# Arizona Christmas Foods

Circular 266

Agricultural Extension Service, University of Arizona, Tucson

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# *Arizona* Christmas Foods

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Christmas is a special time of the year, filled with gaiety, warmth, and loving kindness. While time can never really be turned back to candle-lit Christmases of yesteryear, some of the friendly, homey spirit can be recaptured.

Most Arizona families recall each Christmas, observing time-worn traditions that make this holiday stand out above all the others. To each, Christmas speaks of something different. But, to all it is the season of laughter, song, and complete happiness with family and friends.

The aroma from the kitchen during the holiday season is just as much a part of Christmas as the holly wreath, Christmas tree, and Santa Claus. The foods responsible for the aroma are such traditional foods as fruit cakes . . . fragrant puddings . . . dainty, crisp cookies . . . substantial, chewy cookies . . . luscious candies . . . cured ham . . . roasting turkey . . . and special foods for the traditional gifts from the kitchen.

# Use Sensible Daily Food Selection (During Holidays, Too)

Properly balanced meals are not *hard* to plan; but they should be *carefully* planned to make certain that all elements are included in our diets. This doesn't mean that we all have to become experts in the field of nutrition either. The information below will show how simple the planning of properly balanced meals can be.

**Every Day Include the Following Foods in Your Meals**

1. Milk (also cheese and ice cream)

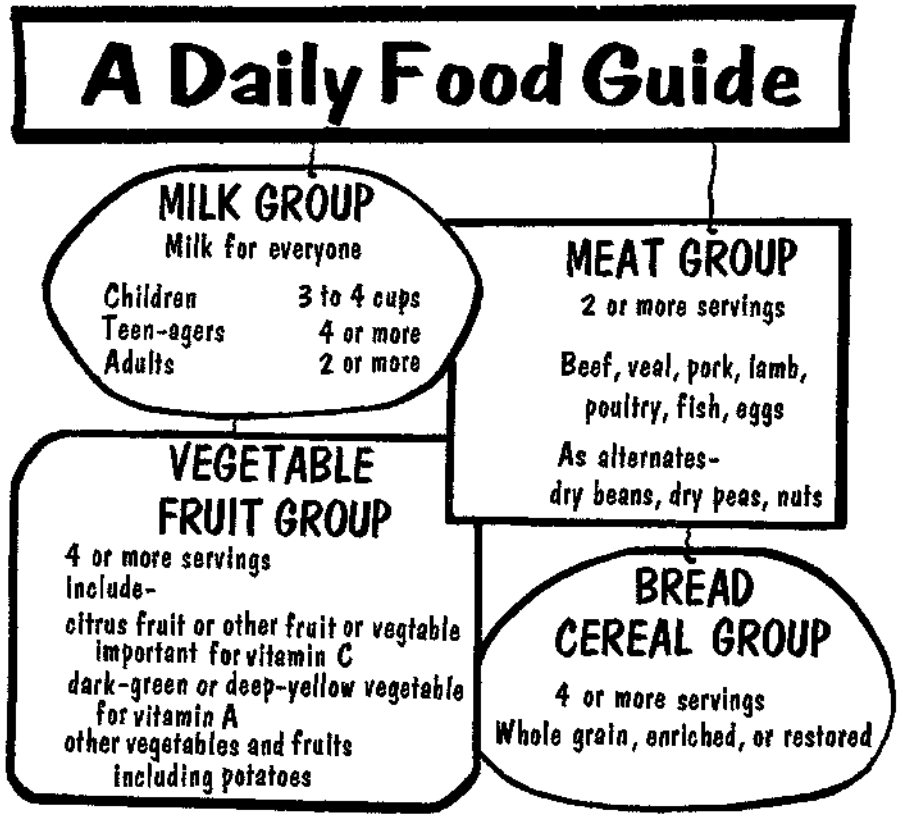
We never outgrow our need for milk. Have milk every day in the following amounts. Cottage or other types of cheese and ice cream help fill our milk needs. The minimum daily milk requirements are:

| | |
|---|---|
| Children | 3-4 cups |
| Teenagers | 4 cups |
| Adults | 2 cups |
| Pregnant Women | 4 cups |
| Nursing Mothers | 6 cups |

Remember, the above are *minimum requirements.*

CALCIUM EQUIVALENTS

½ cup ice cream = ¼ cup milk
1" cube cheddar cheese = ⅔ cup milk
½ cup cottage cheese = ⅓ cup milk
2 tbsp. cream cheese = 1 tbsp. milk



2. Meat

Two or more servings are needed daily. Fish, poultry, and eggs also fall under this classification. Older children and adults may also use limited amounts of dried beans, peas and nuts.

3. Vegetables and Fruits

Have four or more servings every day. Include green and yellow vegetables often for Vitamin A (at least every other day). Have a citrus fruit or some other fruit or vegetable rich in Vitamin C every day, such as cantaloup or strawberries. The other fruits and vegetables, including potatoes complete this group.

4. Bread and Cereals

Have four servings or more every day . . . whole-grain, enriched or restored. More than four servings may be consumed if desired as these foods have a *filling* power to satisfy husky appetites.

In addition, butter, margarine, cooking fats, oils, sugars and other products may be used for appetite and flavor appeal.

# Turkey and Ham for a Merrier Meal

## Roasting the Turkey

Correct roasting of the turkey is slow cooking by dry heat on a rack in an open pan. It requires no water, no basting, no cover and no searing.

Always roast turkey in one continuous cooking period. Low temperatures assure better flavor and appearance, less shrinkage and less loss of juices.

A shallow open pan allows the heat to circulate around the bird, roasting it evenly. A rack at least one-half inch high raises the bird off the bottom of the pan, keeping it out of the juices.

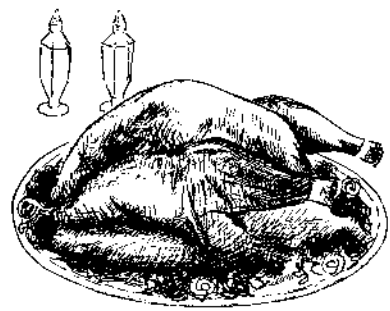
For best results, follow these simple steps.

1. Rub cavity lightly with salt.

2. Put stuffing in wishbone area to fill it out. Fasten neck skin to back with skewer.

3. Stuff cavity well, but do not pack tightly.

4. Truss bird and place on rack in shallow open pan.



5. Grease skin thoroughly with fat. If a roast meat thermometer is to be used, insert it so that the bulb is in the center of the inside thigh muscle or the thickest part of the breast meat. Be sure that the bulb does not touch bone.

6. Cover top and sides of bird with a loose cap of aluminum foil or fat-moistened cloth — preferably clean white cheese cloth.

7. Place in preheated oven set at 325° F.

8. Do not sear, cover, or add salt.

9. If cloth dries slightly during cooking, moisten it with fat from bottom of pan.

10. When turkey is two-thirds done, cut trussing string between drumsticks and tail or the bridge of skin.

11. Roast until tender.

**Time Table for Roasting**

| Ready-to-Cook Weight (pounds) | Oven Temperature Degrees F. (a slow oven) | Total Hours Cooking Time (stuffed bird) |
|---|---|---|
| 6 to 8 | 325 | 3¾ to 4½ |
| 8 to 12 | 325 | 4 to 5 |
| 12 to 16 | 325 | 5 to 6 |
| 16 to 20 | 325 | 6 to 7½ |
| 20 to 24 | 325 | 7½ to 9 |

When dinner is set for a definite hour, wise homemakers start the bird 20 to 30 minutes ahead of schedule to avoid delay, should the turkey take longer to cook than estimated. This also allows time to make gravy, remove trussing cords, and arrange the bird attractively on the platter.

*Note*: Arizona grown turkeys are very tender, therefore reduce the temperature to 300° F. for this type of turkey.

*How to Tell When Turkey is Done*

To tell whether turkey is done, move the drumstick up and down. If drumstick moves readily or twists out of the joint, the turkey is done. Or, press the thickest part of the drumstick, protecting fingers with cloth or paper. It is done, if the meat feels very soft. If a roast meat thermometer was used as directed (Step 5, Roasting the Turkey), it should register at least 165° F.

## Simple, Good and Popular Stuffing

BREAD STUFFING

1 cup fat from turkey
1 cup minced onion
1 quart diced celery
4 quarts bread cubes, firmly packed
(2 to 4-day-old bread)
(cornbread may be used)
2 teaspoons salt
½ teaspoon pepper
2 teaspoons poultry seasoning
1½ to 2 cups broth from turkey
or milk

Cook onion and celery in fat over low heat, stirring occasionally, until onion is soft, but not browned. Meanwhile, blend seasonings with bread cubes. Add onion, celery and fat. Blend. Pour the broth gradually over surface, stirring lightly. Add more seasoning as desired. Yield: stuffing for neck region and body cavity of a 14 to 18-pound ready-to-cook turkey.

*Note*: Extra stuffing may be baked in loaf pan or casserole the last hour of turkey cooking. If desired, baste with pan drippings.

