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Sweets, 21 Delicious Recipes : a Housewife Cookery Book

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SWEETS
21 delicious recipes

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Culinary History Pamphlets
To many people the sweet course presents a problem. The question 'What can we have to follow?' is not always easy to answer. It depends very much on the taste of the people concerned, what the main course will consist of, whether the sweet be simple or elaborate and so on. The answer to all these questions is usually the cold sweet; it is popular, the choice is wide, it is practical from the point of view of dishing and serving, and it may be simple or elaborate at will.

Unless a party is in question, the simpler the sweet the better. Too much elaboration is not really advisable; it takes time and the result is not always what one hopes. The recipes that follow are for both hot and cold sweets; some simple, some more elaborate; some old favourites but some perhaps new to many people and it is to be hoped that all these may help to solve the problem of the sweet course.

In many of the recipes 'Ideal' Milk plain or whipped, Nestlé's Condensed Milk or Cream can be used with advantage.
SEVEN POINTS TO REMEMBER
WHEN MAKING
CUSTARD

CUSTARD made with fresh eggs forms the base of many sweets, from a baked custard pudding to a chocolate soufflé, as well as being a useful sauce to serve with sponge and other baked puddings.

Before making an egg custard, the following points should be observed:-

1
Egg whites will set a custard, and egg yolks give it a creamy texture.

2
For a crème à la vanille (English 'boiled' custard) yolks only should be used, in the proportion of 4 yolks to 1 pint of milk.

3
It is best to thicken the custard in a double saucepan because the heat is slower, the danger of curdling is less, and the custard will be creamier.

4
Curdling occurs if the custard is boiled, so as soon as the mixture coats the back of a wooden spoon it must be removed from the heat and strained into a bowl.

5
A small teaspoonful of cornflour per pint of milk added to the yolks and sugar will help to prevent curdling.

6
For a baked custard only a certain proportion of egg white is added—2 whole eggs and 2 yolks to 1 pint of milk. If all whole eggs were used, the custard would be too firm and have a tendency to curdle.

7
Different flavours can be added to both types of custard and are usually infused in the milk while it is being heated, e.g. thinly pared orange or lemon rind, unsweetened chocolate, crushed coffee-beans, and vanilla.

NOTE: 'Ideal' Milk may be used in place of milk or in place of whipped cream. Nestlé’s cream may also be used instead of whipped cream for decoration. Nestlé’s Condensed Milk is useful to add to rice creams, and to the filling for Apricot Tart. Where chocolate is indicated, Nestlé’s Superfine was used.
CRÊME À LA VANILLE

Crème à la vanille seems a much better and more correct name than boiled custard.

2 yolks of egg; ½ pint milk; 1 tablespoonful sugar; ½ vanilla pod, split, or a few drops of vanilla essence.

Beat the yolks with a fork. Put the sugar, milk and pod together in a saucepan; bring slowly to the boil. Remove pod, pour milk on to yolks, stir, return to the pan. Stir over moderate heat to scalding point or until the liquid will coat the back of the spoon. Pour off, cool and add essence if vanilla pod is not used.

PETITS POTS DE CRÊME

A simple and pleasant sweet from France. They are made in specially glazed earthenware or fire-proof china pots, and should be served cold. Usually made in two or three flavours, coffee, for each flavour; 1 oz. castor sugar; 4 egg yolks; 1 large egg or 2 small; vanilla pod or essence; coffee essence; 1-1 ½ oz. melted chocolate.

Scald milk together with vanilla pod and sugar. Remove pod, pour milk on to yolks and egg, beaten together. Add vanilla essence if no pod available. Strain and divide into three equal parts. Flavour one with coffee, one with chocolate and leave the third plain. Pour carefully into the pots, stand them in a shallow pan or tin filled with boiling water. Cover with a lid, or if the pots themselves have lids, put them on. Lift into a slow to moderate oven, Regulo 3 to 4, 340 to 370 degrees F., and leave until just set. The time will vary from 15 to 20 minutes or longer, according to the thickness of the china. Lift the pan or tin out carefully and remove lid quickly, so that no water falls on to the creams. Remove them and cool.

If liked, pipe a rose of whipped cream on each sweet.

