

T H E S I S

On

DESSERTS.

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

Cleval Peery.

APPROVED BY:

Redacted for Privacy

DEPARTMENT OF DOMESTIC SCIENCE

and but

DESSERTS.

Introduction.

1. Definition
2. Use.

Discussion.

1. Gelatine.
 1. Manufacture
 2. Use
 3. Price
 4. Recipe

2. Frozen Desserts

Kinds.

1. Neapolitan
2. Philadelphia
3. Parfait, Mousse and Glace
4. Frozen Puddings.
5. Water Ices.
6. Granite and Frappe
7. Punch

3. Method of freezing, moulding and serving.

4. Fruits as Desserts.

1. Value of Fruits.
2. Recipes.
3. Canned Fruits.

5. Pies.

1. Recipes.

6. Puddings.

1. Recipes.

Conclusion.

1. Sauces.

2. References.

D HAMPSHIRE BOND

DESSERTS.

A desert is a service of fruits, sweetmeats or pastry served at the end of a meal. The number of different kinds of desserts is almost limitless.

A dessert as a rule has but little real food value, being rather a cooling finish to a meal. They may be made very attractive as well as palatable. Dessert making and serving affords excellent opportunity for a display of ones artistic abilities.

The heavier desserts, as pastry and puddings are better for winter use, while the ices and fruits are more extensively used in summer.

Perhaps the favorite dessert is the frozen dainty. This is not the most healthful as it chills the digestive organs; but if not indulged in to excess, it is not harmful. Fruits are next to, if not equal to ices in point of popularity as a dessert. They are delicious and healthful, and may be prepared in a variety of different ways. Salads are sometimes served as desserts, particularly fruit salads. Be the dessert ever so simple the dinner is not complete without it.

GELATINE.

As the foundation of many desserts is gelatine, it is well to consider its food value and its cost. It is secured from the connective tissues of young animals. It is also obtained from the swimming

bladder of fish, especially sturgeon. The purest form of gelatine is isinglass. This is, of course, the most expensive kind. It is claimed that isinglass goes farther and sets better. The cheapest gelatine is called Commercial gelatine. This is made from bones, that from the connective tissues of a calf costs about sixteen times as much as Commercial gelatine.

Gelatine is not capable of building tissues so is not a substitute for proteids. But as a source of heat and energy it is equal to either a proteid or carbohydrate.

Recipes in which gelatine is used.

BANANA GELATINE. For 10 people.

1 box gelatine	2 C. sugar.
1 qt. scalded milk.	1/2 doz. bananas

Method. Soak a box of gelatine in a cup of cold water. Into a sauce pan put two cups of sugar and one quart of milk; let it scald. When boiling hot add the soaked gelatine; strain. Slice bananas and put as many as you can in wet molds; pour the gelatine mixture in, let it harden and serve very cold with whipped cream.

The cost of this dessert would be:

Gelatine	\$.10
Milk	.05
Sugar	.15

Bananas \$.15

Cream .10

Total .45 or .04 1/4 per person.

DESSERTS

Frozen Desserts.

"No form of dessert is held in such high esteem as the frozen: it is at once the best approved and the most palatable of all desserts. By the presentation of a well prepared cream of good quality one may atone for a very meagre dinner, while a mould of well flavored fruit ice of attractive appearance fitly forms the crowning piece of an elaborate dinner, " says Janet McKenzie Hill.

Frozen desserts are divided into the following classes:

	Frozen	Philadelphia
	with	
Cream	Stirring	Neapolitan

Ices	Frozen	Parfait
	without	Biscuit
	Stirring	Mousse
Ices		
	Sherbet	
Water	Granite	
Ices	Frappe	
	Punch	

Besides these are frozen custards, frozen puddings, milk sherbets, souffles, and frozen fruits. There are more than one hundred iced puddings known to French cooks. The number of ices and ice cream is limited only by the imagination of the one who makes them. The best ice to use in freezing is called snow ice. It is porous and so is more readily acted upon by the salt. Creams freeze in less time than sherbets as the syrup in the latter retards the freezing process. If fruits, which are to be used, are soaked over night in liquor or wine they will not freeze. If spirits are not desired, a thick syrup answers the same purpose.

Philadelphia Ice Cream.