SAUSAGE BREAD STUFFING

1 gallon ½" bread cubes
1 quart milk
2 cups (1 pound) sausage meat
¼ cup chopped onion
¼ cup chopped celery
2 eggs, beaten
½ teaspoon salt
⅛ teaspoon pepper
2 teaspoons poultry seasoning

Combine bread cubes and milk and let stand for ten minutes. Combine sausage meat, onion, celery, beaten eggs, salt, pepper and poultry seasoning. Blend both mixtures together.

Yield: 2½ quarts Sausage Bread Stuffing.

## How to Make Good Gravy

No turkey dinner is complete without smooth, rich, brown gravy. To make good gravy, follow this tested recipe:

| Ingredients | Amount for 2 Cups Gravy | Amount for 4 Cups Gravy |
|---|---|---|
| Fat | 3 tablespoons | 6 tablespoons |
| Flour | 3 tablespoons | 6 tablespoons |
| Liquid (broth, milk or water) | 2 cups | 4 cups |

When the turkey is done, remove to warm platter, and keep hot. Allow about ¼ cup gravy for each serving. Pour the drippings (the fat and meat juice in the roasting pan) into a bowl, leaving all the brown residue in the pan. Let the fat rise to the top of the drippings. Skim off all the fat, and measure amount needed for gravy back into the roasting pan. (Set aside extra fat.)

The meat juice under the fat should be used as part of the liquid for the gravy. Set roasting pan with fat over very low heat. Add flour. Blend fat and flour, and cook until frothy, stirring constantly. If desired, brown the fat and flour slightly to give more color and flavor. Add liquid, cool or lukewarm, not hot, all at once.

Cook, stirring constantly, until uniformly thickened. While stirring, scrape bottom and sides of pan to blend the brown residue into the gravy. Simmer about 5 minutes. Season to taste with salt and pepper.

GIBLET-EGG GRAVY

Trim any gristle from cooked giblets. Dice meat and two hard-cooked eggs, and add to gravy before seasoning.

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## Serving the Turkey

Plan a schedule so that turkey is out of the oven 20 to 30 minutes before it is to be served, if possible. This gives the meat a chance to absorb the juices. It will carve more easily. Limit your garnish to a little parsley or salad greens Anything more handicaps the carver.

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## Care of Cooked Turkey

Do not, under any circumstances, allow turkey, broth, stuffing, or gravy to remain out of the refrigerator after the meal is served. It is a fallacy to believe that placing warm foods in the refrigerator causes them to spoil.

Before refrigerating, remove all stuffing from turkey and put it in a covered bowl If desired, remove remaining meat from the bones. Wrap or cover well. If you plan to make turkey soup, crack the bones, wrap well, and refrigerate. Small meal-size units, properly wrapped, may be frozen and held up to one month before serving.

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## Roasting Half or Quarter Turkey

Rub cavity (cut side) with salt. Skewer skin to meat along cut edges to prevent shrinking during roasting. Tie leg to tail. Lay wing flat over white meat, and tie cord around breast to hold wing down. Place turkey, skin side down, on a rack in a shallow open pan. Grease surface with fat, and cover with a loose cap of aluminum foil or fat-moistened cheese cloth. Roast, turning skin side up when about three-quarters done. Roast until tender.

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## Stuffing for Half or Quarter Turkey

Prepare stuffing, allowing about ⅔ cup per serving. Press lightly into greased pan or casserole or on aluminum foil. Cover stuffing or not, as desired. Bake with turkey for the last 1 to 1½ hours of turkey roasting time, basting with pan drippings, if desired.

## Carving a Holiday Turkey

The traditional art of carving a holiday turkey is simple if you follow these six standard steps (as pictured at right):

A. Place the turkey, breast up, on a large platter or cutting board Then, remove the legs. Hold the drumstick firmly, gently pulling it away from the turkey. Cut through the skin between the leg and body.

B. Press the leg away from the body with the flat of your knife, cutting the joint holding the leg to the backbone. If the "oyster" (a tasty oyster-shaped piece of meat lying in the spoon-like section of the backbone) wasn't removed with the thigh, lift it out now. Put the leg on a service plate and separate drumstick and thigh by cutting down through the joint.

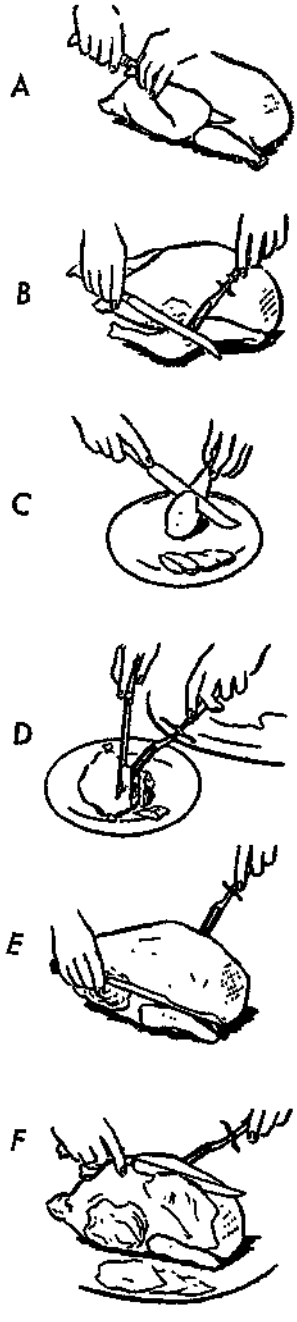
C. Slice drumstick meat by holding the drumstick upright (as shown), cutting the meat parallel to the bone. Turn drumstick to get uniform slices.

D. Slice thigh by holding it on service plate with a fork, cutting parallel to the bone.

E. Then, make a deep cut into the breast just above and parallel to the wing (as shown in illustration E).

F. To slice white meat, begin at the front of the bird. Start halfway up the breast, cutting thin slices down to the deep cut just above the wing. This allows the slices of turkey to fall away from the breast as you cut to this line. Slice just enough for the first servings, carving more when needed.

## Follow These Steps When Carving



## How to Roast Ham

1. Wipe ham with clean, damp cloth.

2. Place ham fat side up on rack in open roasting pan. Do not add water. Do not cover. Do not baste.

3. Roast in preheated moderately low oven — 300° F. to 325° F. (If you have a meat thermometer, insert it through outside fat into center of thickest muscle so that bulb does not rest on bone or fat.)

4. Half an hour before ham is done, take from oven and remove rind, if any. The fat surface then may be scored, stuck with cloves, and glazed with brown sugar moistened with a little fruit juice. Return to the oven to brown.

**Ham Roasting Timetable**

*Oven temperature — 300° F. to 325° F.*

| | Thermometer Reading ° F. | Minutes per pound |
|---|---|---|
| Ham, whole, uncooked, 10-12 lbs. | 160 | 18-20 |
| Ham, cooked, ready-to-eat, 10-12 lbs. | 130 | 10 |
| Ham, half, uncooked, 6-8 lbs. | 160 | 22-25 |
| Cooked, ready-to-eat, 6-8 lbs. | 130 | 14 |
| Picnic (shoulder) | 170 | 30-35 |
| Boneless Butt (Cottage roll) | 170 | 40-45 |

*This timetable is for meat taken chilled from the refrigerator.*

Many hams on the market carry on their labels cooking or heating directions which always should be followed.

## Carving a Whole Ham

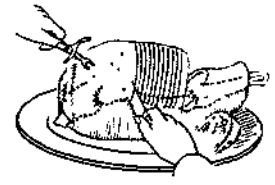
Bring the ham to the table with fat side up, as this is the decorated portion. But the carver must turn the ham on its side for carving.

The leg bone divides the ham into two unequal portions. The thick or chunky side of the ham will yield larger, more attractive slices called "horseshoe" slices. In order to carve these easily, first cut several lengthwise slices off the thinner side to form a base on which to rest the ham during carving. (Picture A.)

A

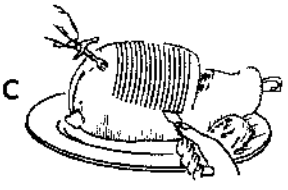
Now cut a small wedge-shaped piece from the shank end (where the bone protrudes). This cut should be made just inside the knuckle. Then cut slices straight down to bone. (Picture B.)

B



When a sufficient number of slices has been cut, slip the knife in at the wedge and cut along the bone to free all the horseshoe slices at once. (Picture C.)

C



# Christmas Dinner Needs a Special Salad

### Apple-Cheese Salad

Here's our nomination for the beauty queen of Christmas salads. It's tasty, too.

1 cup hot water

⅔ cup (6 oz.) small, red cinnamon candies

1 package lemon-flavor gelatin

1½ cups sweetened applesauce, canned or homemade

1 8-oz. package cream cheese

½ cup nuts, chopped

½ cup fine-cut celery

½ cup mayonnaise-type salad dressing

Pour hot water over cinnamon candies. Stir until they dissolve. Add gelatin; stir until it completely dissolves. Add applesauce. Pour half the mixture in an 8-inch square pan.* Let chill until firm. Blend together cream cheese of room temperature, nuts and celery. Add salad dressing. Spread in a layer over firm apple mixture. Pour on remaining apple mixture. Chill until firm, unmold; garnish with small bunches of sugared grapes. Makes 6 servings.