CARAMEL CUSTARD

Always well liked and it is most popular when served cold. There is another version where the caramel, instead of forming the top of the sweet, is added to the custard. Pour round a chocolate sauce, or strawberry purée according to the season.

CARAMEL. 4 oz. castor sugar.
CUSTARD. 2 whole eggs; 2 yolks; 2 tablespoonsful sugar; vanilla to taste; 1 pint milk.

Put the castor sugar into a small saucepan and allow to melt without stirring. When it begins to change colour stir carefully from time to time until a good brown. Pour into a warmed soufflé case or cake tin. Turn it about to coat the caramel all over the bottom and sides.

Now break the eggs into a bowl, add
the yolks, sugar and vanilla, and beat up with a fork. Scald the milk and pour on to the eggs, stir and strain into the mould. Stand in a roasting tin containing hot water. Cover with a piece of paper and set the tin in a slow to moderate oven, Regulo 4, 340 to 370 degrees F., about 45 to 50 minutes, or until the custard is set. Then remove from oven, lift out the mould and leave until cold before turning out carefully.

**BREAD AND BUTTER PUDDING**

A homely and excellent pudding if well made, served hot or cold. It should be melting and creamy with a crisp top! For special occasions try the addition of glacé cherries and citron peel to the fruit.

2-3 rounds of thin bread and butter; granulated sugar; a handful of sultanas or currants, or a mixture of both; a piece of candied peel (citron or orange); a few glacé cherries cut in half (optional).

**CUSTARD.** 1 egg; 1 yolk; vanilla or strip of lemon rind to flavour; between ½ and ¾ pint milk.

Butter a pie dish, cut each round of bread and butter in four, soak sultanas in a little water and thinly slice the peel. Put a layer of bread in the bottom of the pie dish, and scatter it with the fruit, peel and sugar. Repeat this and finish with a top layer of bread, buttered side uppermost. Pour in the custard, which should just fill the dish. Sprinkle well with sugar. Set the dish in a tin of hot water and cook in a moderate oven, Regulo 6, 375 to 400 degrees F., until the custard is set and the top well browned and crusty. Serve hot in the dish.

It is important that the pudding should not be too ‘bready’. If the dish is three-quarters full before the custard is poured in the proportion will be about right. Do not pour it in over the bread, but at the side of the dish.

**TO MAKE CUSTARD.** Beat egg and yolk lightly. Put milk and vanilla pod or lemon rind into a pan and bring slowly to the boil. Remove pod or peel. Cool slightly. Pour on to the beaten eggs, stir, and strain into the dish.

**NOTE:** This pudding is improved if allowed to stand half an hour or so before baking, and may be enriched with extra eggs, and several spoonsful of ‘Ideal’ Milk in the custard. A larger proportion of fruit may also be used.

**APRICOT PANCAKE**

Crisp pancakes layered one above the other with the poached apricots in between. Just before serving, cut like a cake and pour over several spoonsful of cream or ‘Ideal’ Milk.

**PANCAKE BATTER.** 3 oz. plain flour; a pinch of salt; 1 dessertspoonful castor sugar; 1 egg; ½ oz. oiled butter; 1 egg yolk; approximately ½ pint milk.

![Apricot Pancakes, a new delicious idea](image)
cream. Beat thoroughly. Then dilute with the remaining milk. Stand half an hour before using. Make pancakes and set aside.

**Filling.** 1 lb. apricots; sugar; 1 oz. almonds; cream or whipped 'Ideal' Milk.

Prepare a syrup of 1 cup water, and 1 to 1 cup sugar. Stone the apricots, and poach in the syrup for 5 to 7 minutes. Drain and reduce syrup until thick. Blanch the almonds, shred and toast in the oven until brown.

Take a shallow fireproof dish, put in a pancake, then a layer of apricots and so on, ending with a pancake. Pour the syrup over and round. Bake in a hot oven 15 minutes. Take out, cut like a cake for serving, scatter over the almonds and spoon over 2 to 3 tablespoonsful thick cream. Serve very hot.

Cherries cooked in the same way are delicious.

**Pears Charcot**

A vanilla bavarois, served with poached pears flavoured with quince.

