

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 Rowley → Velveeta Corn Ring  
with Creamed Mushrooms
- Jacqueline Reid Wachholz → Goblin Sandwiches
- Aaron Welborn → Rice Apples



from the

**Rubenstein Library**

**Test Kitchen**

**Vol. 1**

**December 2014**

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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 Portrait of the Artist's Mother  
A Cookbook

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

She printed it in Future Demibold at Wayne State University.

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

© Pauline Melhorn, 1982.

My favourite pie is blueberry. When I was a teenager, we had only to cross the road to a lard pail; later, in the St. Lawrence, we stripped the bushes, but this is our Nova Scotia recipe:

Crust (makes two)

2 c. flour

pinch of salt

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 something 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. Line pie-plate with crust; sprinkle with 2 T. of flour and sugar; this acts as a sealant.

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°.

NOVEMBER, 1870

Published by Walker, Evans & Cogswell and D. Wyatt Aiken.

**SWEET POTATO CUSTARD.**—Boil four large sweet potatoes and mash them smoothly ; add while hot two large spoonfuls of butter and a little salt. Take four eggs and beat light, a half pound of sugar, teaspoonful 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.

THESE RECIPES WERE ALSO IN THIS ISSUE. PLEASE TELL US IF YOU TRY THEM!

**APPLE WATER.**—Roast three or four good apples, carefully preserving all the juice ; put them in a pitcher and pour on a quart of boiling water. Drink when cold.

**FAMILY GLUE.**—Crack up the glue and put it in a bottle ; add to it common whiskey ; shake up, cork tight, and in three or four days it can be used. It requires no heating ; will keep for almost any length of time, and is at all times ready to use, except in the coldest weather, when it will require warming. It must be kept tight so that the whiskey will not evaporate. The usual cork stopper should not be used. It will become clogged. A tin stopper, covering the bottle, but fitting

**TO COOK BEETS.**—Beets, when sweet, and not withered, are very good baked, in a covered vessel, at least three hours, or until they yield to the pressure of the fingers. Then put them into cold water until the skin will slip off readily. They are good enough without dressing.

**PUMPKIN CHIPS.**—Peel a sweet dry pumpkin and clear it of the seeds and strings. Plane it into shavings with a small jack-plane ; in shaving it do not cross the grain of the pumpkin, but with it ; otherwise the shavings will break into little pieces. Weigh the shavings and allow one pound of white sugar to every pound of pumpkin. Squeeze the juice of six lemons for