*To fill 5½ cup star mold you'll need 1½ recipe of apple mixture and 1 recipe of cream cheese filling.

### Overnight Fruit Salad

We follow grandmother's way with this salad and trim it with an orange rose.

3 egg yolks
2 tablespoons lemon juice
2 tablespoons pineapple sirup
dash of sugar
1 tablespoon butter or margarine
1 (1 lb. 14 oz.) can Queen Anne cherries
1 cup heavy cream, whipped
1 (1 lb. 4 oz.) can pineapple tidbits, 2 cups drained
2 cups quartered marshmallows, or miniature size
¼ cup blanched almonds
2 oranges
watercress for garnish

Combine egg yolks, lemon juice, pineapple sirup, sugar, salt and butter in top of double boiler. Cook until thick, stirring occasionally. Cool.

Drain cherries; remove pits.

Fold whipped cream into cooked dressing. Add cherries, pineapple, marshmallows and almonds. Chill 24 hours so the delicate flavors will blend.

With a sharp knife pare oranges as you would apples; keep peel in one piece. Use resulting corkscrew swirl to decorate

center of salad bowl. Cut off membrane from oranges. Cut into sections; arrange around center swirl. Add watercress.

Salad may be served spooned into lettuce cups. Makes 8 to 10 servings.

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## Grapefruit-Avocado Salad

You'll search a long time to find a more gorgeous fruit salad than this.

1 10-oz. package frozen, sliced strawberries

6 grapefruit

2 or 3 ripe avocados

1 pint fresh strawberries

1 head of lettuce

Thaw strawberries in package. Drain. With sharp knife, peel membrane and skin from grapefruit. Remove sections from membrane. Add ¼ cup grapefruit juice and about ⅓ of the sections to the strawberry juice. Let marinate 6 to 8 hours, or overnight.

Peel avocado. Cut into cubes or scoop out balls with a melon ball cutter. Drop avocado into salted water (1 tablespoon salt to 1 quart water) or in grapefruit or lemon juice to prevent discoloring. (May be fixed 2 or 3 hours early.)

An hour or two before serving salad, drain the fruits; arrange crisp lettuce leaves on individual dishes or on one large platter. Arrange drained fruits and fresh strawberries on platter. Refrigerate, covered with transparent plastic or waxed paper. Serve with poppyseed dressing. Makes 10 servings.

## Pecan-Pimiento Salad

With turkey or chicken this gay salad is superb, and you can fix it early.

1 package lemon-flavor gelatin
¼ teaspoon salt
½ teaspoon lemon rind (grated)
2 tablespoons lemon juice
¼ cup chopped pimiento
½ cup chopped pecans
½ cup fine-chopped celery
crisp lettuce or watercress

Prepare gelatin according to package directions. Add salt, lemon rind and juice. Cool until mixture begins to thicken.

Add pimiento, pecans and celery. Pour into bell-shaped molds. Chill until firm. Serve on lettuce leaf or with watercress. Our recipe fills 6 one-half cup molds.

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## Green Salad

Many men say you can't beat a green salad. This one proves their point.

1 head lettuce
¼ lb. spinach
1 large cucumber
1 cup cut celery
1 clove garlic
6 small tomatoes
1 slice cheese, ¼-inch thick

Have lettuce and spinach washed, crisped and dried. (Other greens may be added.) Tear greens into small pieces.

Cut cucumber into thick slices. Quarter the slices.

Toss greens, cucumber, and celery together. Rub large bowl or individual wooden bowl with cut clove of garlic.

Fill with salad greens. Top each with thin wedges of tomatoes, flower fashion. Cut cheese into strips. Place in center of flowers. Serve with sharp French dressing. Makes 6 to 8 salads.

# Traditional Cakes, Pies, and Breads for a Merry Christmas

## German Chocolate Cake

2 cups sugar
1 cup shortening
1 cup buttermilk
4 eggs
1 teaspoon salt
2½ cups cake flour
1 teaspoon vanilla
1 teaspoon soda
1 pkg. German sweet chocolate
½ cup hot water.

1. Dissolve chocolate in ½ cup hot water.

2. Cream shortening, sugar and salt together.

3. Add egg yolks and continue beating.

4. Sift flour 3 times, then add alternately with buttermilk to beaten mixture.

5. Mix chocolate, soda, and vanilla; then add to mixture.

6. Mix well.

7. Fold into well-beaten egg whites.

8. Bake in oven 350° F. for 35 minutes.

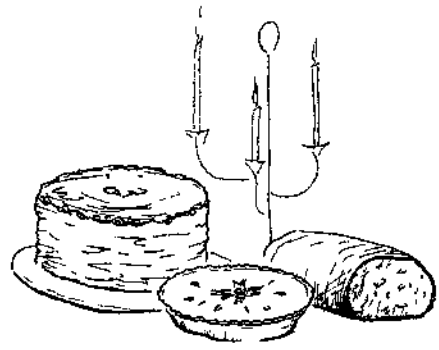
Yields three 9-inch layers.

*Note*: Four squares Bakers semi-sweet chocolate can be substituted for German chocolate.

FILLING

1 cup canned milk
¼ stick margarine
¾ cup sugar
2 egg yolks (well beaten)
1 cup pecans
1 cup angel coconut

Mix all ingredients together. Then cook in double boiler until thick. Spread over cake while still warm.



## White Fruit Cake

1 cup butter or margarine
3 cups sugar
5 cups flour
1 cup milk
3 teaspoons baking powder
8 egg whites, well beaten
1 medium coconut (grated) or 2 cans of angel flake coconut
½ lb. candied pineapple
1 lb. citron or drained watermelon rind preserves
1 lb. candied cherries
4 cups pecans
1 cup almonds (blanched)
1 teaspoon salt

Leave cherries and pecans whole. Chop almonds. Cut candied fruit into inch cubes. Grate fresh coconut. Combine fruits and nuts and sprinkle with flour. Cream butter or margarine; add sugar gradually and beat until well blended and light. Sift flour, measure and combine with baking powder. Add flour and milk alternately to the mixture, beginning and ending with flour. Add fruits and nuts. Fold in stiffly beaten egg whites.

Grease two one-pound bread pans. Line with brown paper cut to fit pans and extend paper one inch above pans. Grease paper. Pack batter firmly into pans with hands.

Cover top with waxed paper, and place pan of water in oven under cake. Bake in 250° F. oven for about two hours. Remove cover from top of cake during last 15 minutes of baking.

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## Almond Paste Frosting

1 pound almonds
1 pound confectioners' sugar
3 egg whites
1 teaspoon almond extract

Blanch or skin almonds and put through food chopper; use medium blade. Mix in sifted confectioners' sugar. Beat egg whites slightly, then mix them in. Add almond extract. Because this makes a heavy and stiff paste, place it on the cooled cake, and work it into a smooth even layer with hands.

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## Unbaked Fruit Cake

Line with waxed paper the bottom and sides of a 5-cup loaf or tube pan.

Put into a bowl and let stand until needed:

½ cup evaporated milk
16 marshmallows, finely cut
4 tablespoons orange juice or other flavoring

Put into a large bowl:

4 dozen 2½" graham crackers, rolled into fine crumbs
¼ teaspoon cinnamon
¼ teaspoon nutmeg
⅛ teaspoon cloves
1 cup seedless raisins
½ cup dates, finely cut
¾ cup walnuts, broken
⅓ cup candied pineapple, finely cut*
⅓ cup candied cherries, finely cut*
2 tablespoons candied orange peel, finely cut

Add milk mixture. Mix with spoon, then with hands till crumbs are moistened. Press firmly into pan. Top with fruit and nuts. Cover tightly. Chill 2 days before slicing. Keep in cool place. Makes one 2¼ pound fruit cake

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*In place of the candied fruits, you may use ¾ cup bulk or canned ready-mixed, cut-up candied fruit.

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## Pecan Cake

1¾ cups butter or margarine
2 cups sugar
4 cups shelled pecans
1 teaspoon baking powder
2 cups white raisins
4 cups flour
6 eggs
4 tablespoons lemon extract
¼ lb or 4 oz candied cherries
¼ lb. or 4 oz. candied pineapple

Cream butter or margarine with sugar until smooth and fluffy. Sift dry ingredients together, and mix with fruit and nuts. Add well-beaten eggs to creamed mixture. Add flour mixture Mix well until fruits and nuts are coated with cake batter.

Line bottom of pans with greased waxed paper. Grease sides of pans. Bake in 10-inch tube cake pan in slow oven 300° F. from 3½ to 4 hours, or in one-pound bread pans at 300° F. for about 2 hours.

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## Canning Fruit Cake

Grease or line plain tin cans with waxed paper. Fill cans with batter to within one inch of the top. Grease some heavy, brown wrapping paper, and tie it over the tops of the cans, to keep water out during steaming.

