

# COMPLETE LIST OF HERALD-GAS COOKING SCHOOL RECIPES OFFERED FOR YOUR HOME FILE OF GOOD THINGS TO EAT . . .

### PUMPKIN PECAN ICE CREAM

1 tbsp. cornstarch  
 3/4 cup sugar  
 1/2 tsp. Iris cinnamon  
 1/2 tsp. Iris ginger  
 1/2 cup Mayfair milk  
 2 Mayfair egg yolks  
 3/4 cup cooked or Iris canned pumpkin (sieved)  
 1/4 tsp. salt  
 1/2 cup Mayfair heavy cream  
 2 Mayfair egg whites  
 1/2 cup pecans, broken

Mix together cornstarch, sugar, cinnamon and ginger. Add milk and beaten egg yolks. Cook over hot water until thick, stirring constantly. Add pumpkin and salt. Cool. Fold in whipped cream, nuts and stiffly beaten egg whites. Pour into Electrolux tray and freeze.

### THRIFT COOKER MEAL

1 Wilson shoullder of lamb, boned and rolled  
 2 tps. salt  
 1/2 tsp. Iris pepper  
 1/2 cup flour  
 3 tpsps. Formay shortening  
 8 carrots, scraped  
 8 potatoes, peeled  
 1/2 cup water.

1 pound mixed dried fruit, washed hot water

Wipe meat with damp cloth. Sprinkle with salt and pepper. Dredge with flour. Brown both sides in hot shortening. Piece vegetables around meat. Add 1/2 cup water. On rack place small pan containing fruit with hot water to cover. Cover cooker. Heat over high gas flame until steam is formed. Continue cooking over simmer flame 2 hours.

### JELLIED SALMON LOAF

1 cup boiling water  
 1/2 cup cold water  
 1/2 Iris chili sauce  
 1 onion, finely chopped  
 2 cups cold cooked rice  
 1 green pepper  
 1 cup lemon gelatine  
 1/2 tsp. salt  
 1 cup Iris salmon

Dissolve gelatin in boiling water, add cold water, chili sauce and salt. Chill, when slightly thickened, fold in remaining ingredients. Turn into loaf pan. Chill in Electrolux until firm. Unmold, slice and serve with a tart sauce.

### SPICE CAKE, BAKED ICING

1/2 cup Formay shortening  
 1 cup sugar  
 2 Mayfair egg yolks and 1 whole egg  
 1 1/2 cups sifted cake flour  
 1/2 cup Iris strong coffee  
 2 tpsps. baking powder  
 1/2 tsp. Iris cinnamon  
 1/2 tsp. Iris allspice  
 1/2 tsp. Iris nutmeg  
 1 tsp. Iris vanilla

Cream shortening and sugar until light. Add beaten eggs, flavoring and coffee alternately with dry ingredients that have been sifted several times. Line 9"x9"x2" cake pan with waxed paper, allowing it to extend above sides of pan. Fill with batter, cover with topping and bake 1 hour at 335 degrees.

### BAKED ICING

2 Mayfair egg whites  
 1/2 cup broken nut meats  
 1 cup brown sugar

Beat egg whites until stiff and dry, gradually beat in the brown sugar. Spread on top of cake batter, sprinkle with nuts and bake.

### SOUTH SEA DELIGHT

12 Graham crackers rolled fine  
 2 Mayfair egg yolks  
 1/2 cup sugar  
 1/2 cup Mayfair milk  
 2 Mayfair egg whites  
 1/2 cup Mayfair whipping cream  
 1/2 tsp. Iris almond extract  
 1/2 tsp. Iris lemon extract  
 1 tsp. gelatin, soaked in 1/2 cup milk

Beat egg yolks slightly, blend with sugar and 1/2 cup milk. Cook over low gas flame about 20 minutes or until thick. Add gelatin soaked in milk to the hot mixture and dissolve. Cool. Oil mold. Sprinkle with cracker crumbs. Beat egg whites until stiff. Add to whipped cream. Fold into custard mixture. Add flavorings. Divide mixture into half. Color one part with food coloring, either green or red. Pour plain mixture onto cracker crumbs in mold. Cover with layer of crumbs. Add colored mixture cover with remaining crumbs. Chill in Electrolux. To serve, slice.

### CARAMEL HAM LOAF

1 1/2 lbs. Wilson's ground round steak  
 3/4 lb. Wilson's ground smoked ham  
 2 cups Weber's bread crumbs  
 2 beaten Mayfair eggs  
 1/4 cups Mayfair milk  
 1/2 tsp. Iris mustard  
 1/2 cup brown sugar  
 1 tsp. Iris whole cloves

Let bread soak in milk five minutes. Mix all ingredients together well. In bottom of loaf pan spread brown sugar and cloves. Pack meat mixture in firmly and bake at 350 degrees for 1 1/2 hours.