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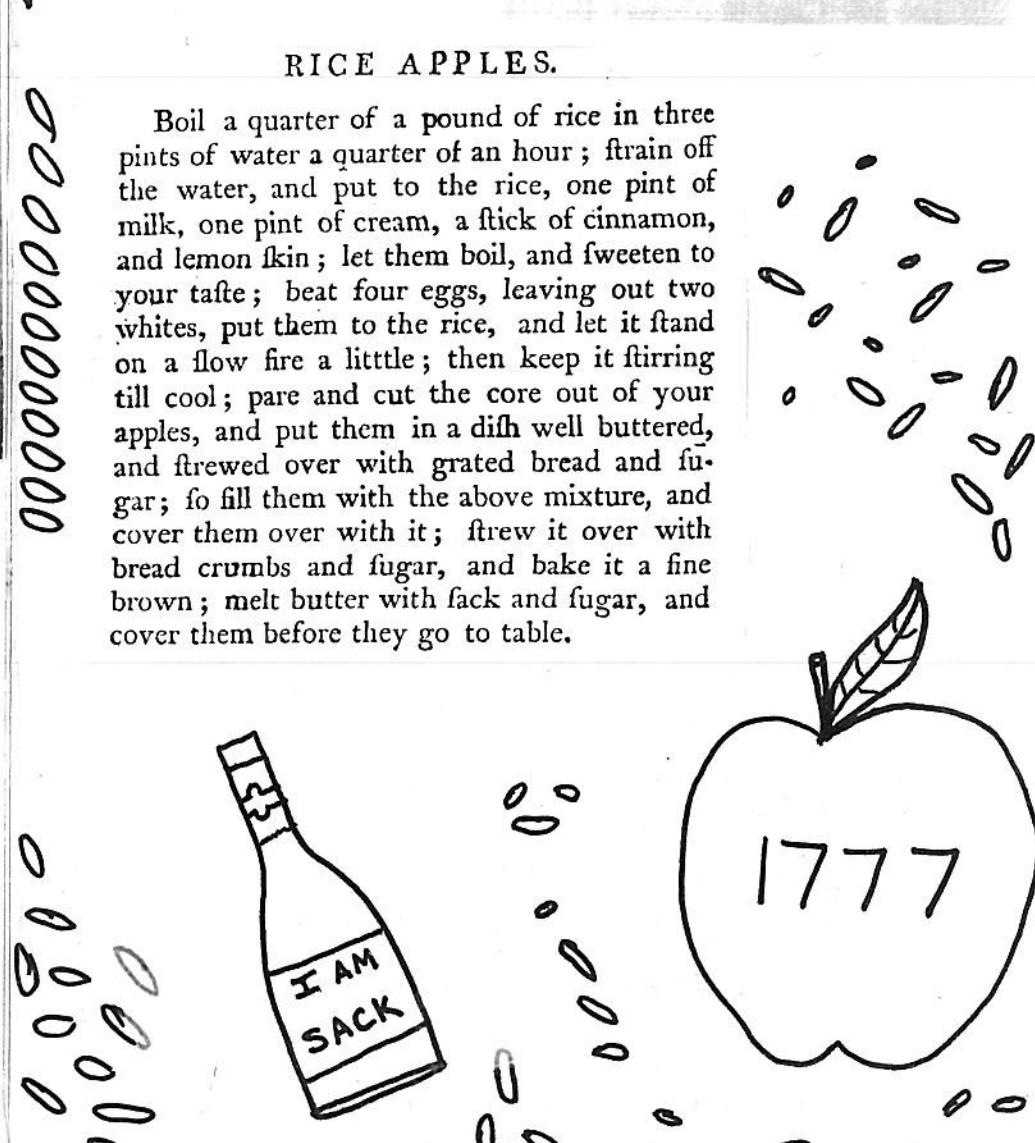
# Young Ladies' Guide

IN THE

## ART of COOKERY:

### 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 slow fire a little ; then keep it stirring till cool ; pare and cut the core out of your apples, and put them in a dish well buttered, and strewed over with grated bread and sugar ; so fill them with the above mixture, and cover them over with it ; strew 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.

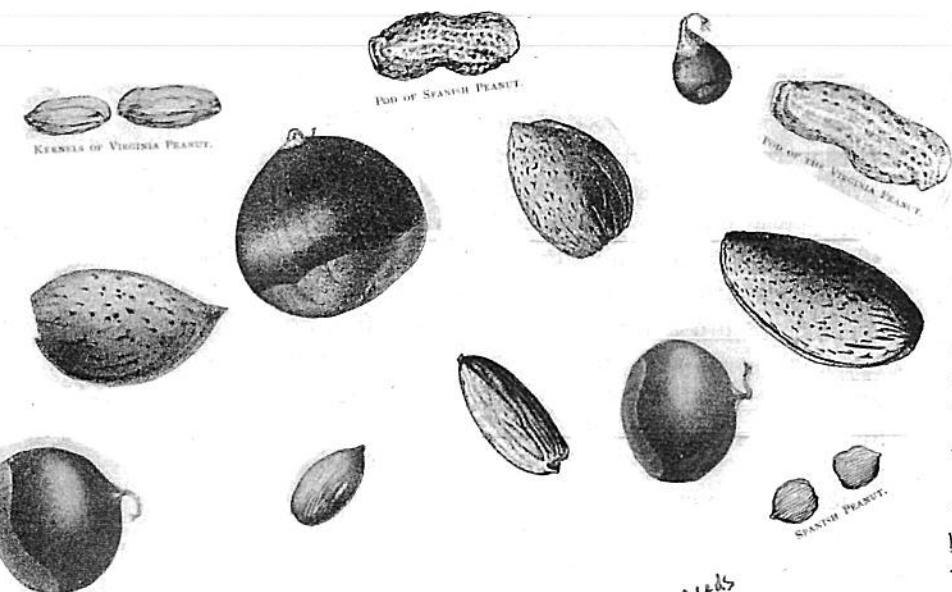


DAIRY FREE SINCE  
1899!

