorer's answers to her correspondents, under the title "Mrs. Rorer's Answers to Questions," will be found on page 36 of this issue of the Journal.