Place cans in pressure canner which has about three inches of boiling water in it. Fasten lid, but leave petcock open. Steam No. 1 cans 60 minutes, and No. 2 cans 75 minutes.

Remove paper covers from cans; seal and put cans back in the canner. Process at 10 pounds pressure for 30 minutes.

If fruit cake is packed in No 3 cans, it is best to add 25 minutes to the steaming time and 15 minutes to the processing time; otherwise there is danger of the cake not being done at the center.

Plum puddings need two or three inches head space. Steam the same as for fruit cake, but, if canning, process 15 minutes at 10 pounds pressure.

*Note*: Adjustments must be made for high altitudes when canning fruit cakes.

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## Decorating Fruit Cake

Cakes may be decorated by placing a few extra pieces of fruit or nuts on the top, either scattered or in a set design. Decorations should be added when the cake has almost finished cooking because fruits and nuts tend to discolor in the oven. Fruit may be added after the steaming period, if the cake is steamed, or when the glaze is put on an oven-baked cake.

If the surface of the cake is dry, dip the decorations in unbeaten egg white or corn sirup to make them stick.

To glaze a fruit cake, brush the surface of dark fruit cakes with a mixture of molasses and water, or a light fruit cakes with a mixture of honey and water, or egg white and water, about an hour before the baking time is completed.

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## Care After Baking And Wrapping for Storage

After the cake is removed from the oven, cool thoroughly in the paper in which it was baked. Then wrap securely in a second layer of heavy waxed paper or moisture-vapor-proof packaging materials as cellophane, aluminum foil, pliofilm or laminated wrapping paper, and store in a tightly covered container in a cool place. Fruit cakes are generally considered best after from one to three months storage in a cool, dark place.

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## Fruit Cakes in the Freezer

Well wrapped fruit cakes may be kept in the freezer for one year. When ready to use, remove cake from the freezer, and thaw. Do not unwrap while thawing.

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## Date Cake

2 lbs. dates
4 cups pecan halves
1 lb. candied cherries
1 teaspoon vanilla
1 cup flour
1 cup sugar
2 tablespoons baking powder
1 teaspoon salt
4 eggs

Dates, nuts and cherries may be left whole, if desired. Sift dry ingredients together three times, sifting over fruit and nut mixture the last time. Add beaten egg yolks. Fold or work in stiffly beaten egg whites to which vanilla has been added. Let stand for 30 minutes, and mix again.

Line pans with waxed paper. Cut to fit pan, and extend one inch above top of the pan. Grease paper. Pack batter tightly into pan. Cover top of cake with waxed paper, and place pan of water under cake. Bake in a 250° F. oven for 2 hours. Remove cover from top of cake during last 15 minutes of baking.

## Applesauce Cake

½ cup soft shortening
2 cups sugar
1 large egg (⅓ cup)
1½ cups applesauce
2⅞ cups sifted flour (cake) or
2½ cups sifted all-purpose flour
¾ cup nuts (pecans, walnuts)
1 cup seeded raisins cut up
1½ teaspoons soda
1½ teaspoons salt
¾ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice
½ cup water

To make applesauce: wash, quarter, and core 6 to 8 tart apples. Add ¼ cup water. Cover and cook to a mush, stirring occasionally. Press through a sieve or food mill.

1. Grease and flour 13"x9" oblong pan.

2. Cream together until fluffy, shortening and sugar.

3. Beat the egg in thoroughly.

4. Stir in applesauce.

5. Sift together flour, salt, soda and spices.

6. Stir dry ingredients into batter alternately with water.

7. Add nuts and raisins.

8. Bake in moderate oven 350° F., 45 to 50 minutes.

9. Cool.

10. Finish with white butter icing or desired filling and frosting.

Yield: 13"x9" cake.

For a decorative effect . . . sift confectioners' sugar through paper doily onto top of cake.

## Pecan Pie

1 cup pecans, halves or chopped
3 eggs
½ cup sugar
1 cup light or dark corn sirup
⅛ teaspoon salt
1 teaspoon vanilla
¼ cup melted butter or margarine

Beat eggs. Add the sugar and sirup, then the salt and vanilla, and last, the melted fat. Place the pecans in the bottom of an unbaked pie crust. See basic pie crust recipe. Add the filling, and bake slowly in a moderate oven (350° F.) for 50 to 60 minutes. The nuts rise to the top of the filling and form a crusted layer.

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## Pumpkin Chiffon Pie

| Filling for 9" Pie | Filling for 8" Pie |
|---|---|
| **Blend . . .** | |
| 1 tablespoon gelatin | 2 teaspoons |
| ¼ cup cold water | 3 tablespoons |
| **Mix together in saucepan . . .** | |
| ¾ cup brown sugar | 6 tablespoons |
| ½ teaspoon salt | 1/3 teaspoon |
| 2 teaspoons cinnamon | 1½ teaspoons |
| ½ teaspoon allspice | 1/3 teaspoon |
| ½ teaspoon ginger | 1/3 teaspoon |
| 1 1/3 cups mashed cooked pumpkin | 1 cup |
| 3 large egg yolks | 3 (medium) |
| ½ cup milk | 1/3 cup |

Cook above mixture over low heat, stirring until it boils. Boil one minute. Remove from heat. Stir in softened gelatin. Cool. When partially set, beat until smooth. Carefully fold in the meringue. Pile into baked crust. Chill until set (2 hours). Garnish with whipped cream and bits of candied ginger or nuts.

★

## Meringue for Pumpkin Pie Mixture

3 large egg whites
¼ teaspoon cream of tarter
6 tablespoons sugar
Beat until it forms stiff peaks.

## Plain Pastry

*(Makes one 8 or 9-inch crust; double for 2-crust pie.)*

1 cup flour
½ teaspoon salt
⅓ cup shortening
2 to 3 tablespoons cold water

1. Sift flour and salt.

2. Cut in shortening with pastry blender, two knives, or a blending fork until the pieces are the size of small peas.

3. Add cold water slowly, tossing with a fork until all the flour-coated bits of fat are barely dampened.

4. Stop!

5. Press together lightly to form a ball.

6. Chill for easier handling.

7. Roll pastry ⅛ inch thick, rolling lightly from center to outer edges.

8. Avoid running the rolling pin off onto the board as it spoils edge of pastry.

9. Transfer to pie pan.

10. Lay it on loosely and push out air between pastry and pan.

11. Finish edge as desired.

12. Prick bottom and sides of uncooked shell with a fork and bake in a hot oven (450° F.) for approximately 15 minutes.

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## Apple Pie

5 to 7 tart apples
¾ to 1 cup sugar
2 tablespoons flour
1/16 teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
2 tablespoons butter

1. Pare apples and slice thin; add sugar mixed with flour, salt, and spices; fill 9-inch pastry-lined pie pan.

2. Dot with butter

3. Adjust top crust.

4. Bake in hot oven (450° F.) 10 minutes, then in moderate oven (350° F.) about 40 minutes.

(If apples lack tartness, add 1 tablespoon lemon juice; grated lemon peel may also be added, if desired.)

★

## Arizona Christmas Bread

Yield: 2 loaves. Pan: 9x5x3 inches.

1 cup warm milk
½ cup lukewarm water
¼ cup melted butter or oleo
½ cup sugar
1 teaspoon salt
½ teaspoon nutmeg
½ teaspoon mace
¼ teaspoon ground cloves
2 packages active dry yeast
6 cups sifted all-purpose flour
2 eggs, beaten
½ cup raisins
½ cup candied cherries (cut in fourths)
½ cup chopped nuts

1. Sprinkle yeast over one-half cup lukewarm water in large bowl. Let stand 10 minutes.

2. Mix scalded milk, sugar, fat, salt, and spices. Add to yeast.

3. Add one-half the flour and beat until smooth. Add egg, raisins, cherries and nuts. Blend in rest of the flour.

4. Turn on lightly floured board. Knead until smooth. Place in greased bowl. Grease top. Cover.

5. When double in bulk, punch down and shape into two loaves. Cover, let

rise until dough is ¼ inch from top of bread pan. Brush with melted butter and sprinkle generously with granulated sugar.

6. Bake for 40 minutes at 375° F. Then remove from pan and cool on racks. Glaze with butter frosting and decorate with nuts.

*Note*: Check Circular 262 "Yeast Breads are Easy to Make" for many other excellent recipes for fancy yeast breads.

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### Cranberry Bread

2 cups flour
½ teaspoon salt
1½ teaspoons baking powder
½ teaspoon baking soda
1 cup sugar
1 egg (beaten)
2 tablespoons melted butter
½ cup orange juice
2 tablespoons hot water
½ cup chopped nuts
1 cup cranberries (cut)
grated rind of orange

Sift dry ingredients together. Add beaten egg, melted butter, orange juice and hot water. Combine only until dry ingredients are moistened. Fold in nuts, cranberries and orange rind. Bake in greased pan at 350° F. about 70 minutes. Cool, wrap in waxed paper and store in refrigerator for 24 hours.