### FLUFFY RICE

Wash 1 cup of rice. Place in casserole and cover with 3 cups water. Add 1 tsp. of salt. Cook in oven with Caramel Ham Loaf.

### HONEY FRUIT BREAD

1/2 cup honey  
 3/4 cup brown sugar  
 2 tpsps. Formay shortening  
 1 1/2 tpsps. salt  
 1/2 cup pitted dates, sliced  
 1/2 cup dried apricots, chopped  
 1 tsp. lemon juice  
 1 Mayfair egg  
 2 1/2 cups flour  
 1/4 tsp. soda  
 5 tpsps. baking powder  
 1/2 cup bran  
 1 cup Mayfair milk

Mix honey, sugar, shortening, salt, fruit and milk. Heat slowly until sugar is dissolved and shortening melted. Cool. Add lemon juice and beaten egg. Sift flour, soda and baking powder together. Add bran. Add dry ingredients to fruit mixture and stir well. Do not beat. Bake in loaf pan, lined with wax paper at 350 degrees for 1 hour.

### APPLE CARAMEL PUDDING

6 medium-sized apples  
 1/2 tsp. Iris cinnamon  
 1/2 cup water  
 1 cup brown sugar  
 1/2 cup Formay shortening  
 1/2 cup flour  
 1/4 tsp. salt  
 1 cup grapesnuts

Slice unpeeled apples thin into oiled casserole. Sprinkle cinnamon and water over apples. Mix sugar, shortening, flour, salt and grapesnuts. Cover apples with mixture. Bake with oven meal. Serve hot with cream.

### BUNCH OF GRAPES SALAD

6 halves Iris canned pears  
 1 pkg. Mayfair cream cheese  
 1 lb. green or red grapes  
 1/2 cup chopped nut nuts  
 1/2 cup mayonnaise

Drain pears by placing on paper towel. Frost the rounded side with a thin layer of soft cream cheese. Cover with halves of green or red grapes from which seeds have been removed. Arrange in individual nests of lettuce, a spoonful of mayonnaise, combined with nuts. Cover with decorated pear.

### CHOCOLATE CHIP CAKE

1/2 cup Formay shortening (part-butter for flavor)  
 1 1/2 cups sugar  
 2 1/4 cups sifted cake flour  
 3 tpsps. baking powder  
 3 Mayfair egg whites  
 1 cup Mayfair thin milk  
 1 1/2 tsp. Iris vanilla  
 1/2 Iris shaved sweet baking chocolate or 1/2 cup chocolate shot  
 1/2 tsp. salt

Sift flour and measure. Sift flour, baking powder and salt together. Cream shortening; add 1 cup of the sugar gradually and cream thoroughly. Add dry ingredients alternately with milk to the creamed mixture. Blend in vanilla. Fold in chocolate. Beat egg whites until stiff and gradually beat into them the remaining 1/2 cup of sugar. Fold batter. Bake in two 8-inch layer loaves 30 to 35 minutes at 350 degrees F. When cool, spread cooled Chocolate Filling between layers and Fluffy White Icing over top and sides of cake.

### Chocolate Filling

1 1/2 cups confectioner's sugar  
 1/4 tsp. salt  
 5 tpsps. Iris cocoa  
 2 1/2 tpsps. cake flour  
 1 1/2 tpsps. Mayfair butter  
 1/2 cup Mayfair milk

Boil slowly over low heat until very thick, stirring constantly. Cool and add vanilla.

### Fluffy White Icing

1/2 cup sugar  
 1/4 cup water

Boil sugar and water slowly without stirring until mixture spins an 8-inch thread (240° to 242° F.). Pour hot syrup over two stiffly beaten egg whites, beating constantly. Add 1 tsp. vanilla. Beat until mixture holds its shape.

### FROZEN PINEAPPLE CUSTARD

1 cup Iris pineapple juice  
 1 Mayfair egg white  
 pinch of salt  
 10 marshmallows, cut fine  
 1/2 cup Iris crushed drained pineapple  
 1/2 cup chopped walnuts  
 1/2 cup Mayfair whipping cream

Add fruit, nuts, marshmallows and salt to pineapple juice. Fold in stiffly beaten egg white. Whip cream until it will hold its shape. Fold into fruit mixture. Pour into tray of Electrolux and freeze.