CREAMS, ICES, ETC.

### ICE-CREAM NO. 3.

Take 3 pints of nut cream (made by adding  $\frac{1}{2}$  cup of *light* nut butter to each pint of water), 3 eggs, 3 teaspoonfuls of corn-starch,  $1\frac{1}{2}$  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 1 teaspoonful of vanilla or lemon extract; cool and freeze. Add 1 pint of fruit, if desired.



The almond ranks high in nutritive value, and is highly esteemed for culinary purposes, being employed in the preparation of numerous dainty and appetizing dishes for the table.

Children Need Ice Cream

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Recipe from Almeda  
Amherst's  
Cookery. Battle Creek, Michigan. J. Lambert & Co., 1899



## Delightful Donut Recipes For Hallowe'en

### GOBLIN SANDWICHES

18 tested quality donuts      1 small can deviled ham  
1 cup Brazil nuts      1 avocado pear  
Worcestershire sauce

Toast the shelled Brazil Nuts in a moderate oven about 15 min., then roll fine with rolling pin. Add the deviled ham and the pulp of the avocado pear. Season highly with the Worcestershire Sauce. Split the donuts through the center, spread lower half with the filling; cover with second half. (SERVES 6 TO 8.)





1916

# Allied Cookery

British  
French  
Italian  
Belgian  
Russian

## SOLDIERS' SOUP

(Soupe à la Bataille)

Wash well and chop fine a small white cabbage or lettuce (cos 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.