Philadelphia ice cream is considered to be the best kind made, it is of American invention. It is made of pure cream. If the cream is scalded before freezing, the finished product is firm and velvety and cuts like jelly. If it is not scalded it has a light fluffy texture but has rather a raw taste. Some prefer it cooked others do not. One tablespoonful of extract should be used to every quart of cream. In making fruit ice cream the fruit should first be mashed and mixed with the syrup and left standing for about one hour. It should be added to the cream when half or wholly frozen. Fruits with seeds, as rasp-

berries, blackberries, etc., should be put through a sieve. If the fruit to be used does not have a strong flavor the juice of a lemon should be used.

If cream is scarce, an excellent substitute for Philadelphia ice cream can be made by using one part cream and four parts milk and thickening with junket or liquid rennet.

Neapolitan Ice Cream.

Neapolitan ice cream is the most popular kind in Europe. It is made of cream or rich milk and yolks of eggs in the proportion of six to twelve to one quart of cream. One cup of sugar is allowed for each quart of cream, and another for every twelve egg yolks. Beat the yolk of the eggs until they are thick and light-colored. Add sugar and beat again. Add the cream and cook in double-boiler until the mixture coats the spoon. Strain, set dish in cold water and when ice cold flavor and freeze.

Sometimes cornstarch or arrowroot is used in place of part of the egg yolks. In that case, it should be mixed with a little cold cream, and cooked ten or fifteen minutes in hot cream before adding to the egg yolks.

The Neapolitan method is best adapted for vanilla, coffee, chocolate, caramel and nut creams, as in Europe, fruit flavors are thought not to harmonize with eggs.

However, fruit flavors have been used with excellent results.

Parfait, Mousse, and Biscuit Glace.

Parfait, Mousse, and Biscuit Glace are all frozen without stirring. The cream is first whipped and they get their texture from that. As a rule, they are moulded before serving. They are also frequently combined with sherbets.

Biscuit Glace and Individual Ices.

Biscuit Glace is moulded in individual moulds and served with meringue. Other individual ices may be served in paper boxes, shells of meringue or in baskets or nougat, for that purpose. They are sometimes moulded to represent fruits or flowers. When ices are moulded they must be frozen very hard, after being placed in moulds. They may be tinted to carry out the effect of a flower or fruit. Individual ices can be made very attractive but they are rather too troublesome to prepare with ordinary home convenience. When paper cases are used, they should be filled, set aside, closely packed in layers with paper between. They should then be placed in a receptacle and tightly covered and placed in salt and ice for an hour or more.

Frozen Puddings.

Frozen puddings may be made of either Philadelphia

or Neapolitan ice cream, highly flavored and filled with nuts and fruits. A nice way to serve it, is to first line the mould with lady fingers then put in the ice cream and freeze. Frozen puddings are served either with an iced sauce or with whipped cream sweetened and flavored.

Water Ices.

Water ices are composed of syrup or sugar, water and fruit juice. The best known water ices are sherbets. There are two kinds of sherbets, simple and compound. The simple sherbet is made of a single fruit juice and usually the juice of one lemon. This is used to bring out the flavor. Compound sherbet is made of two or more fruit juices, combined.

Sherbet made by the following receipt is very fine grained and will keep as long as ice cream. To a syrup at 28 by a syrup gauge add fruit juice to bring down the density to 20 . Add 1 T gelatine softened by 2 T cold water and melted over hot water. When frozen add to one gallon of sherbet, a meringue made of the white of one egg beaten stiff and one T hot sugar syrup or powdered sugar. If the sugar is first made into syrup it makes the sherbet richer and more creamy.

In Europe sherbets are made of pure fruit juices and sugar, no water being added. Sherbet made in this manner is very fine grained on account of the ab-

sence of water.

Granite and Frappe.

Granites and Frappes are made of water, fruit juice and sugar. It is frozen very rapidly, no gelatine or meringue being added. Both are very granular and crystalline in texture.

Punch.

Punch is water ice to which liquor is usually added after the mixture is frozen. Lemon or pineapple ices are particularly suitable for punch. It is also finished with a meringue.

Method of Freezing.

In freezing, the ice and salt should be proportioned according to the texture desired. The less salt is used the finer grained is the finished product and the longer it takes to freeze. The crank should be turned slowly and steadily until it becomes difficult to turn. Then the can should be opened, the dasher removed and the hardened portion scraped down from the sides. Then the mixture should be beaten smooth, with a perforated wooden spoon. When this is done the can should be tightly covered, the water drawn off and the freezer repacked with ice and a little salt and allowed to stand at least two hours to ripen.

