

## CHAPTER VI.

### CORNSTARCH CAKE

|   |  |
|---|--|
| $\frac{3}{4}$ cup butter or butter substitute | 2 cups flour   |
| 2 cups fine cake sugar                        | 4 $\frac{1}{2}$ teaspoons baking powder                  |
| 1 cup milk                                    | Whites 5 eggs  |
| 1 cup cornstarch                              | $\frac{1}{2}$ teaspoon each lemon and<br>vanilla extract |

**PROCESS:** Cream the butter with a wooden spoon in an earthen mixing bowl; add sugar gradually; sift cornstarch, flour, salt and baking powder together twice; add alternately to first mixture with milk; lastly cut and fold in the whites of eggs beaten until stiff; add extract. Turn mixture into two brick-shaped bread pans, buttered and floured. Bake forty-five minutes in moderate oven. Frost with boiled frosting or serve without frosting.

### BOILED FROSTING

|                                     |  |
|-------------------------------------|--|
| 1 cup granulated sugar              | $\frac{1}{4}$ cup cold water           |
| $\frac{1}{8}$ teaspoon cream tartar | 1 egg white beaten stiff               |
|                                     | $\frac{1}{4}$ teaspoon vanilla extract |

**PROCESS:** Mix well, sugar, cream tartar and cold water in a saucepan, place on range, bring to boiling point, stirring constantly until sugar is dissolved; then cook without stirring until the syrup drops from wooden spoon like honey. Remove from range, add three table-spoons of syrup to the white of egg, beating constantly until well blended; return remaining syrup to range and cook until it will spin a thread; remove from range at once and pour syrup in a fine stream into first mixture.

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Continue beating, add vanilla. Beat until frosting cools slightly and begins to glaze on side of pan. Pour on cake, spread evenly, let cool before cutting cake.

### BOSTON VELVET CAKE

|                                   |                                     |
|-----------------------------------|-------------------------------------|
| ½ cup butter or butter substitute | 4 teaspoons baking powder           |
| 1 ½ cups fine granulated sugar    | ⅛ teaspoon salt                     |
| Yolks 4 eggs                      | Whites 4 eggs                       |
| ½ cup cold water                  | ½ teaspoon almond extract           |
| 1 ½ cups flour                    | ½ cup blanched and shredded almonds |
| ½ cup cornstarch                  |                                     |

PROCESS: Cream butter, add sugar gradually, yolks of eggs beaten very light and water. Sift the flour, cornstarch, salt and baking powder; add to first mixture. Lastly, cut and fold in the whites of eggs beaten stiff; add extract; turn mixture into a buttered and floured, shallow cake pan. Sprinkle almonds over the top of cake. Bake thirty-five minutes in a moderate oven. Do not frost this cake.

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## ANGEL FOOD WITH CORNSTARCH

|                                |  |
|--------------------------------|--|
| 1 cup white of eggs            | $\frac{1}{4}$ cup cornstarch           |
| 1 cup fine granulated sugar    | $\frac{1}{2}$ teaspoon cream of tartar |
| $\frac{3}{4}$ cup pastry flour | 1 teaspoon vanilla extract             |

**PROCESS:** Beat whites of eggs until foamy; add cream of tartar and beat until stiff and dry; add sugar gradually while beating constantly; add vanilla; then cut and fold in flour and cornstarch previously sifted together five times. Turn into an unbuttered angel food pan. Bake in a slow oven from thirty to fifty minutes, according to the size of the pan. Invert pan on a cake cooler and allow cake to cool, loosen and fall out.

## LITTLE QUEENS

|                                       |                                     |
|---------------------------------------|-------------------------------------|
| $\frac{1}{2}$ cup shortening (butter) | 1 cup pastry flour                  |
| Grated rind 1 lemon                   | $\frac{1}{4}$ cup sifted corn flour |
| 1 cup sugar                           | $\frac{1}{4}$ teaspoon salt         |
| Yolks 4 eggs                          | $\frac{1}{4}$ teaspoon soda         |
| 2 tablespoons lemon juice             | Whites 4 eggs                       |

**PROCESS:** Cream shortening; add sugar gradually and continue stirring. Then add grated rind, lemon juice and yolks of eggs, beaten until thick and lemon tinted. Sift together flours, salt and soda; add to first mixture and beat thoroughly. Then cut and fold in the whites of eggs beaten until stiff. Fill small buttered muffin tins two-thirds full of mixture and bake twenty to twenty-five minutes in a hot oven.

