

T H E S I S

T H E S I S

ON

D E S S E R T S.

Submitted to the Faculty

of the

O R E G O N A G R I C U L T U R A L C O L L E G E

for the degree of

Bachelor of Science.

By

Redacted for Privacy₁₈

and

Redacted for Privacy

APPROVED: Redacted for Privacy

Department of Household Science.

Desserts.

If it be true that the meaning of desserts is to offer something more exquisite still, then from the hygienic standpoint, the wisdom of the procedure is nil unless it follows as a finishing grace to a simple dinner of meat and vegetables. There is in this department of culinary art, a wide range the compounder of gustatory pleasures, extending from that ponderous dainty known as plum pudding, sent all ablaze in blue light to its destination at the head of the table, to those light, fairy-like dishes where custards, whipped cream and macaroons meet.

These seemingly light and innutritious dishes have really a high nutritive value in the milk and eggs which go into their composition. As to the matter of flavoring, the spiritual essence, as it were, of desserts, and almost sixth sense is requisite to attain perfection. It is generally acknowledged that the descendants of the poor half-starved, frozen exiles of Plymouth rock are not as highly gifted in this art as are those of the rich tropical natured colored race whose custards and puddings are reminiscent of gardens of roses, strawberries, quinces, and orange blossoms.

Pie.

The pie-belt spans the known world attaining its

greatest expanse in America, where from Maine to Alaska, from Florida to New Mexico, culinary skill decks its table with these geometric circles, fashioned in dough varying in quality from repellant as leather, to crust of such flaky consistency that it melts in the mouth.

It is said that our seer of Concord, Emerson, often began the day with a quadrant of this delectable dish for breakfast, and yet, remarkable to say, his works have not been classed under the head of the literature of desepsia; but we would not advise any one who may read this simple dissertation to follow the dietetic habit of our illustrious countryman unless they wish to wrestle with all the imps of darkness under the fell name of indigestion.

We have pies that are truly national as the pumpkin and squash pies. A lady who has traveled abroad says she has never met, in years of foreign travel, anything so excellent as the American apple pie with cream.

Lemon Pie.

Filling:-

Blend $\frac{2}{3}$ cup sugar

3 tbs. flour

add $\frac{2}{3}$ cup water

grated rind of $\frac{1}{2}$ lemon

pinch of salt.

Cook to a smooth paste. Add juice of two lemons.

When cool, add beaten yolk of three eggs.

Crust:-

2/3 cup flour
2 tbs. lard,
1/4 tps. salt.

Add as little water as possible, a touch of lemon, whites of 3 eggs, 3 tbs, powdered sugar, and a pinch of salt.

Cream Pie.

Filling.--

1 pt. thick cream,- whip.
1/4 tps. flavoring
2 tbs. powdered sugar. (rounded)

Crust.--

2/3 cup flour. (small)
3 tbs. butter
1 tps sugar. (rounded)

Strawberry Shortcake.

Chop all together,

2 cups flour
1/2 tps. salt
4 tbs. butter.

Add 2 tps. baking powder. (rounded)

Stir in enough milk to make a soft dough.

Roll out and put in two pans.

When cold place crushed berries between the layers after they have been sweetened to taste.

Served with whipped cream.

Puddings.

The assertion is no doubt true that as a nation, we have eaten too many sweets and have ruined our teeth thereby; look at our cook books. There are recipes innumerable and they are said to be richer, sweeter, and more varied than any in the world, yet they are the every-day luxury of many American tables.

It is said that a wife who will give her dyspeptic husband a good pudding every day, may perhaps save his life, his fortunes, and, if an author, his literary reputation.

Tapioca Pudding.

Wash thoroughly $\frac{1}{2}$ cup of tapioca.

Scald 1 qt. of milk and pour over the tapioca.

Add 8 tps. salt.

Let stand over night.

In the morning stir thoroughly and cook until transparent.

Add beaten yolks of 4 eggs, to which has been added 2 tbs. sugar,

$\frac{1}{4}$ tps. salt.

Cook three minutes.

Then fold in the beaten whites of 4 eggs with 4 tbs. sugar, and 1 tps. of vanilla.

Just before removing from fire, add 4 tbs. of cream.

Pour into mould.

Chocolate Pudding.

Heat 3 cups milk

$\frac{2}{3}$ cup of sugar.

Add 3 tbs. cornstarch(rounded)

3 pinches of salt and let boil.

Cook for ten minutes.

Add 1 tps. vanilla.

Take out 1/3 of the mixture.

To the remaining, add

Beaten whites of 2 eggs

1/2 cup of coccoanut or more. When cold pour 1/2 into mould.

Add 1 tbs. sugar

Yolks of 2 eggs, to which has been added 2 tbs. chocolate.(rounded).

Blend and stir into 1/3 of mixture. When cold, add nuts. Pour into mould. Add rest of white mixture.

Creams.

The foundation for creams is gelatine. One can use the patent gelatines, as Plymouth Rock or Knox's, but best of all, is that made from the real calves feet, this latter, of course, takes time and is only attempted by our sisters in foreign lands.

Italian Creams.

Dissolve 2 tbs. gel. in 1/4 cup of water.

Scald 2 cups milk.

Add beaten yolks of 4 eggs to which has been added 1/4 cup sugar, and pinch salt.

Cook to the consistency of thick cream. Add gelatine. Set in cold water. When slightly thick, add beaten whites of 4 eggs and mould.

Bavarian Creams.

Whip 1 cup cream.

Add 1 tbs. sugar(rounded)

1/4 tps. almond

1 cup marmalade., made by crushing fruit and putting through a sieve.

1 tbs. gel. dissolved in 2 tbs. cold water, added to 3 tbs. boiling milk.

When cool add to marmalade. Then fold in whipped cream and sugar to taste.

Cream puffs.

1 cup milk added to 1/4 cup butter.

When boiling, add

3/4 cup flour.

Cook until it slips from the side of the pan.

When cold, add 4 beaten eggs and beat until shiny. Then drop in pan and cook for half an hour or less.

Filling.-

1 1/2 cup boiling milk

add 2 tbs. flour(well rounded)

beaten yolks of 2 eggs to which has been added 3 tbs, sugar(well rounded), and pinch of salt

Charlotte Russ.

Cake part.

4 eggs.

To the yolks add

2/3 cup sugar

pinch salt.

Beat until light, then fold in beaten whites.

Add 1 cup flour(rounded)

1 tps. baking powder.

put in papered pan and bake in moderate oven.

Filling.--

Whip 1 cup cream

Beat white of 1 egg stiff.

Add $\frac{1}{2}$ cup powdered sugar(scant)

1 tps. vanilla.

Fold in cream and put in cases of cake.

We will close this theses with the very simple,
wholesome, and easily made dish known as

Junket.

Heat to a blood heat

2 cups milk ($1\frac{1}{2}$ m. and $\frac{1}{2}$ c.)

2 tbs. sugar

pinch salt.

Then add $\frac{1}{2}$ junket tablet, dissolved in 2 tps.
cold water.

Pour in junket tablet and cool.