3-4 ripe pears; 3 tablespoonsful quince jam; 2 tablespoonsful apricot jam; 2 oz. sugar; ½ gill water; grated rind ½ lemon.

**Vanilla Bavarois.** ½ pint milk; 3 egg yolks; 1½ tablespoonsful castor sugar; 1 level tablespoonful powdered gelatine (or a good ½ oz.); vanilla pod or essence; 3 tablespoonsful water; 2 tablespoonsful whipped cream.

Put the apricot and quince jam in a shallow pan with the water, sugar and grated lemon rind. Cook slowly until smooth and strain if desired. Peel, core and halve the pears and add to the pan. Poach slowly until tender and leave to cool in the syrup.

In the meantime, cream the egg yolks and sugar well, pour on the milk previously infused with the vanilla pod, and return to the pan with the powdered gelatine softened in the 3 tablespoonsful of water. Thicken over the fire without boiling, strain into a clean pan and cool. Set the pan on ice, and stir continually until thickening. Then quickly fold in the cream, pour at once into a lightly oiled tin and leave to set. Turn out, surround with the pears and coat them with the syrup. Pipe the vanilla cream with the whipped or tinned cream.

**Tangerine Beau Rivage**

A smooth custard cream sweet set with gelatine, covered with slices of fresh tangerine and coated with a jelly sauce.

2 yolks of egg; 1 teaspoonful cornflour; 1-3 oz. castor sugar; ½ oz. lump sugar; 2 tangerines or 1 large orange; ½ pint milk; 1 level tablespoonful gelatine; 1-2 large tablespoonsful whipped cream or 'Ideal' Milk; 1 white of egg.

Tangerine Beau Rivage, a decorative cream
heat without boiling, strain and cool. Dissolve gelatine in two or three spoonsful of water, add to custard, and whip egg white stiffly. Stand custard on ice for quickness (do this in a pan; it is also quicker and easier) and stir until thickening. Now fold in whipped cream and egg white. Turn into a glass bowl or soufflé dish to three parts full. Leave to set.

Put jelly and water into a pan, boil up, strain and cool. Peel tangerines or orange and cut into thin slices. Arrange on the top of cream when set, and coat jelly sauce over.

**PEAR CONDÉ**

Another rice sweet, but this time set lightly with gelatine, turned out, masked with cream and surrounded with poached pears. A dark, rich chocolate sauce accompanies.

3 tablespoonsful rice; 1 pint milk; a piece of vanilla pod; 1 oz. sugar; scant ½ oz. gelatine; juice 1 orange; ½ gill cream; 1 egg white; ripe dessert pears; hot chocolate sauce; cream for decoration.

Prepare a syrup with 3-4 oz. sugar and 1 pint water, and flavour with vanilla. Peel and core the pears carefully and place immediately into the syrup. Cover tightly and cook slowly in the oven until almost transparent. Allow to get cold in the syrup, then drain.

Meantime, wash rice and cook slowly in the milk with the vanilla pod until tender (at least 45 minutes), stirring frequently - add the sugar and allow to cool. Soften the gelatine in 1 tablespoonful cold water, dissolve in the orange juice over gentle heat and then add to the rice. Fold in the partially whipped cream, mixed with the stiffly-whisked egg white. Pour the mixture into a lightly oiled mould. When thoroughly chilled and set, turn on to a serving dish. Decorate the top with cream, surround with the pears and serve a hot chocolate sauce separately.

**CHOCOLATE SAUCE.** 2 oz. unsweetened chocolate or cocoa; ½ pint water; 4 oz. granulated sugar; few drops vanilla essence; 1 teaspoonful Nescafé.

Cut the chocolate into small pieces and place in a saucepan with the other ingredients. Dissolve the sugar and chocolate slowly and then allow to boil gently until it coats the back of a spoon, about 20-30 minutes, and is mellow in flavour.

**CHESTNUT FRESCO**

A soft, vanilla flavoured cream with a liberal scattering of browned nuts and sliced orange candied peel on top. Finished with a thick layer of soft, powdered chestnut on top.

_Chestnut Fresco, topped with nuts and peel_
Prepare a double quantity of the Bourdaloue Cream (see opposite), flavoured with vanilla, or custard powder may be used to make a thick custard. Whisk this as it cools, then add some whipped 'Ideal' Milk. Put this in the bottom of a glass dish.