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## WAR TIME DROP CAKES

|  |   |
|--|---|
| $\frac{1}{4}$ cup shortening (chicken fat) | $1\frac{1}{4}$ cup pastry flour   |
| 1 cup sugar                                | $\frac{3}{4}$ cup corn flour  |
| 1 egg well beaten                          | $\frac{1}{4}$ teaspoon salt   |
| Grated rind 1 orange                       | 4 teaspoons baking powder   |
| $\frac{1}{4}$ cup strained orange juice    | $\frac{1}{4}$ cup shredded citron or<br>$\frac{1}{2}$ cup chopped nut meats |

**PROCESS:** Cream shortening; add sugar gradually while stirring constantly. Add egg beaten until thick and lemon tinted, grated rind and orange juice. Sift together flour, corn flour, salt and baking powder. Add citron or nut meats, then stir into first mixture. Mix well. Drop by teaspoonfuls one and one-half inches apart on a well greased baking sheet and bake twelve to fifteen minutes in a hot oven. When eggs are plentiful add another one to mixture.

## CORN MEAL DOUGHNUTS

|                                    |                                |
|------------------------------------|--------------------------------|
| 1 cup fine corn meal or corn flour | $\frac{1}{2}$ teaspoon soda    |
| $\frac{3}{4}$ cup white flour      | $\frac{1}{2}$ cup sour milk    |
| $\frac{1}{2}$ cup sugar            | 1 tablespoon melted shortening |
| $\frac{1}{4}$ teaspoon salt        | 1 egg                          |
| $\frac{1}{2}$ teaspoon nutmeg      | Flour                          |

**PROCESS:** Heat milk and pour it over corn meal; add melted shortening, sugar, salt and nutmeg. Sift soda with flour, add to first mixture, beat thoroughly, then fold in the egg beaten until thick and lemon tinted; add sufficient flour to make a soft dough. Chill dough, then roll to one-half-inch thickness and shape with a doughnut cutter. Fry in deep, hot fat. Drain on brown paper, when cool dredge with powdered sugar.

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## CORNSTARCH CREAM PUFFS

$\frac{1}{2}$  cup butter  
1 cup milk

1 cup cornstarch  
4 eggs

**PROCESS:** Bring half of the milk to boiling point; add butter and when melted stir in cornstarch diluted with remaining milk. Stir vigorously until mixture is smooth. Remove from range and add unbeaten eggs, one at a time, beating until thoroughly blended between the addition of eggs. Drop by spoonfuls (the size of a small egg) on a buttered sheet one and one-half inches apart, shaping with the handle of a wooden spoon in circles, having each slightly piled in center. Bake thirty minutes in a moderate oven. With a thin sharp knife make a cut in the side of each puff large enough to admit of cream filling. This recipe will make one and one-half dozen cakes. If cream cakes are removed from oven before being baked through they will fall. If in doubt, remove one from the sheet and if it does not fall it is sufficient evidence that the others are baked through-out.

## CREAM FILLING

$\frac{3}{4}$  cup sugar  
4 tablespoons cornstarch  
 $\frac{1}{8}$  teaspoon salt

2 eggs  
1 egg yolk  
2 cups scalded milk  
1 teaspoon vanilla

**PROCESS:** Mix the dry ingredients; add eggs and egg yolk slightly beaten and pour on slowly scalded milk while stirring constantly, until mixture thickens, afterwards occasionally. Cook fifteen minutes, cool and add vanilla. Use as filling between layers of cake as for Cream Cakes.

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## POPPED CORN MACAROONS

|  |                                     |
|--|-------------------------------------|
| $\frac{3}{4}$ cup finely chopped popped corn | $\frac{1}{4}$ teaspoon salt         |
| $\frac{3}{4}$ tablespoon melted butter       | $\frac{1}{2}$ teaspoon vanilla      |
| White 1 egg                                  | Blanched and finely chopped almonds |
| $5\frac{1}{2}$ tablespoons sugar             | Candied cherries                    |

**PROCESS:** Add butter to corn; beat white of egg until stiff; add sugar gradually; continue beating. Add to first mixture; add salt and vanilla. Drop from tip of teaspoon on a well buttered baking sheet one and one-half inches apart. With the spoon shape in circles and flatten with a knife, first dipped in cold water. Sprinkle with chopped nut meats and press a shred of candied cherry in top of each macaroon. Bake in a slow oven until daintily browned.

## CORN FLAKE KISSES

Beat two eggs until thick and lemon tinted; add gradually one cup sugar, beating constantly. Add two and three-fourths cups corn flakes and one cup chopped nut meats, mix thoroughly. Add a sprinkle of salt. Drop in generous teaspoonfuls in rounds on a buttered cooky sheet one and one-half inches apart. Bake twenty minutes in a slow oven. Maple flakes are sometimes used in place of the plain corn flakes.