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### Nippy Cheese Puffs

¼ cup butter or margarine
2 cups (½ lb.) grated sharp, aged, cheddar cheese
1 cup sifted all-purpose flour
½ teaspoon salt
½ teaspoon paprika
½ teaspoon dry mustard
dash of cayenne

Soften butter and blend in grated cheese. Mix in sifted dry ingredients, kneading with hands to form into ball. Break off bits of the dough, about a teaspoonful of each, and roll between palms of hands to form balls. Place on unoiled cookie sheet, and bake in 350° F. oven for about 15 minutes, until dry and slightly browned on top. Makes about 3 dozen "puffs," delicious served hot or cold as appetizers or snacks.

## Tasty Cookies from the Cookie Jar

### Refrigerator Date Cookies

1 cup butter or margarine
2 cups brown sugar
2 eggs
1 cup nut meats
1 cup dates
3½ cups sifted flour
1 teaspoon salt
1 teaspoon baking soda

Cream butter or margarine and sugar thoroughly; add eggs one at a time, beating well after each addition. Add nuts

and dates which have been put through food chopper, then flour sifted with salt and soda. Shape in rolls; wrap in waxed paper and store in refrigerator. Slice thin and bake 8 minutes at 400° F.

Yield: 11-12 dozen.

## German Cookies

1 lb. brown sugar
2½ cups flour
1/16 teaspoon salt
1 cup nut meats
4 eggs
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon ginger

Beat eggs well. Add brown sugar. Sift dry ingredients, add to egg mixture with nuts. Pour into a greased shallow baking pan and bake at 375° F. for 20 minutes. Immediately glaze with powdered sugar frosting Allow to cool, then cut into squares.

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## Date Pinwheels

1 lb. dates, chopped
½ cup water
½ cup sugar
2 cups all-purpose flour
½ teaspoon soda
¼ teaspoon salt
½ cup butter or margarine
½ cup brown sugar, firmly packed
½ cup white sugar
1 egg, well beaten
½ teaspoon vanilla
1 cup finely chopped nuts

Combine dates, water and sugar in a saucepan, and cook until thick, about 5 minutes, stirring constantly. Cool. Sift flour, measure, and re-sift with soda and salt. Cream butter or margarine until soft and smooth, blend in brown and white sugar, and add egg; beat until light and fluffy. Stir in vanilla. Stir in flour, and place dough in refrigerator to chill at least half and hour.

Turn half of chilled dough onto waxed paper, and pat out with floured hands to form a rectangular sheet; roll carefully with a lightly floured rolling pin until it is ⅛ inch thick and still rectangular Combine cooled date mixture with the nuts, and spread half the mixture over the sheet of dough.

Roll up like jelly roll, the long way of the sheet, peeling off the waxed paper as you roll. Then wrap the roll snugly in the waxed paper. It should be slender in proportion to its length. Repeat with remaining dough and filling. Chill wrapped rolls in refrigerator until firm; then slice thin, using a sharp, slender-bladed knife

Place on lightly greased cookie sheet and bake in a 400° F. oven for 7 minutes, until lightly browned. Transfer to cake coolers to cool. Makes 5 to 10 dozen cookies, depending on diameter of rolls and thickness of cookies.

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## Mandel Kager

(*Norwegian Almond Cookies*)

1 cup soft shortening (part butter)
½ cup sugar
1 tablespoon cinnamon (3 teaspoons)
1 egg
1⅔ cups sifted all-purpose flour
½ teaspoon baking powder
1 to 1½ teaspoon ground cardamon (optional)
½ cup chopped toasted almonds

Mix together thoroughly the shortening, sugar and egg. Sift together the dry ingredients except the almonds, and stir into the sugar mixture. Add the almonds Chill dough. Roll into 1" balls. Place on ungreased baking sheet. Flatten slightly Brush tops with egg glaze (1 slightly beaten egg yolk mixed with 1 tablespoon water). Top each with a blanched almond half. Bake until golden brown or from 10 to 12 minutes in a 375° F. oven. Makes 3½ dozen 1½" cookies.

## Spritz Cookies

1 cup soft butter or margarine
⅔ cup sugar
3 egg yolks
1 teaspoon flavoring (almond or vanilla or 4 tablespoons grated almonds)
2½ cups sifted flour

Mix together thoroughly butter or margarine, sugar, egg yolks and flavoring. Work in flour. Chill dough. Force through cookie press on ungreased baking sheet in letter S's, rosettes, fluted bars or other desired shapes. Bake until set, but not brown, in a 400° F. oven (about 7 to 10 minutes). Makes 6 dozen.

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## Sandies

1 cup butter or margarine
¼ cup confectioners' sugar (plus enough confectioners' sugar to roll them in)
2 teaspoons vanilla
1 tablespoon water
2 cups sifted enriched flour
1 cup chopped pecans

1. Cream butter or margarine and sugar.
2. Add vanilla and water.
3. Add sifted flour; mix well.
4. Add chopped pecans.
5. Form small rolls, 1½ inches long, pencil thin; turn ends in slightly.
6. Bake on ungreased cookie sheet in slow oven (300° F.) 20 minutes or until delicately browned.
7. While hot, roll in confectioners' sugar.
8. Makes 3 dozen.

★

## Christmas Sugar Cookies

Yield: about 5 dozen cookies. Temperature: 350° F. Time: 10 minutes.

¾ cup plus 2 tablespoons hydrogenated shortening
1 cup sugar
2 eggs, beaten
½ teaspoon salt
2½ cups flour
1 teaspoon baking powder
1½ teaspoons vanilla

1. Cream shortening. Add sugar Add eggs and vanilla.
2. Sift flour, baking powder and salt. Add to first mixture. *Chill.*
3. Roll out to about ¼ inch thickness. Cut with a variety of cookie cutters (star, Christmas tree, bell, etc.) or use a cookie press.
4. Bake in a 350° F. oven for 10 minutes.
5. Decorate with nuts, decorator candies, gumdrops, frostings.

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## Kangaroo Cookies

(*Australia*)

½ cup butter
½ cup brown sugar, firmly packed
1 tablespoon grated lemon rind
1 teaspoon vanilla
2 eggs, separated
1 cup sifted flour
¼ cup water
1 6 oz. package semi-sweet chocolate morsels
2 tablespoons confectioners' sugar (sifted)

Preheat oven to 375° F.

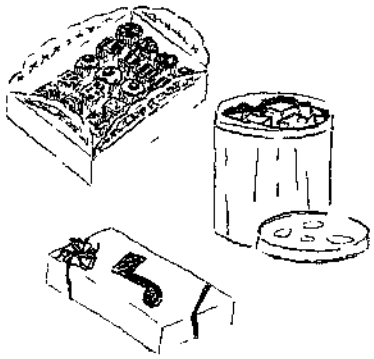
Blend butter, ¼ cup brown sugar, lemon rind and vanilla. Beat in egg yolk. Add flour alternately with water. Add semi-sweet chocolate morsels.

Beat egg white until stiff but not dry. Add ¼ cup brown sugar gradually until the mixture is stiff and satiny. Fold into semi-sweet mixture. Spread in waxed paper-lined pan (8x12 in.).

Bake at 375° F. 25 to 30 minutes. Cool, and sprinkle with confectioners' sugar. Cut into 24 two-inch squares or 48 one-inch squares.

# Special Candies and Desserts for Merry Thoughts

### English Plum Pudding



1 lb. ground suet
2 lbs. raisins (1 lb. dark, 1 lb. light)
1 lb. currants, figs, or dates
1 lb. mixed peel or ½ lb. cherries
2 cups flour
1 teaspoon mixed spices
2 cups brown sugar
2 cups bread crumbs
8 eggs

Mix suet, fruit and peel, and dredge with some of the flour. Mix together remaining ingredients. Stir the fruit and suet into this mixture, and mix thoroughly. Pour into greased molds, and steam — small molds, one hour; larger molds, two hours or longer. Place molds in water to a depth of half the mold. Remove pudding; serve hot or cold with hard sauce.

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### Flaming Steamed Christmas Pudding

2 eggs
1 cup brown sugar
1 cup ground suet
2 cups soft white bread crumbs
1 cup milk
1 teaspoon vanilla
¼ cup orange juice
1 cup flour
1 teaspoon soda
1 teaspoon ground cloves
½ teaspoon salt
2 cups raisins
1 cup chopped dates
½ cup assorted fruit peel
½ cup chopped nuts
sugar lumps, moistened with lemon extract

Beat eggs. Add remaining ingredients (except sugar lumps) and mix well. Pour into greased pudding mold or 3 No. 2 cans. Steam 1¾ to 2½ hours. To serve, place sugar lumps moistened with lemon extract around pudding and light with a match. Serve with any hard sauce.

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### Hard Sauce

4 tablespoons butter or margarine
1 cup powdered sugar
flavoring to taste

Cream butter, add sugar gradually, then flavoring. Continue creaming until light. If fruit juice is used for flavoring, more sugar may be needed. To make a larger volume, one tablespoon cream or milk may be added. More sugar will be necessary to thicken. Mixture should be well creamed between additions to keep it smooth. Chopped nuts or shredded coconut give variety. Makes 6 servings, 2½ tablespoons each.