Have ready some sliced orange, candied peel and some hazelnuts browned in the oven. Peel 1 lb. chestnuts according to directions, cook in milk and water until tender. Drain and rub through a sieve or push through a potato ricer. Sprinkle cream with the chopped hazel nuts and sliced peel, then scatter a thick layer of the sieved chestnut over-all.

Chill before serving.

CROÛTES AUX FRUITS

An English translation is difficult to find for this decorative sweet, suitable for both Sunday lunch or supper party. Slices of cake are fried till crisp in butter and arranged alternatively with fresh fruit. A sauce containing candied fruit is poured over and a custard cream fills the centre of the dish.

Slices of stale cake, Madeira or Genoise; a little thick syrup, ½ to ⅔ pint, flavoured with vanilla or the syrup from a tin of peaches or pineapple; halves of peaches, apples or slices of pineapple; butter; castor sugar; 2-3 tablespoonsful glace fruit, cherries, angelica, candied pineapple, etc.

Dip the pieces of cake in half the syrup, fry at once in the butter, dusting well with sugar. Turn when nicely brown and brown the other side. Have ready the fruit chosen, arrange the pieces in a circle on the dish with a piece of cake between each. Add remaining syrup to the glace fruit. Warm it gently and spoon over the cake and fruit. Fill the centre of the dish with a custard cream.

CUSTARD CREAM. ½ pint thick packet custard. When cold, beat well and fold in ¼ pint of lightly whipped cream or well whipped 'Ideal' Milk. For this it is advisable to add a little gelatine. See note on whipping evaporated milk, page 14.

NORMANDY TART

Very useful as a cut-and-come-again tart, and deservedly popular.

Line a flan ring or pie plate with a rich short crust pastry. Take a small quantity of gooseberries, red or black cherries or apples. Fry quickly in butter for a few minutes, then lay in the bottom of the tart, there should be enough fruit to cover it well.

If using cherries, do not stone, and cut apples into small quarters or thick slices before frying.

Then pour in this cream: Put 1½ oz. flour in a bowl with 1½ oz. sugar, add 2 egg yolks, a little vanilla, mixing all well together with 1 gill 'Ideal' Milk and ½ gill water, or plain milk.

Set in a moderate oven to cook 30 to 40 minutes, Regulo 4 or 340 to 370 degrees F.

When cool, ice with a thin water icing, flavoured with rum or vanilla.
**APRICOT TART BOURDALOUE**

A flan with a difference. The crisp pastry is filled with a soft cream and the top covered with fruit, apricots, plums, strawberries, etc. and finished with the appropriate glaze.

**PASTRY.** 4 oz. plain flour; 2 oz. butter; 2 oz. sugar; 2 egg yolks; few drops vanilla essence.

Sift flour on to board or slab. Make a well in the flour and put the other ingredients in the middle. Work up to a smooth paste gradually drawing in the flour. Leave 1 hour before rolling out 1-inch thick and lining into a 6-7 inches flan ring. Line with paper and fill with beans or lentils. Bake in a moderately hot oven, 400 degrees F., Regulo 6, for 20-25 minutes. Then remove paper and put flan back for a few minutes to dry off.

Remove and cool. Fill with Bourdaloue cream and cover top with poached apricots or other fruit, banana, apple, peach, strawberry etc. Brush well with the appropriate glaze, apricot or redcurrant according to the type of fruit used. Serve cold.

**BOURDALOUE CREAM.** 2 egg yolks; 2 oz. sugar; ½ oz. flour; ¼ oz. cornflour; ½ pint milk; vanilla or pared rind of an orange; 1 egg white.

Cream yolks with 1 dessertspoonful of the sugar. Add the flours and a little milk. Heat rest of milk slowly with the orange rind. Strain on to the yolks, blend, and return to the pan. Stir over moderate heat until boiling. Draw aside and cool. Whip white, add rest of sugar and continue to whisk until stiff, then fold into the cream.

**MERINGUE BAVAROIS**

A cream sweet, covered with tiny meringues. Fruit or chocolate sauce may replace the sliced peaches.