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## POPCORN BRITTLE

|                         |                                   |
|-------------------------|-----------------------------------|
| 3 cups brown sugar      | ½ cup butter or butter substitute |
| 1 cup N. O. molasses    | 2 teaspoons soda                  |
| ½ teaspoon cream tartar | 2 tablespoons hot water           |
|                         | 1 quart freshly popped corn       |

**PROCESS:** Boil the first three ingredients in an iron kettle to the "hard crack" degree (310 degrees F.), i. e., when a little of the syrup is dropped into ice water it will form a hard ball and when pressed between the teeth it will not stick, but will leave them clean and free from taffy; add butter and when it is well blended add popcorn; stir it well. Remove from range, add soda dissolved in hot water, stir briskly; when mixture begins to rise turn it on an oiled or butter marble slab or platter; spread thin and evenly; when cold break in small pieces.

## POPCORN BARS

|                             |                                  |
|-----------------------------|----------------------------------|
| 1 quart freshly popped corn | ¼ cup water                      |
| 1 cup sugar                 | 1 tablespoon butterine or butter |
| ¼ cup corn syrup            | 1 teaspoon salt                  |

**PROCESS:** Carefully pick over fresh popped corn, discarding all unpopped kernels. Pass through meat-chopper, using coarse knife; sprinkle with salt. Into a kettle put sugar, prepared corn and water; cook until candy cracks when tested in cold water (about 270 degrees F., on sugar thermometer). Add butter and cook until candy is very hard when again tested in cold water (ice-water is preferable). Add corn, stir until thoroughly blended. Return to range to warm slightly and pour on an oiled marble slab or an enameled tray and with a slightly oiled rolling-pin roll as thin as possible. (This operation must be done quickly.) Cut in bars or squares. If it becomes too hard to cut break in small pieces.

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## MAPLE POPCORN BALLS

|                              |                                     |
|------------------------------|-------------------------------------|
| 3 quarts freshly popped corn | ½ cup brown sugar                   |
| 1 cup melted maple sugar     | 1 tablespoon butter or<br>butterine |
| Salt                         |                                     |

**PROCESS:** Carefully pick over popped corn, discarding all unpopped kernels. Melt butter or butterine in a large, round-bottom, iron kettle (an old-fashioned type if one is available); a large granite kettle will serve the purpose. Add maple syrup and sugar; bring to boiling point and cook until mixture will crack when tested in cold water. Sprinkle corn with salt; pour candy slowly over prepared popped corn while stirring briskly. Shape with slightly buttered hands quickly and little pressure into balls. When cool wrap in waxed paper. To prepare maple sugar, shave or break in small pieces, then measure. To one cup sugar add one-half cup of water and cook until the consistency of syrup. This will be found more satisfactory than commercial maple syrup, notwithstanding the extra trouble.

## POPCORN BALLS

|                         |                              |
|-------------------------|------------------------------|
| 1 ½ cups sugar          | 2 tablespoons butterine      |
| 5 ½ tablespoons glucose | ½ teaspoon salt              |
| ⅔ cup water             | 5 quarts freshly popped corn |
| ½ cup (good) molasses   |                              |

**PROCESS:** Into a kettle put sugar, glucose and water; stir until sugar is melted; wash down sides of kettle, cover and cook gently five minutes; uncover and cook without stirring until when a little is tested in cold water it will crack (about 275 to 280 degrees F.). Add remaining ingredients except popped corn and continue cooking until very brittle when again tested in cold

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water. Stir occasionally at first then, constantly. Carefully pick over corn, discarding all unpopped kernels. Put corn in a hot mixing bowl slightly buttered, sprinkle with salt and stir briskly while pouring the taffy over it. Mix well, then roll in balls with as little pressure as possible. Pile in a pyramid on a buttered platter.

## PARCHED SWEET CORN

2 cups sweet seed corn                      Salt  
4 tablespoons butter or olive oil      Boiling water

**PROCESS:** Pick over corn, removing all imperfect kernels and bits of cob. Put corn in sieve and pour boiling water over it. Drain on crash towel. Melt butter in iron spider, add corn and stir constantly until each kernel is delicately browned and puffed. Drain on brown paper, sprinkle with salt. Shake corn in a coarse sieve to get ride of superfluous salt. Serve same as salted nuts. If one cup of corn is parched at a time it will brown more evenly.

## PLEASE READ THESE BULLETINS

(They will prove very valuable to you)

Farmer's Bulletin No. 565. U. S. Dept. Agr. Corn Meal as a Food and Ways of Using. By C. F. Langworthy and Caroline Hunt.

Farmer's Bulletin No. 298. Printed in 1907—Food Value of Corn and Corn Products. By Charles D. Woods, D. Sc., Director of Maine Agricultural Experiment Station.

The latter bulletin will prove invaluable to those who are especially interested in teaching Household Economics—which includes Thrift and Conservation of Food.

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