## Flaming Lemon Nutmeg Sauce

2 tablespoons butter or margarine
½ cup sugar
1 tablespoon cornstarch
¼ teaspoon salt
1 cup boiling water
1½ tablespoons lemon juice
lemon slices
sugar cubes
½ teaspoon nutmeg
lemon extract

Combine sugar, cornstarch, salt and nutmeg. Add water and cook until clear and slightly thickened. Add butter or margarine and stir until melted. Add lemon juice. Makes 1¼ cups of sauce.

To serve, float one-third sections of lemon slices on hot sauce. Dip cubes of sugar into lemon extract, and place one on each bit of lemon. Touch a match to the sugar to set aflame. Serve hot over fruit cake or steamed pudding.

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## Marshmallow Refrigerator Roll

32 marshmallows (½ lbs.)
½ cup sweetened condensed milk
¼ cup water
½ cup chopped nut meats
½ cup finely chopped dates
3 cups graham cracker crumbs
(35 crackers)

Cut marshmallows into quarters and put in mixing bowl. Add water. Add sweetened condensed milk, nut meats and dates. Blend well. Add cracker crumbs and blend well. Form into roll about 6 inches long and 3 inches in diameter. Cover with waxed paper. Chill in refrigerator 12 hours or longer. Cut in slices. Garnish with whipped cream, and top with a cherry. Makes 10 servings.

## Cranberry Crunch

1 cup uncooked rolled oats
½ cup all-purpose flour
1 cup brown sugar
½ cup butter or margarine
2 cups cranberry sauce
(jellied or whole)
1 quart vanilla ice cream

Mix oats, flour and brown sugar. Cut in butter or margarine until crumbly. Place half of this mixture in an 8x8 inch greased cake pan. Cover with cranberry sauce. Top with balance of mixture. Bake 45 minutes at 350° F. Serve hot in squares topped with scoops of vanilla ice cream. Serves 6 to 8.

★

## Date Tarts

¼ cup butter
1 3 oz. package cream cheese
1 cup flour
18 dates
½ cup walnuts, chopped
½ cup sugar
1 egg white, unbeaten

Cream together butter and the cream cheese. Add flour, and knead until the mixture is like pie crust dough. Wrap in waxed paper. Chill thoroughly. Roll out the dough very thin on a lightly floured board. Cut into 18 squares about 3 inches in diameter.

Stack squares in refrigerator dish, placing waxed paper between squares. Store in refrigerator until needed (1-14 days). Remove from refrigerator about one hour before baking, and allow to stand at room temperature. Pit the dates, roll them in the unbeaten egg white, and then in the nut-sugar mixture.

Place dates diagonally on pastry squares. Pinch together opposite corners to cover dates. Place on baking sheet, and bake at 400° F. for 15-20 minutes.

## Mexican Empanados

(*Mexican Tarts*)

The same pastry is used for the popular Mexican dish. They are filled with stewed, dried fruits as well as mincemeat, fried and sprinkled with powdered sugar. Serve hot.

### Relation of Altitude To Boiling Point of Sirups

| | Boiling Point | | |
|---|---|---|---|
| | At Sea Level | 2,000 Ft. | 4,000 Ft. |
| Light string | 226 | 222 | 218 |
| Heavy string | 230 | 226 | 222 |
| Soft ball | 238 | 234 | 230 |
| Medium ball | 240 | 236 | 232 |
| Stiff ball | 244 | 240 | 232 |
| Hard ball | 250 | 246 | 242 |
| Light crack | 254 | 250 | 246 |
| Brittle crack | 275 | 271 | 267 |
| Hard crack | 290 | 286 | 282 |

*Practical Test*: Drop a scant teaspoon of mixture into shallow cup of cold water and pinch it between your fingers. The soft ball will not hold its shape as you lift it. The medium ball will lift easily without spreading. The hard ball is firm but plastic to touch.

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## Date Loaf

3 cups sugar
1 cup milk
¼ cup white corn sirup
½ lb. pitted dates
1 cup chopped nuts

Cook sugar, milk, corn sirup and dates to soft ball stage (235° to 240° F.). Stir as needed to prevent burning. Remove from fire. Cool to 104° F., which is just above lukewarm. Beat until it begins to harden. Add nuts, and turn on to a damp cloth. Shape into a roll 2 inches in diameter. Let stand until firm. Cut into slices as needed. This candy will keep some time, if tightly covered. Makes 25 to 30 slices, ¼ inch thick.

## Easy-do Pralines

1 package butterscotch pudding powder
1 cup sugar
½ cup brown sugar
½ cup evaporated milk
1 tablespoon butter or margarine
1½ cups pecans

Combine all the ingredients and cook slowly until dissolved. Add the pecans and boil slowly until candy reaches the soft ball stage, 235° to 240° F. Remove from heat and beat until mixture thickens. Drop by spoonfuls on waxed paper. Makes 15 4-inch patties.

★

## Pralines

1 cup sugar
1 cup brown sugar
½ cup cream
¼ teaspoon salt
1 cup pecan halves

Mix first four ingredients and stir until sugar is dissolved. Cook over medium heat to soft ball stage (240° F.). Set pan in ice water 3 minutes. Beat until mixture becomes slightly cloudy. Add nuts. While mixture is still shiny, drop by spoonfuls onto greased surface or waxed paper. Let set. Yields 12 large pralines.

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## Million Dollar Fudge

4¼ cups sugar
6 tablespoons butter or margarine
1 large can (14½ oz.) evaporated milk
1 jar marshmallow cream (8 oz.)
2 6-oz. packages chocolate chips
2 cups nuts (chopped)

Boil together the sugar, butter or margarine, and evaporated milk for about 7 minutes after the first butbbles come, or until a soft ball stage (235° to 240° F.) is reached. Put chocolate chips, marshmallow cream and nuts in a large bowl. Pour sirup over them and stir until chocolate is dissolved. Beat until creamy. Drop on waxed paper or pour into greased pan. Cool and cut into serving size pieces.

## Butter Toffee

½ cup butter or margarine
2½ cups sugar
¼ teaspoon salt
½ lb. blanched almonds or pecan halves
4 squares semi-sweet chocolate (optional)

Melt butter or margarine in skillet; add sugar, salt. Heat slowly, stirring constantly to dissolve sugar. Mixture should turn a light brown; add almonds or pecans, stirring until nuts become light brown, or about 3 minutes. Pour immediately into well buttered pan.

If chocolate is used, melt it over hot water; then spread half over surface of candy. When firm turn out on a flat surface and spread other half over that side. Break into serving pieces when cold.

★

## Caramel Crunch

1½ cups shredded coconut
2⅓ cups sugar-coated rice cereal
½ cup chopped salted peanuts
14 vanilla caramels or ¼ lb.
⅓ cup light corn sirup
⅓ cup sugar
½ cup heavy cream
¼ teaspoon vanilla

Mix coconut, cereal and peanuts in large well buttered bowl. Place caramels, sirup, sugar and cream in small, heavy saucepan. Cook, stirring constantly, over very low heat to 234° F., or until a few drops in cold water form a firm, soft ball.

Remove from heat. Add vanilla; stir in quickly. Pour over coconut-cereal-nut mixture; work in very quickly. Press into well buttered 8 inch pan. Cool. Cut into 36 squares.

## Cream Caramels

2 cups sugar
1¼ cups white corn sirup
1¾ cups cream
4 tablespoons butter
1 teaspoon vanilla
½ teaspoon salt
1 cup pecans, chopped

Put sugar, sirup, cream and butter in heavy saucepan (at least 4 quart capacity) and, stirring constantly, cook over a low heat until sugar is dissolved. Bring to boiling on high heat, then continue cooking on medium heat to 244° F., or until small amount dropped in cold water is of consistency desired in finished caramels.

Remove from heat, and add vanilla, salt and pecans. Pour into lightly greased pan (approximately 5″x9″). Yield: 45 one-inch caramels.

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## Perfect Chocolate Fudge

3 cups sugar
¼ teaspoon salt
½ cup corn sirup
4 squares bitter chocolate
1 cup milk
3 tablespoons butter
1 teaspoon vanilla
1 cup chopped nuts

Cook sugar, salt, corn sirup, and cut chocolate and milk in saucepan over low heat, stirring constantly until the mixture begins to boil. Remove crystals from side of pan (cover). Cook until soft ball forms in cold water or 238° F. on thermometer. Remove from heat. Add butter, cool to lukewarm, add vanilla, beat until creamy and dull. Stir in nuts. Spoon into buttered 9″ pan. Cut into squares when firm.

### Crystallized Grapefruit Peel

To crystallize in strips:

*Step 1.* Select 6 medium sized or 4 large grapefruit with thick rinds, free of blemishes or scale. Remove peel from fruit in quarters and cut into narrow strips or 1-inch squares with kitchen scissors. Place the peel in a large vessel, cover with cold water and bring to a quick boil. Pour off the water and repeat the process twice more. Drain the peel in a colander. Handle lightly.