**BAVAROIS.** ½ pint milk; pared rind of one orange; 3 egg yolks; 1½ tablespoonsful castor sugar; 1 level tablespoonful powdered gelatine (or a good ½ oz.); 3 tablespoonsful water; 2-3 tablespoonsful whipped cream, or ‘Ideal’ Milk.

**MERINGUES.** 2 egg whites; 4 oz. castor sugar; halved or sliced, fresh or tinned peaches; whipped or tinned cream; icing sugar; grated chocolate.

First prepare meringues (these may be done the day before). Whip whites stiffly, beat in 1 tablespoonful of the sugar and after one minute fold in the rest. Put out this mixture in teaspoonsful on to lightly oiled greaseproof paper, or greased and floured baking sheets. Dry in a slow oven, Regulo 1 to 260 degrees F. Then peel off paper.

Infuse orange rind in milk until it is well flavoured. Strain on to the yolks and sugar creamed together. Have ready gelatine soaked in the water, add and thicken the custard over the fire without boiling. Strain and cool.

When on point of setting, fold on the cream and pour into a lightly oiled shallow plain mould.

When set, turn out, spread lightly all
Meringue Bavarois, covered with tiny meringues

over with whipped cream and cover with the little meringues. Dust with icing sugar and grated chocolate and surround with the peaches.

**COFFEE CHOCOLATE SOUFFLÉ**

A soufflé with a custard base, and a pleasing mixture of flavours.

\[
\frac{1}{2} \text{ pint milk; good } \frac{1}{2} \text{ oz. gelatine; } 3 \text{ eggs; 2 oz. sugar; } 1 \frac{1}{2} \text{ oz. unsweetened chocolate or cocoa; 2 teaspoonsful Nescafé; 2-3 tablespoonsful lightly whipped cream.}
\]

Put the milk, chocolate and Nescafé into a pan, bring slowly to the boil and simmer 1 minute, whisking well. Separate the yolks from the whites, cream them well with the sugar, pour on the flavoured milk, blend and return to the pan. Thicken over the fire without boiling, strain into a pan and cool. Dissolve the gelatine in 3 or 4 tablespoonsful water or coffee, add to the custard.

When cool, stand the pan in a bowl of ice and stir slowly until on the point of setting. Take off the ice and quickly fold in the cream and lastly the stiffly whipped whites of eggs. Do not whip these until just before setting the custard on the ice. Turn it at once into a soufflé dish, 5½ inches in diameter, that has a band of paper tied round it. The mixture should come about ¼-inch above the dish. Leave to set. When set, remove the paper and decorate with cream.

Any flavour can be used in this recipe other than chocolate.

**CHESTNUT AND CHOCOLATE CAKE**

A specially good rich party cake. Keeps well before filling.

\[
\frac{1}{2} \text{ lb. chestnuts; weighed after cooking and sieving; } 4 \text{ eggs; } \frac{1}{2} \text{ lb. castor sugar; 3 oz. Nestlé's Superfine Chocolate.}
\]

Beat the egg yolks and sugar until white, add the melted chocolate. Fold in the chestnuts and the egg whites whipped until stiff and dry. Line two shallow sandwich tins with well-buttered paper, pour half the mixture into each and bake in a moderate oven, Regulo 4, 340 to 370 degrees F., 30 to 40 minutes. When cool, sandwich with chocolate cream and pour a little over to cover.

**CHOCOLATE CREAM.** 3 oz. chocolate; 2 tablespoonsful water; 1 teaspoonful Nescafé; a little sugar to taste; 2 yolks; \( \frac{1}{2} \) pint whipped cream or 'Ideal' Milk.

Melt the chocolate in the water and Nescafé, and beat in the egg yolks. Add a
little rum, or vanilla to flavour and when cool, fold in the lightly whipped and sweetened cream.

**SOUFFLÉ MILANAISE**

A great favourite, sharp and pleasant to the taste.

Unless to be served soon after making, do not keep in a refrigerator.

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**Soufflé Milanaise, an almond-flavoured sweet**

3 eggs; 6 oz. castor sugar; 2 small lemons; 1½ gills cream or ‘Ideal’ milk; scant ½ oz. or level dessertspoonful gelatine; 3 tablespoonsful water.