## RECIPES FROM WOMAN'S COLLEGE DINING HALLS

### DUKE UNIVERSITY

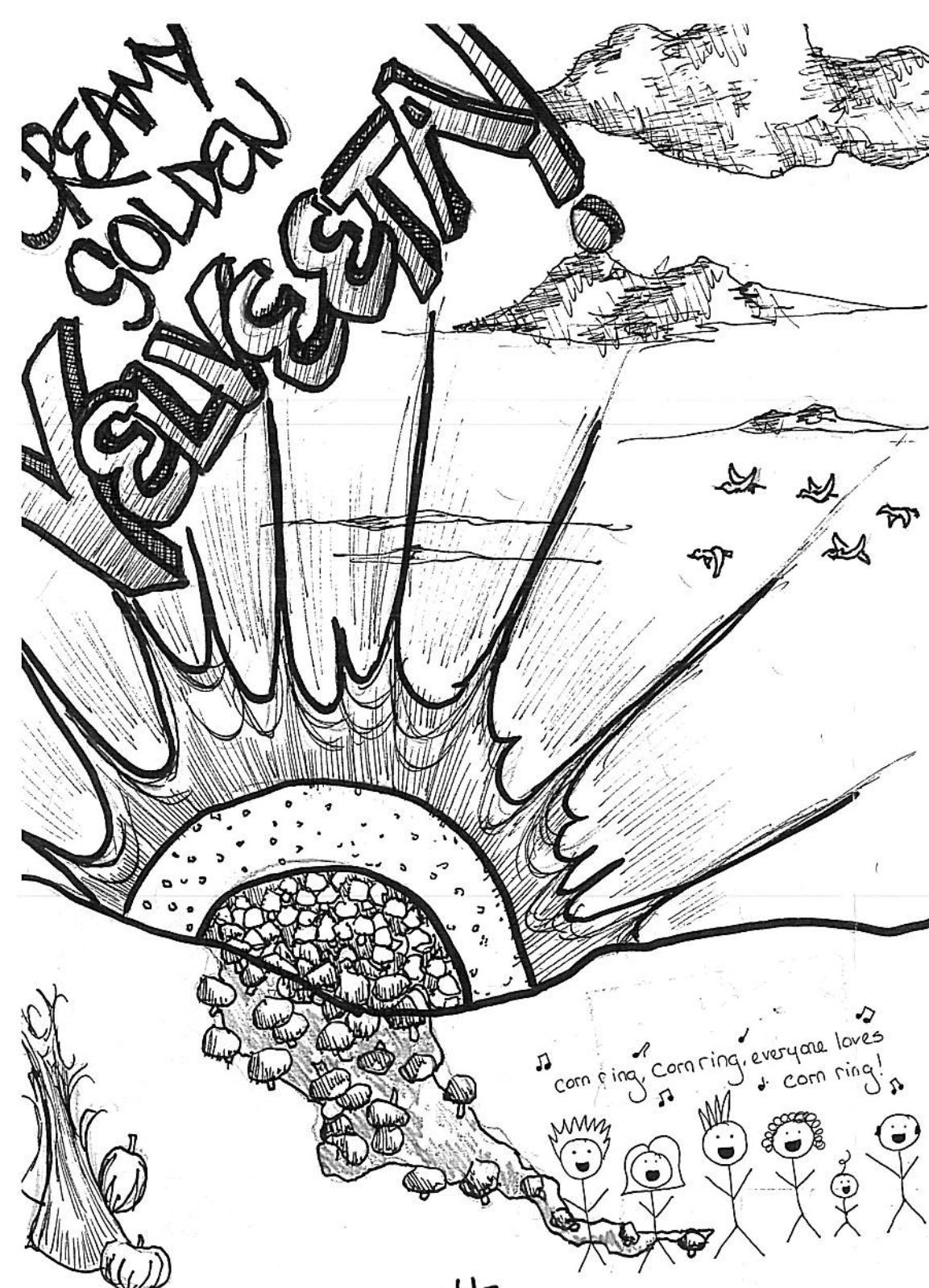
The majority of these recipes were originally for large quantity. In reducing them to a smaller number of servings the results may not be exactly as the original product. Most recipes given were requested by students taking the Homemaking Course.

#### Apple Kuchen - 6 servings

1 Egg	$\frac{1}{4}$ cup Milk
$\frac{1}{2}$ cup Sugar	3 T. Melted Oleo
1 cup Cake Flour	$\frac{1}{2}$ tsp. Vanilla
1 tsp. Baking Powder	5 Tart Apples
$\frac{1}{4}$ tsp Salt	$\frac{1}{2}$ cup Sugar
$\frac{1}{2}$ tsp Cinnamon	

1. Beat eggs and add sugar while beating.
2. Sift together flour, baking powder, and salt.
3. Add milk, melted oleo and vanilla.
4. Spread batter  $\frac{3}{4}$  inch thick in greased pan.
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  $350^{\circ}$  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 how

good 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.



#### CORN RING WITH CREAMED MUSHROOMS

2 tablespoons butter	2 tablespoons
2 tablespoons flour	chopped onion
$\frac{1}{4}$ cup milk	1 pimento, chopped
$\frac{1}{2}$ lb. Velveeta	$\frac{1}{2}$ cups soft bread crumbs
1 No. 2 can cream style corn	Salt, pepper
	4 eggs

Make cream sauce with the butter, flour and milk. When thickened and smooth add the sliced Velveeta; stir until it is melted. Add the corn, chopped onion and pimento, crumbs, seasonings to taste. Add the beaten eggs and mix well. Sprinkle a buttered quart ring mold with fine dry crumbs. Pour in corn mixture, and bake in a moderate oven, 350°, 1 hour, or until firm. Unmold, and fill the center with:

#### CREAMED MUSHROOMS

1 lb. fresh mushrooms	$\frac{1}{2}$ cups rich milk
6 tablespoons butter	Salt, pepper
4 tablespoons flour	

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