*Step 2.* Prepare in another large saucepan, 2 quarts of sirup, using 8 cups of sugar to 4 cups of water. For a smoother texture substitute 2 cups corn sirup for 2 cups sugar. Bring sugar to a rapid boil. Add the drained peel. Cook at a rapid boil until the peel is transparent throughout. This will take from 20 to 40 minutes, depending on the amount of water that the peel retained. Lift the peel lightly out of the sirup and spread on a shallow cookie pan or tray. Spread out so that the pieces do not touch each other. Cover with the sirup and let stand 24 hours.

*Step 3.* The sirup in which the peel stands will be thin because it will take up some of the water from the peel. Boil peel and sirup until the sirup is about the thickness of preserving sirup. Lift peel from sirup and spread on a shallow cookie pan or tray. Cover with the sirup and let stand 24 hours.

*Step 4.* Cook sirup and peel until sirup is very thick. Red or green food coloring may be added to the sirup, if desired Spread out peel and let cool and dry until it is not sticky. Roll in granulated sugar Pack in layers on waxed paper in tin containers.

The peel is good to use in fruit cakes, chopped in little wedges on the top of cookies, ground up as a topping for desserts or just as a candy.

To crystallize whole:

Grapefruit peel may be candied whole Cut out the top of the grapefruit; scoop out all of the center pulp. Proceed as above.

The whole peel filled with the sliced peel makes a nice Christmas gift.

★

### Candied Cherries and Plums

Remove seeds from ripe cherries or plums. Dissolve 2 cups of sugar in 2 cups of water. Add ¼ teaspoon cream of tartar, and boil until it forms a thick sirup. Skim, add the fruit and cook slowly until tender.

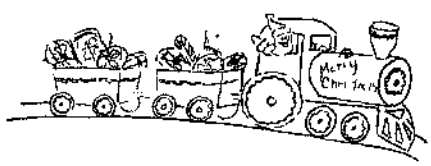
Drain well, place on platters or in baking tins lined with absorbent paper Dry in a slow oven, 250° F., changing the paper often. When free from moisture, sprinkle well with sugar and pack in boxes or jars which have been lined with waxed paper.

Place waxed paper between the layers of fruit. Seal and store in a cool place

# Delightful Treats for Family and Friends

### Snacks

2½ cups assorted bite-size cereals
2 cups tiny cheese crackers
2 cups pretzel sticks
½ lb. mixed nuts
¼ cup melted butter
½ teaspoon Worcestershire sauce
¼ teaspoon garlic salt
¼ teaspoon celery salt



Mix cereals, crackers, pretzel sticks and nuts together in a shallow baking pan. Combine butter, Worcestershire sauce

garlic and celery salt and pour over mixture. Stir and salt lightly. Bake for 1 hour at 250° F., stirring every 15 minutes.

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### Caramel Taffy Apples

1 cup granulated sugar
½ cup white corn sirup
1 can sweetened condensed milk (15 oz.)
1 teaspoon vanilla
10 Jonathan or other eating apples

Put sugar, sirup and milk in heavy saucepan. Cook over medium heat (220° F), stirring gently but constantly, until mixture forms very stiff ball when dropped in cold water. This should have firmness you want finished caramel to have. Remove from heat; add vanilla and cool slightly.

Have apples washed, dried and on skewers. Dip into caramel taffy mixture and stand apples skewer side down in cake rack placed over shallow pan. If mixture becomes too firm, put saucepan into pan of hot water. Yield: 10 apples.

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### Frosted Grapes

2 egg whites
2 teaspoons water
2 bunches grapes
sugar

Beat egg whites and water together until frothy. Dip grapes into mixture, coating each one well. Drain slightly, then sprinkle with sugar. Let stand over night in a cool dry place.

★

### Sugar Coated Nuts

1 cup sugar
½ cup water
½ teaspoon vanilla or peppermint
1 cup nuts

Dissolve sugar in water and bring to a boil. Cook until sirup spins a thread (228° to 230° F.). Add flavoring and stir until white and creamy. Blend with nuts and spread on waxed paper, separating each coated nut

If sugar mixture hardens too rapidly, place over hot water to soften.

★

### Chocolate Covered Nuts

Melt 6 to 8 oz. sweet or milk chocolate in skillet at low heat. Coat nut meats and place on waxed paper. Peanut and raisin clusters are made in the same way.

*Trick*: To crack nuts easily and whole, place on rack with ½ cup water in pressure sauce pan. Cook 5 minutes at 15 lbs. Cool quickly.

★

### Candied Orange Slices

Peel and quarter oranges; make a sirup of 2 cups sugar and 2 cups water. Boil until it forms a hard ball when dropped in cold water. Remove from heat; dip orange quarters in the sirup. Drain until cool in a fine sieve placed over a platter or bowl so that the sirup will not be wasted. The sugar will be crystallized. Grapefruit and tangerines may be candied in the same way.

★

### Popcorn Balls

5 quarts popped corn
1½ cups water
½ cup light corn sirup
1 teaspoon vanilla extract
2 cups sugar
⅓ teaspoon salt
1 teaspoon vinegar

Keep popcorn hot and crisp in slow oven (300° to 325° F.). Boil sugar, water, salt and corn sirup until it forms a very hard ball. Add vinegar and vanilla and boil to light crack stage.

Slowly pour over corn stirring well so that every kernel is covered. Press into balls and let stand in cool place until hard. Wrap in moisture proof paper.

## Sugar-Coated Popcorn and Peanuts

½ cup sugar
⅔ cup light molasses
¼ cup water
1 tablespoon vinegar
¼ teaspoon salt
1 tablespoon butter or margarine
⅛ teaspoon soda
4 cups popped corn
2 cups shelled peanuts

Combine sugar, molasses, water, vinegar and salt. Stir until sugar dissolves. Cook to light-crack stage (270° F.). Remove from heat; add butter and soda. Stir well. Pour over popcorn and peanuts. Toss well.

★

## Divinity

2 cups sugar
½ cup corn sirup
½ cup water
¼ teaspoon salt
2 egg whites
1 teaspoon vanilla

Stir sugar, corn sirup, water and salt until dissolved. Boil to medium ball stage (240° F.). While sirup is cooking, beat egg whites until stiff. Slowly pour one-third of sirup over egg whites, beating constantly. Cook remaining sirup to very hard ball stage (265° F.).

Slowly pour heavy sirup into candy mixture and continue beating. When mixture holds its shape when dropped from a spoon, add one teaspoon vanilla. Drop from teaspoon onto a greased cookie sheet. Swirl each piece to a peak.

If Divinity gets too hard to drop attractively, set bowl over pan of hot water to warm, and stir until of dropping consistency.

## Old Fashioned Pulled Mints

1 cup water
2 cups sugar
4 tablespoons butter or margarine
¼ teaspoon peppermint extract
few drops red or green food coloring

1. Stir water, sugar, butter or margarine, in a large saucepan over a medium heat until sugar and butter or margarine are dissolved.

2. Cook without stirring until a few drops tested in cold water produce a soft, crackable thread (261° F.). Pour onto greased tray.

3. When cool enough to handle, sprinkle with flavoring extract and coloring. With buttered hands pull until creamy and almost solid.

4. Cut the long strands into easy eating pieces with scissors. Cool thoroughly and store in an airtight container for a few days to mellow.

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## Fondant

2 cups sugar
1 cup water
⅛ teaspoon cream of tartar *or*
¼ cup light corn sirup

Put the sugar, water and corn sirup into a saucepan and cook, stirring until the sugar is dissolved. When the candy begins to boil, cover the saucepan and cook three minutes. The steam formed helps to dissolve any sugar crystals which may be thrown on the sides of the saucepan. Remove the cover and continue cooking without stirring to the soft ball stage (238° F.).

Pour the sirup onto a marble slab or a large buttered platter. Do not scrape the pan. When thoroughly cool, stir the sirup with a spatula, working from the edges to the center. When it begins to cream, knead it well with the hands.

Cover with a damp cloth and let stand for 10 minutes before using. It may be

wrapped in a damp cloth and stored in a covered glass jar in the refrigerator until used.

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## Ways to Use Fondant

*Cream Mints*: Melt fondant in small container over hot water, flavor with a few drops of oil of peppermint, clove, or cinnamon. Coloring may be added if desired. Drop quickly from teaspoon on oiled paper, stirring after each dropping. If mixture becomes too thick, beat in a few drops of boiling water.

*Fruit Loaf*: Work fondant until soft and creamy. Flavor with vanilla. Add pieces of candied cherries or other candied fruit and nuts. Press into a loaf pan one inch thick and two inches wide. Slice ¼ inch thick. Wrap in oiled paper.

*Bon Bons*: Work fondant until soft and creamy. Flavor with vanilla, or almond or wintergreen. Color delicately with fruit coloring. Shape. Decorate with pieces of candied fruits or nuts.

*Fondant Centers*: Divide fondant into several portions, add flavoring, coloring, and other ingredients, such as shredded coconut, nutmeats, melted chocolate or chopped fruit. Work with fingers until well blended. Shape each portion into roll one inch thick. Cut into ½ inch pieces and shape into balls or ovals, flattening bases slightly. Let stand until firm on the surface and dip in chocolate or in melted fondant which has been flavored and delicately colored.