**Decoration.** 3 tablespoonsful macaroon crumbs or finely chopped browned almonds.

Put the egg yolks, sugar, grated lemon rind and juice into a basin and whisk over gentle heat until thick and mousse-like. Remove from the heat and continue whisking until the bowl is cool. Add the partially whipped cream, the gelatine dissolved in the water, and lastly the stiffly whisked egg whites. As the mixture begins to thicken, pour into a prepared soufflé case, 5¼-inch size. The mixture should come ¼-inch above the top of the case. When the soufflé is firm, remove the paper and decorate the sides with the macaroon crumbs or chopped nuts and the top with whipped cream.

Use ‘Ideal’ Milk for this soufflé in place of cream. The soufflé will be lighter, and the top may be finished with whipped cream, either fresh or tinned.

The soufflé may be flavoured with orange in place of lemon.

**MARQUISE ALICE**

A special party sweet flavoured with praline. It looks well, feathered with redcurrant jelly and surrounded with tiny chocolate cornets.

½ pint milk; 3 yolks and 1 white of egg; 2 oz. castor sugar; 2-3 tablespoonsful whipped cream; 2 large tablespoonsful praline; ½ oz. gelatine; 2 tablespoonsful rum; ½ gill water; whipped cream; chocolate; redcurrant jelly.

Scald the milk. Beat the yolks and sugar together, pour on the milk, return to the pan and thicken over the fire without boiling. Strain and cool.

Meanwhile make some very small cornets out of greaseproof paper. Melt an ounce or two of block chocolate, over gentle heat, and spread it fairly thickly over the inside of the cornets. Leave to set. Melt the gelatine with the water, and add the custard, then stir over ice until on the point of setting. Whip the egg white. Add the praline to the custard with whipped cream, chocolate and redcurrant jelly.

Chocolate cornets decorate the Marquise Alice.
the cream and, lastly, fold in the white. Turn at once into an oiled, deep sandwich or square tin 8 inches square or diameter and leave to set.

Then turn out on to the serving dish, and spread all over with lightly whipped cream. Beat a little redcurrant jelly until smooth, then fill into a paper cornet. Cut off the tip and pipe across the top in straight lines about ½-inch apart. Then with the point of a knife draw lightly the same number of lines at the same distance apart across the lines already piped. Then in between those lines draw the knife point the opposite way. Peel the paper off the cornets and fill them with whipped cream. Place a small alpine strawberry in each, or a 'point' of redcurrant jelly and surround the marquise with them.

**BOîTE AU CHOCOLAT**

Also a party sweet, but more quickly made than the marquise. A square of

**CROQUE AU CHOCOLAT**

Filled with a Tangerine mousse

Another version of the chocolate 'boîte'. This time a whole case made of chocolate and filled with a tangerine mousse.

2 eggs, 1 yolk; 1 oz. castor sugar; 2 lumps of sugar; 2 tangerines; 1 heaped teaspoonful gelatine; 2 tablespoonsful
Croque au Chocolat is tangerine-flavoured whipped cream or 'Ideal' Milk; juice of 1 lemon.

Break the eggs and yolk into a bowl, add the castor sugar. Rub the lumps of sugar over the rind of tangerines until they are soaked with the oil. Crush and add to the eggs. Whisk over hot water until thick. Remove from the heat and whisk a further five minutes until a close froth. Dissolve the gelatine in the lemon juice, add to the mousse with the juice from the tangerines (make up to 1 gill with water), and stir over ice until on the point of setting. Quickly fold in the lightly whipped cream, and pour into the chocolate case. Leave to set, then decorate with cream, nuts etc.

TO PREPARE CHOCOLATE CASE. Break up about 6 oz. Nestlé's chocolate. Put on a plate and set on top of a pan containing boiling water. Work it as it melts. Take two paper cases, one inside the other, in order to make a firmer base. Spread the inside bottom and sides thickly with the melted chocolate. Leave to set. When very firm, peel off the paper. Do not allow chocolate to get more than lukewarm.

NOTE. This type of mousse is particularly delicious, and is best suited for fresh fruit. Fresh strawberry or raspberry purée can be substituted for the tangerine juice. Keep in a cool place, but not in a refrigerator except to give it a final chill.