Moulding.

In moulding have the mould chilled and partly buried in ice. Fill solidly, every part, heaping

the mixture a little above the brim. Cover with wrapping paper a little larger than the top of the mould. Place the cover on tightly and bury the mould in salt and ice. When ready to serve wash the mould with cold water and wipe perfectly dry. Remove the paper and cover and invert the mould over a dish. If the room is warm it will soon slip out. It may be removed by dipping in warm water but this is not very satisfactory, as it melts the mixture slightly and often destroys the design.

Serving Ices.

For individual service, either glass or china cups may be used, with or without a saucer, these are quite generally used for punch, frappe, or sherbet and for ice cream that is served with a sauce. Meringue and paper cases are also used. When meringues are used they should be filled just before serving. With paper cases, they may be filled and placed in a tightly closed vessel and set in ice for an hour.

Any of the above mentioned ices may be sprinkled with macaroon crumbs, chopped nuts, or crushed fruits when served.

Ices frozen in moulds are often served on a foundation of ice designed for the purpose. It is very pretty if tinted and placed on a dish covered with lace paper. Ice cream may be served plain, surrounded by whipped cream with rich sauce, with fruit

puree or preserved fruits. Cake of any kind, macaroons, lady fingers or wafers are excellent to serve with ice cream.

Fruits as Desserts.

Of even greater variety and importance than frozen desserts is the use of fruits. They may be served fresh, cooked or canned. Fresh fruit is more wholesome and usually more appetizing than cooked. Apples may be cooked in a number of ways and are excellent as well as healthful. They may also be polished for table service. Pears are also often polished for table service. They are very good either baked or canned. On account of their finer texture, they are more easily digested than apples. They are chiefly valuable for their aroma and flavor.

Oranges are served fresh. They are especially good in case of sickness. Fruits or puddings served orange cups or baskets are both attractive and palatable.

Orange Bavarian Cream.

4 T gelatine	1 1/2 c orange juice
1 1/2 c boiling water	1/4 c lemon "
1/2 c cold H ₂ O	1 c cream (whipped)
1 c sugar	

Mix the gelatine with the cold water then add the boiling water and other ingredients. Add the whipped cream when the mixture is partially cold.

Serve in orange baskets.

Pineapples..

Pineapples are especially good when eaten fresh, as they aid the digestion very materially. They contain a substance known as vegetable pepsin. They have been found very useful in all catarrhal conditions of the throat and alimentary tract and almost a specific in malarial troubles. Pineapple is excellent in fruit salads and in punch.

Melons.

Melons are often eaten as fruit but in reality they are vegetables. They are among the oldest vegetables known. They are mentioned in the Bible in several places. About 50% of a melon is waste and of the remaining 50%, 44.8 is water. For this reason they are very good for summer diet. They do not contain much nutritive value. Perhaps the best method of serving is, after the Chinese fashion, half frozen.

Small musk melons cut in halves and chilled and then filled with other fruits make an excellent dessert.

Dessert.

Strawberries.

Many desserts may be made from strawberries and as they are among the earliest spring fruits they seem especially good. They may be served fresh with sugar and cream, in pie, shortcake, gelatine,

punch, ices and various other ways.

Strawberry Short Cake.

1 1/3 flour	1/3 to 1/2 c butter
1/2 c cornstarch	1/2 t salt
4 level T b. p.	milk as needed.

Method: Sift flour, cornstarch, baking powder and salt together. Work in the butter with a knife pastry fork or fingers, add milk, a little at a time, to make a soft dough. Divide in halves and pat out to fit two tins; or bake in one tin, one round above the other, first spreading the lower round generously with butter. Put together with fruit mixed with sugar. Garnish with whipped cream and fruit.

The above recipe was made and the people served with the following cost.

1 1/3 c flour	.03
1/2 c cornstarch	.03
4 T b. p.	.03
1/3 c butter	.06
cream 1 pint	.10
Berries, 2 boxes	.25
Total	<u>.48</u>

Per capita .048.

If the cream cannot be had the berries and sugar should be crushed together and allowed to stand a short time to form a syrup which acts as a sauce.

Blackberries, raspberries etc., most other berries may be used as strawberries and make very

palatable desserts.

Canned fruits.

By canning fruit we are able to have almost any kind at any season, and it is also possible to feast on the fruits of the tropics while held in by snow and ice, in the Arctics. Canned fruit does not quite equal the fresh fruit in flavor appearance nor wholesomeness but nevertheless it can be made very appetizing and agreeable.

