THANKS TO ALL
* of our *
TEST KITCHEN COOKS

Liz Adams   ➔ Nut Ice Cream No. 3
Kate Collins ➔ Sweet Potato Custard
Dominique Dery ➔ Corn, Rice & Beef Casserole and Blueberry Pie
Patrick Dollar ➔ Apple Kuchen
Elizabeth Dunn ➔ Soldiers' Soup
Josh Larkin Rawley ➔ Velveeta Corn Ring with Creamed Mushrooms
Jacqueline Reid Wachholz ➔ Goblin Sandwiches
Aaron Walborn ➔ Rice Apples

GOOD THINGS TO EAT

from the
Rubenstein Library
Test Kitchen
Vol. 1
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**Corn, Rice, and Beef Casserole Recipe**

This was designed for three hungry girls.

Cook 1 c. rice.
Brown 1 lb. of ground beef.
Combine beef with 1 can of corn.
Add salt, pepper, and a touch of basil.
Pop it all into a covered dish.
Top with a bit of butter.
Put in oven at 350° for 20 min.

The girls always wolfed this down; but Kurt was very insulting: he called it a depression dish.

**Light and Flaky A Cookbook**

This book was Lisel Melhorn’s idea and she bullied her mother into writing it in the Fall of 1982.

She printed it in Future Domibald at Wayne State University.

The paper is Rising Parchment (100 percent rag). Lisel made the cover paper from linen & cotton tea-towels, tablecloths, aprons, and dish cloths.


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**Blueberry Pie Recipe**

My favourite pie is blueberry. When I was a teenager, we had only to cross the road to fill a pond pail, later, in the bush out of Baie Comeau on the North Shore of the St. Lawrence, we stripped the biggest into our soup kettle.

There are many recipes for blueberry pie in cookbooks, but this is our Nova Scotia recipe:

- Crust (makes two)
  - 2 c. flour
  - 1/2 c. flour
  - 1 c. Crisco
  - 4 T. very cold water

The less handling of the dough, the better. When rolling, roll lightly and deftly; it is not someone you are beating to death. There is nothing so terrible as watching a guest bear down on a piece of piecrust with all his or her might, and not make a dent. I have even seen the pie fly right off the plate. Following this, one books a flight to Australia.

**Filling (One pie):**

- 2 or more c. berries, floured with 2 T. flour
- 3/4 c. sugar (I put in a bit less as we don't like them too sweet)
- a few lumps of butter
- a squirt or two of lemon juice
- a pinch of cinnamon and a tiny pinch of nutmeg

Bake for 10 min. at 450° F and 35 min. at 350°.
Sweet Potato Custard.—Boil four large sweet potatoes and mash them smoothly; add while hot two large spoonsful of butter and a little salt. Take four eggs and beat light; a half pound of sugar; ten spoonful of ground spice, stir in with the potatoes and thin with milk or cream; make a rich pie crust and roll it thin; put on ordinary pie plates, fill with the custard and bake brown.

Rice Apples.

Boil a quarter of a pound of rice in three pints of water a quarter of an hour; strain off the water, and put to the rice, one pint of milk, one pint of cream, a stick of cinnamon, and lemon skin; let them boil, and sweeten to your taste; beat four eggs, leaving out two whites, put them to the rice, and let it stand on a low fire a little; then keep it simmering till cool; pare and cut the core out of your apples, and put them in a dish well buttered, and fire over with grated bread and sugar; so fill them with the above mixture, and cover them over with it; fire it over with bread crumbs and sugar, and bake it a fine brown; melt butter with sack and sugar, and cover them before they go to table.
ICE-CREAM NO. 3.

Take 3 pints of nut cream (made by adding \( \frac{1}{4} \) cup of light nut butter to each pint of water), 3 eggs, \( \frac{3}{4} \) teaspoonfuls of corn-starch, \( \frac{1}{4} \) cups of sugar. Scald cream in a double boiler, add corn-starch, cook five minutes, take from the fire, add eggs and sugar beaten together, and flavor with \( \frac{1}{4} \) teaspoonful of vanilla or lemon extract; cool and freeze. Add 1 pint of fruit, if desired.
SOLDIERS' SOUP
(Soupe à la Bataille)
Wash well and chop fine a small white cabbage or lettuce (as preferred), 1 carrot, 1 turnip, 3 leeks, 1 head of celery. Let these vegetables take colour for about three minutes in 2 ozs. of good fat or butter. Add 3 quarts of water and a pinch of salt; let it boil. Add five raw potatoes cut like the vegetables, a handful of green French beans cut up, the same quantity of green peas. Cook over a good fire for two hours. The soup should be quite smooth; if it is not so, beat it well with a whisk; if too much reduced add more water. Season to taste; at the last add a little chopped chervil. A bone of ham or the remains of bacon improve this soup immensely.

I'm on the front lines... OF COOKING!

Apple Kuchen - 6 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Egg</td>
<td>1</td>
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<tr>
<td>1/2 cup Sugar</td>
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<tr>
<td>1 cup Cake Flour</td>
<td></td>
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<tr>
<td>1 tsp. Baking Powder</td>
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<tr>
<td>1/2 tsp Salt</td>
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<tr>
<td>1/2 tsp Cinnamon</td>
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<tr>
<td>1/2 cup Milk</td>
<td></td>
</tr>
<tr>
<td>1/2 cup Sugar</td>
<td></td>
</tr>
<tr>
<td>3 T. Melted Ghee</td>
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<tr>
<td>1 tsp. Vanilla</td>
<td></td>
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<tr>
<td>5 Tart Apples</td>
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</tbody>
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1. Beat eggs and add sugar while beating.
2. Sift together flour, baking powder, and salt.
3. Add milk, melted ghee and vanilla.
5. Peel, core and slice apples. Arrange sharp side down in rows on top of batter. Combine sugar and cinnamon and sprinkle over top of apples and batter.
6. Bake at 350° until cake is done and apples tender. (about 25 minutes.)
MAKE Harvest-Time
MAIN DISHES

RICH, NUTRITIOUS ... THE VELVEETA WAY

FOR FRIDAY dinners—rely on the cheese food, Velveeta, to give you something different—something delicious—and rich in nutrition.

Velveeta is rich in milk protein and milk minerals. An excellent food source of vitamins A and G. And digestible as milk itself. And best of all, this cheese food tastes—combined with fall vegetables or melted to smooth sauces for fish or eggs.

Get the thrifty 2-pound loaf so you'll have Velveeta for sandwiches, too.

RICH YET MILD!

GOLDEN SAVORY SULTANA

A KRAFT PRODUCT

VELVEETA

CORN RING WITH CREAMED MUSHROOMS

2 tablespoons butter
2 tablespoons flour
1 pound mushrooms
1 No. 2 can cream-style corn
1 No. 2 can milk

Melt the butter, add flour, cook until smooth. Add the cream. Stir until smooth and season with salt and pepper.

CRAVED MUSHROOMS

1 lb fresh mushrooms
6 tablespoons butter
4 tablespoons flour
4 tablespoons milk

Sauté the mushrooms with the sliced stems in 4 tablespoons of the butter. Make cream sauce with the cooking butter, the flour, milk and seasonings. Add the sautéed mushrooms, and heat again. (Acan of button mushrooms may be used instead of fresh mushrooms.)

Corn ring Corn ring everyone loves corn ring!