*Chocolate Covered Fondant*: Cool weather is best for chocolate dipping. Either ordinary cholocate or a specially prepared dipping chocolate may be used for dipping. Cut one pound or more of dipping chocolate into pieces. Put in the top of a double boiler over hot water.

When chocolate begins to melt, or when the water in the lower part of the boiler begins to boil, remove both parts from the fire and stir until the chocolate is melted. Place top of double boiler in pan of ice water and beat gently until it feels a little cooler than the hand (about 85° F.). Drop centers one at a time, lifting out on tines of fork and scrape off superfluous chocolate on edge of pan.

Place on waxed paper. Beat thoroughly after dipping each candy. Cool candies quickly.

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## Quick Fondant

1. Assemble ingredients:
⅔ cup sweetened condensed milk
1 teaspoon vanilla extract
4 cups sifted confectioners' sugar

2. Stir as sugar is added gradually to milk and vanilla in mixing bowl . . . mix to smooth rich ball.

3. Flavor as desired — shape into: patties, fruit rolls, balls covered with coconut, stuffed dates, prunes, figs or apricots.

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## Peanut Clusters

7 or 8 oz. semi-sweet chocolate
½ lb. roasted Spanish peanuts

Melt chocolate in bowl over hot water; remove from heat; add peanuts and stir well. Drop from teaspoon onto waxed paper. Place in refrigerator to chill 12 hours. Keep in cool place. Makes 3 dozen clusters.

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## Peanut Brittle

3 cups sugar
1 cup white corn sirup
1 cup water
1 lb. (2½ cups) raw Spanish peanuts
2 tablespoons butter or margarine
1 teaspoon salt
1 tablespoon soda

Cook sugar, corn sirup and water until a small amount dropped in cool water

forms a hard ball (250° to 260° F.). Add unblanched peanuts, and continue to cook until the mixture turns a golden brown in color.

Remove from heat, and stir in butter or margarine and salt Stir in soda. Pour onto a greased slab and pull out on a thin sheet. Break into pieces when cold.

# Beverages for a Happy Holiday

## Cranberry Punch

Simmer one quart cranberries in 1½ quarts water until all skins pop. Strain. Add juice of 12 lemons. Make sugar sirup of two cups sugar and two cups water. Add enough water to make about one gallon of punch.

Refrigerate until ready to serve. Just before serving, add one quart ginger ale and finely chopped ice. Stir well and serve.

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## Hot Buttered Cranberry Punch

¾ cup brown sugar, firmly packed
1 cup water
¼ teaspoon salt
¼ teaspoon nutmeg
½ teaspoon cinnamon
½ teaspoon allspice
¾ teaspoon cloves
2 1-lb. cans jellied cranberry sauce
3 cups water
1 quart pineapple juice
cinnamon sticks
butter or margarine

Bring to a boil sugar, water, salt and spices. Crush cranberry sauce with a fork. Add water and beat with rotary beater until smooth. Add cranberry liquid and pineapple juice to hot, spiced sirup and simmer about 5 minutes. Keep steaming hot over hot water. To serve, ladle punch into mugs. Add dots of butter or margarine. Serve with cinnamon sticks as stirrers. Makes 2½ quarts.

## Spiced Tea

5 tablespoons tea
16 cups (1 gallon) water
1 tablespoon whole allspice
1 tablespoon whole cloves
4 small pieces stick cinnamon
4 orange rinds
3 lemon rinds
2 cups orange juice
1 cup lemon juice
1 to 1½ cups sugar

Simmer spices, orange and lemon rind with water for 20 minutes. Remove from heat. Add tea; cover, and let steep 1 to 3 minutes. Strain out tea leaves, rind and spices. Add fruit juice and sugar. Serve hot or cold.

### Hot Spiced Tomato Juice

4 cups tomato juice
2 tablespoons catsup
1 teaspoon salt
⅛ teaspoon pepper
1 lemon (juice and grated rind)
½ teaspoon Tabasco sauce
1 tablespoon Worcestershire sauce

Combine all ingredients and bring just to the boiling point over medium heat. Serve at once. Serves 6 to 8.

*Note:* This may be served in small coffee cups in the living room before a meal.

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### Hot Mulled Cider

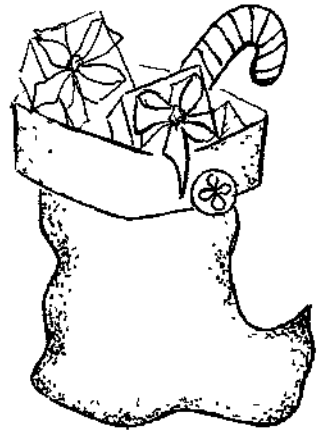
1 gallon cider
1 cup sugar
½ teaspoon ground allspice
1 teaspoon ground cinnamon
1 teaspoon whole cloves
8 inch stick cinnamon

Tie allspice, cloves and ground cinnamon in a small cloth about 6 inches square. Add sugar, bag of spices and stick cinnamon to cider. Heat about 20 minutes under the boiling point or until flavor suits taste. Longer cooking develops a more spicy flavor. Do not boil. Serve hot in teacups or punch cups.

Apple, grape, raspberry, loganberry and other fruit juices may be used in the same way as cider. Change the amount of sugar to taste, and dilute the fruit juice with hot water to suit the taste. A small amount of lemon juice may be added.

# Practical Gifts from the Kitchen for Merry Living

Every homemaker knows the treat it is to receive a gift from the kitchen that is given by a good friend. This gift shows the friend's skill and thoughtfulness in preparing just the right thing as a gift to a certain friend or even an entire family. A gift from the kitchen is never a second-rate gift because it carries the personality, originality and all the qualities that make a thoughtful gift.



Here are some simple suggestions that may help you solve your gift problem for some of the names on your Christmas list:

1. Use a large basket as the container for your home grown fruits, nuts, or other home produce for your gardening friend.

2. Pack clusters of evergreen sprigs with jars of your choicest jams and jellies.

3. Sew two mesh dish cloths together to make a bag for fruits, vegetables or nuts. Decorate with cones or seedpods.

4. Give fragrant, sugar-coated doughnuts in a gay, red cellophane-covered basket.

5. Put salted or spiced nuts in paper cartons covered with aluminum foil.

6. Wrap individual pies in cellophane. Tag each one for the person to whom it is to go.

7. Bake tender loaves of bread in glass bread pans to give to your busy homemaker friends.

8. Make a gift box from an empty cereal carton for your cookie assortment

9. Assemble small jars to carry a variety of your favorite salad dressing to a special friend.

10. Pack a variety of your baked foods on a nice serving tray and cover entire tray with clear gift wrapping paper.

# Menus for Merry Eating

**Breakfast**

Broiled Grapefruit
Popovers filled with Scrambled Eggs
Sausage Strawberry Preserves
Milk Coffee

**Dinner**

Roast Turkey - Bread Dressing
Giblet Gravy
Candied Sweet Potatoes Broccoli with Lemon Butter
Molded Cranberry Star Salad
Relish Tray
Hot Rolls Butter or Margarine
Steamed Christmas Pudding Hard Sauce
Coffee Milk

**Supper**

Cold Turkey Sandwiches
Fruit Salad
Milk

# The Day Before Christmas

**Breakfast**

Broiled Grapefruit
Waffles Butter Bacon
Hot Chocolate Coffee

**Lunch**

Broiled Hamburger Patties Barbecue Sauce
Buttered Carrots Steamed Cabbage
Rolls Butter
Hot Tea Milk

**Dinner**

Ham Slices with Tart Cinnamon Apples
Frozen Green Beans Candied Sweet Potatoes
Apple Celery Salad
Toasted Corn Bread Squares
Fruit Gelatin Sugar Cookies
Coffee Milk

# Christmas Entertaining

**Buffet**

Cranberry Orange Fruit Cup
Baked Ham Slices
Buttered Peas
Panned Carrots with Pineapple
Assorted Relish Plate
Pumpkin Chiffon Pie
Milk Tea

**Snack Menu**

Waffle Potato Chips - Snack Tostadas - Toasted Crackers
Fluffy Cottage Cheese Dip Avocado Dip
Carrot Curls Olives Celery Hearts
Small Cookies Slices of Fruit Cake
Hot Spiced Tea Egg Nog

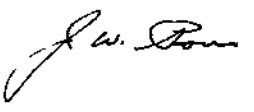
Dear Homemaker,

We hope you enjoy making and sharing the Arizona Christmas Foods suggested in this circular.

May we suggest that you phone or visit the Home Agent of the University of Arizona Agricultural Extension Service who is resident in your county. She can help you with many homemaking tips in the subject-matter fields of Foods and Nutrition, Clothing, and Home Management & Home Furnishings.

Also available to you in the Extension Service office in your county are many publications on these and other subjects. You may see them in your Home Agent's office and obtain copies at any time.

Sincerely,



Director Agricultural Extension Service
The University of Arizona Tucson