In canning fruit, the first thing to do is to select good fruit. Fruit should be preserved so as to keep its flavor, shape and color. It may be cooked and then placed in the jars and sealed, or put in the jars first and cooked. Fruits canned by the latter method keep their shape better. In either case the fruit should not be cooked very much. The jars should be filled solidly. About one cup of sugar and one cup of water should be allowed to juicy fruits, or two cups of water to dry fruits. If fruit is properly and carefully canned it will keep indefinitely.

Pies.

Many dainty and good desserts can be prepared along the line of pastry. Pies may be made of fresh or canned fruits or custards of various kinds. In making the crust the following recipe has been found quite successful:

1 1/2 c flour

3/8 salt

6 T lard

water

This makes both upper and lower crusts. For custard pies and others requiring only one crust, half the recipe should be used. Very cold or iced water should be used.

The following pie was made for the dormitory by the cookery class. 10 times the recipe was used.

Cranberry and Raisin Pie.

1 c cranberries

1/2 c water

1/2 c raisins

1 T flour

1 c sugar

salt.

Chop cranberries and raisins together. Mix and add the other ingredients. Bake in a two crust pie.

Lemon Pie.

Made for a student luncheon May 11, 1909.

Crust:

3/4 flour

2 1/2 T lard

water

Mix the flour and lard together thoroughly and add enough cold water to make a thick paste.

Filling.

1 c water

1 c sugar

3 T cornstarch

2 T lemon juice

1/2 t salt

1 lemon rind (grated)

1 T butter

2 egg yolks.

Method:

Cook the first five ingredients together until thick. Mix last and cook one minute.

Meringue.

2 egg whites

2 T powdered sugar

1/2 t lemon juice

Eight times this recipe was used and 25 guests served. It required two girls about an hour to make the eight pies. Four girls who assisted with the luncheon were also served making a total of 29 people served.

The cost was as follows:

Flour	6 c07
Lard	1 1/4 c10
Cornstarch	24 T05
butter	8 T07½
sugar	8 c25
Lemons	920
Eggs	1622½
Powdered Sugar	16 T	<u>.10</u>
Total			\$1.07

Per capita .03 20/29

Puddings.

Puddings, either iced or not, make very nice desserts. Cornstarch is used in making most puddings and care should be taken to cook it thoroughly.

Scraps of bread or stale cake may be used as follows,
and form a very good cheap dessert:

Materials:

2 c stale bread or cake crumbs.	2 eggs
4 c scalded milk	$\frac{1}{4}$ t salt
2 sq. chocolate	1 t vanilla
$\frac{2}{3}$ c sugar	

Method:

Soak crumbs in milk 30 minutes melt chocolate.
Add $\frac{1}{2}$ sugar and enough milk taken from bread mixture
to make it of a consistency to pour. Add to the first
mixture with sugar, salt, vanilla and eggs slightly
beaten. Turn into buttered pudding dish and bake
one hour in moderate oven. Serve with soft custard
sauce made as follows:

1 c milk	$\frac{1}{2}$ T cornstarch
$\frac{1}{2}$ egg (beaten)	salt and vanilla.

Another easily made and yet very nice pudding,
Blanc Mange is made as follows:

Materials:

1 qt. milk	1 c sugar
6 T cornstarch	flavoring

Method: Heat milk and sugar in double boiler, saving
enough cold milk to make a thin paste with cornstarch.
Add starch paste to boiling milk slowly and stir
until mixture thickens. Add flavoring put in moulds
and cool. Serve with whipped cream.

Sauces.

With most puddings some kind of a sauce is served. Sauces may be considered as either solid or liquid. The solid sauces include the so called "hard sauce" and the various fruit jellies. The liquid sauces make up the larger division and may be subdivided according to the material that gives them consistency, as a starchy material, egg emulsion, sugar syrup alone or sugar in a fruit puree. Many sauces are thickened with starchy materials and these should be thoroughly cooked. Butter and flavoring should always be added last.

References taken from the following books:

"Practical Cooking and Serving"
Janet McKenzie Hill.

"Food and Dietetics"
Hutchinson.

"365 Dinner Dishes"

Selected from

Table Talk

Good Housekeeping

Boston Cooking School Cook Book.

"Boston Cooking School Cook Book".

"Encyclopedia."