CHOCOLATE CORNETS

These may be served as a sweet as well as a decoration for the Marquise Alice. Make the paper cornets larger, then coat with the melted chocolate. When well set peel off the paper carefully. The cornets may then be filled with sponge cake soaked with a liqueur and well topped with whipped cream. Decorate each with a brandy or glacé cherry, or a slice of stem ginger.

MERINGUE CHANTILLY

Meringue, vanilla or coffee flavoured, layered with whipped cream, or cream filling, served with a fresh fruit sauce.

4 egg whites; 8 oz. castor sugar; cream filling.

Whip the whites to a firm snow, add 1 tablespoonful of the weighed sugar and whisk for a further minute or two. Then fold in the remaining sugar quickly, using a metal spoon. Flavour lightly with vanilla or coffee essence. Have ready three rounds of lightly oiled greaseproof paper 6 to 8 inches in diameter. Spread the meringue on each, slide them on to a baking sheet and dry in a very slow oven, Vanilla or coffee flavour Meringue Chantilly
280 degrees F., Regulo $\frac{1}{2}$ to 1, for $1\frac{1}{2}$ to 2 hours. Then cool and peel off the paper.

Sandwich the rounds together with the filling, dredge the top with icing sugar, decorate with whipped cream and serve a plum or other fruit sauce separately.

**CREAM FILLING.** $\frac{1}{2}$ pint thick custard, made with 1 level tablespoonful custard powder to $\frac{1}{2}$ pint of milk.

When made, whisk occasionally until cool. Sweeten to taste. Whip $\frac{1}{2}$ pint 'Ideal' Milk or cream until thick, fold into the custard.

**PLUM SAUCE.** Stew plums, $\frac{1}{2}$ lb. or more in a light sugar syrup, first stoning them. Thicken with a little arrowroot about a level dessertspoonful, then pour off and cool, sprinkling the surface with sugar to prevent a skin from forming.

Other fruit may be cooked in this way.

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**SOME HINTS TO HELP YOU**

**TO WHIP 'IDEAL' MILK.** The best method is to boil the tin for 20 minutes, chill it, open, pour out the milk, and whip vigorously. This will be firm enough for folding into creams and soufflés, but if something stiffer is required, add a level teaspoonful gelatine in a spoonful of water to the milk whilst still warm. Then whip over ice.

**FRESH FRUIT PURÉÉS.** The fruits most suitable for this sauce are raspberries, strawberries, peaches, currants (red or black) and must be really ripe, though not necessarily of the first quality. Crush the fruit with a silver fork, then rub through a nylon sieve or aluminium strainer. Sweeten well with icing sugar, and if too thick, dilute with a light syrup or water. The sauce should pour easily.

It may be laced with an appropriate liqueur. Chill well before serving.

**PRA LINÉ.** 3 oz. castor sugar; 3 oz. whole almonds, unblanched.

Put together into a thick saucepan and set on a low heat to melt. Do not stir until most of the sugar has melted and is turning colour. Then stir fairly frequently until a good caramel, and the almonds appear to be well toasted. Turn out into an oiled tin. Leave until quite cold and set. Break into pieces and grind or pound to a powder.

**TO PEEL CHESTNUTS.** Put nuts into cold water. Bring to boil. Take pan off fire, and take out nuts one at a time and peel. When nuts become difficult to peel, re-boil pan.

**CARAQUE CHOCOLATE.** Melt block chocolate over a gentle heat until lukewarm and melted. Spread out thinly with a palette-knife on to a marble slab, or baking sheet, working it well with the flat of the knife. Immediately it is firm enough to keep its shape, scrape or shave it off the slab with a sharp knife, holding the knife rather upright and using a sawing movement.

**APRICOT GLAZE.** 4 large tablespoonful apricot jam; $\frac{1}{2}$ gill water; a squeeze of lemon juice.

Put the jam into a pan with the water. Boil and cook for 3 to 4 minutes. Add the lemon juice, stir and strain. Reduce again if necessary. The glaze should just drop from the spoon whilst still hot. All recipes are enough for 4 to 6 people.
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