### BROILED STEAK

Preheat gas broiling oven. Place meat on broiling rack with top surface about 2 1/2 inches below gas flame. Broil on one side until nicely browned (8 to 10 minutes). Turn and finish broiling. Season. Top with slice of lemon butter. Serve on hot platter.

### LEMON BUTTER

1/2 lb. Mayfair butter  
 3 tpsps. lemon juice  
 1 tsp. minced parsley

Cream butter and add lemon and parsley. Mold and store in Electrolux.

### CHIFFON DEVIL'S FOOD CAKE

2 cups sifted cake flour  
 1/2 cup Formay shortening  
 2 cups sifted brown sugar  
 2 Mayfair eggs unbeat  
 4 sqs. unsweetened chocolate, melted  
 1 1/4 cups Mayfair sweet milk  
 1 tsp. Iris vanilla

Sift flour once, measure, add soda and sift together 3 times. Cream butter thoroughly, add sugar gradually and cream together until light and fluffy. Add eggs, one at a time, and beat well. Add chocolate and beat well. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in two oiled 8" layer cake pans, in a moderate oven, 350 degrees for 30 minutes.

### Easy Caramel Frosting

1 cup brown sugar  
 2 tpsps. Mayfair butter  
 3 tpsps. water  
 1 tsp. Iris vanilla  
 2 cups powdered sugar

Sieve evaporated milk. Combine brown sugar, butter and water and cook over a low flame until the sugar is thoroughly dissolved. Cool. Add powdered sugar and evaporated milk to moisten.

### MUSHROOM DRESSING

3 cups finely chopped mushrooms  
 6 cups Weber stale bread crumbs  
 1 tsp. salt  
 1 tsp. onion juice  
 1/2 tsp. Iris celery salt  
 1/2 tsp. Iris pepper  
 1 cup chopped celery  
 2 cups stock or Mayfair milk  
 2 tpsps. chopped chives  
 1/2 cup Mayfair melted butter

Few grains Iris cayenne  
 Few grains Iris nutmeg  
 2 tpsps. chopped parsley

Combine all ingredients. Do not make too moist.

### ROAST TURKEY WITH DRESSING

Select young turkey having generous layer of fat. Remove pin feathers and singe turkey over gas flame. Wash thoroughly. Remove legs at first joint and take out tendons. Make an incision and remove entrails, being careful not to break gall bladder. Cut the neck off the turkey as close as possible to the body. Fill turkey with dressing. Sew edges of incision together. Place in a shallow pan breast down and rub with oil. Roast at 300 degrees until tender. Roast in an uncovered pan with no water. Allow one cup of dressing per pound of turkey.

### BROILED HAM PLATE

Sprinkle a 1/4 inch slice of smoked ham with mustard, brown sugar, and paprika. Boil oranges whole for 40 minutes, then cut them in half. Slice raw summer squash in 1/2 inch slices, brush with fat and season. Arrange food on broiler and brown on both sides.

### MACARONI LOAF

2 cups macaroni, cooked  
 1 cup Weber bread crumbs  
 2 tpsps. chopped green pepper  
 1 tsp. chopped onion  
 1/2 tsp. salt  
 1 tsp. Iris paprika  
 1/2 cup Mayfair pimento cream cheese  
 1 1/2 cups tomatoes  
 2 Mayfair eggs  
 2 tpsps. Mayfair melted butter

Mix ingredients and press into a greased loaf pan. Bake at 375 degrees for 45 minutes.

### PIQUANT VEGETABLE SALAD

1 tbsp. gelatin  
 1/4 cup cold water  
 1/2 cup boiling water  
 1 tsp. lemon juice  
 1 tsp. Worcestershire sauce  
 1/2 cup sugar  
 1/2 tsp. salt  
 1 cup cabbage, finely shredded  
 1/2 cup celery, finely diced  
 4 tpsps. Iris pimento, chopped  
 1 cup Iris small cooked peas  
 1 cup cooked green beans  
 1/2 cup mayonnaise

Soften gelatin in cold water. Add boiling water, lemon juice, Worcestershire, sugar and salt. Cool slightly. Add chilled cabbage and celery and remaining ingredients in order given. Turn into mold. Chill until firm in Electrolux. Unmold on crisp lettuce. Garnish with additional mayonnaise.

### BUTTER BOILED VEGETABLES

Prepare vegetables as for ordinary boiling. Rinse vegetables thoroughly and turn dripping into a sauce pan or casserole into which two tablespoons of unmelted butter has been placed. Add 1/2 to 3/4 cup water and seasonings. Cover pan with a tight-fitting cover and cook over a low gas flame. Butter boiled vegetables require the same amount of time as for ordinary boiling. They may be served as they are or add cream sauce.

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