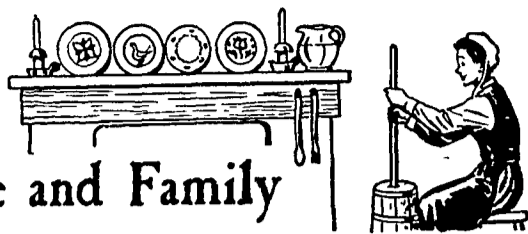


For the Farm Wife and Family



Reverse Your High Protein Dish; Egg Custard Desserts Rate High

Though the main course of the meal is the traditional place for the high-protein dish, you may want to reverse this in summer and emphasize protein in the dessert course. For hot weather lunches or dinners many people favor a salad for the main course — mostly salad greens and other vegetables in season or fresh fruits with cottage cheese or with slivers of American cheese or ham. A milk and egg dessert can add additional protein to the meal.

Baked custard meets this specification. It's an old-time favorite, suitable for all ages in the family, easy to make in the cool of the evening and put in the refrigerator to serve chilled next day. Another handsome old-time custard dessert is floating island. Or you can serve soft custard as a sauce over sponge cake, angel food or loaf cake. Have custard chilled for serving.

BAKED CUSTARDS

- 1/4 cup sugar
- 1/4 teaspoon salt
- 3 eggs, beaten
- 2 cups hot milk

SIMPLICITY

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1 teaspoon vanilla
Combine sugar, salt and eggs. Add milk slowly, then vanilla, if desired. Pour into custard cups and set in a pan of hot water. Bake at 325 degrees until the custard is set — 30 to 40 minutes. This makes 6 custards.

Baked custard can be touched up so that each individual serving is different. An easy way to do it is to line up six custard cups and put a few raisins in one, a little nutmeg in another, a cooked fourth, chocolate chips in a fifth, peach half in a third, honey in a — and then fill all six cups with the custard mixture and bake. When done, this assortment is turned upside down into individual dessert dishes so that the trimmings are on top. The one plain custard may be topped with frozen strawberry sauce or sliced fresh peaches at serving time. If you grease the custard cups with butter or margarine, it helps make nutmeg or the peach half stay in place.

FLOATING ISLAND

SOFT CUSTARD

- 1/4 cup sugar
 - 1/4 teaspoon salt
 - 3 eggs
 - 3 cups hot milk
 - 1 teaspoon vanilla
 - Cinnamon or nutmeg
- Add sugar and salt to beaten eggs. Gradually add the milk to the egg mixture. Cook over hot, not boiling water.

er and stir constantly until the mixture coats the spoon.

Remove from the hot water at once. Strain. Cool, add the vanilla and sprinkle a little cinnamon or nutmeg on each serving. Top with meringue made as follows:

MERINGUE

- 2 egg whites
- 1/4 teaspoon salt
- 1/4 cup sugar

Beat egg whites with salt until stiff. Beat in sugar slowly until smooth and glossy.

For topping desserts — Pile meringue lightly on a greased baking sheet in large or 12 small mounds. Bake at 350 degrees for 10 to 15 minutes or until set and browned. Place on dessert, hot or cold.

Another way to cook the meringue is to drop mounds of it on simmering water, cover, and cook for 10 to 15 minutes or until set. Remove from the water immediately.

Bananas add extra nourishment to this pudding —

BANANA PUDDING

- 4 cups milk
- 1/2 cup sugar
- 1/8 teaspoon salt
- 4 eggs, separated
- 1 teaspoon vanilla
- Vanilla wafers or other cookies
- Bananas

Heat the milk, sugar, and salt in a double boiler. Beat the egg yolks slightly, and slowly add some of the heated milk.

Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once from the heat, place the pan in a bowl of cold water, and stir the custard occasionally as it cools. Add the vanilla.

In the bottom of a greased 2-quart baking dish, put a layer of vanilla wafers or cookies, slice over them a layer of bananas and add some of the custard. Repeat until the dish is about three-quarters full.

Make a meringue of the whites of the eggs, using two tablespoons of sugar for each egg white. Spread over the pudding and bake for about 12 minutes at 350 degrees until lightly browned. Chill

the pudding before serving.

An old favorite using honey as the sweetener —

HONEY BREAD PUDDING

- 1 1/3 cups bread cubes
- 1/4 cup liquid honey
- 2 tablespoons butter or margarine
- 1/8 teaspoon salt
- 2 eggs, beaten
- 1/2 teaspoon vanilla
- 1 2/3 cups hot milk

Place the bread cubes in a small baking dish. Combine the honey, fat, salt, eggs, and vanilla. Slowly stir in the milk. Pour the mixture over the bread.

Set the baking dish in a pan of hot water and bake at 350 degrees for 30 to 40 minutes or until pudding is set. Makes 4 servings.

If your family likes fruit-flavored desserts they're sure to like

ORANGE-COCONUT PUDDING

- 1 1/3 tablespoons unflavored gelatin
- 1/4 cup orange juice
- 2 eggs
- 2 tablespoons cornstarch
- 1 cup sugar
- 2 cups hot milk
- 1/4 cup cottage cheese
- 1 tablespoon lemon juice
- 1/4 teaspoon grated lemon rind
- 1/4 teaspoon vanilla
- 1/4 cup shredded or flaked coconut

Soak the gelatin in the orange juice. Beat eggs, cornstarch, and sugar until well blended.

Gradually add hot milk to the egg mixture. Cook over hot water

until thickened.

Remove from heat and stir gelatin into the hot custard mixture. Cool.

Beat cottage cheese, lemon juice and rind, vanilla, and coconut until blended. Stir into custard and mix well.

Pour into molds. Chill until firm. May be garnished with orange sections, if desired.

SWEETPOTATO CUSTARD

- 1/4 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1 teaspoon grated orange rind
- 1 1/4 cups milk
- 2 eggs, beaten
- 2 1/2 cups finely shredded raw shredded raw sweetpotato (shred just before using)
- 1 tablespoon melted butter or margarine

Add sugar, salt, nutmeg, orange rind, and milk to the eggs. Mix thoroughly. Add sweetpotato and fat.

Pour into greased custard cups and set in a pan of hot water. Bake at 350 degrees for about 30 minutes or until set.

APPLE CUSTARD

- 1 cup canned apple slices, drained
- 3 tablespoons sugar
- 1/4 teaspoon salt
- 2 eggs, beaten
- 1 1/2 cups hot milk
- Nutmeg

Arrange apples in bottom of four custard cups. Combine sugar, salt, and eggs. Add milk slowly. Pour over apples, sprinkle with nutmeg.

(Continued on page 9)

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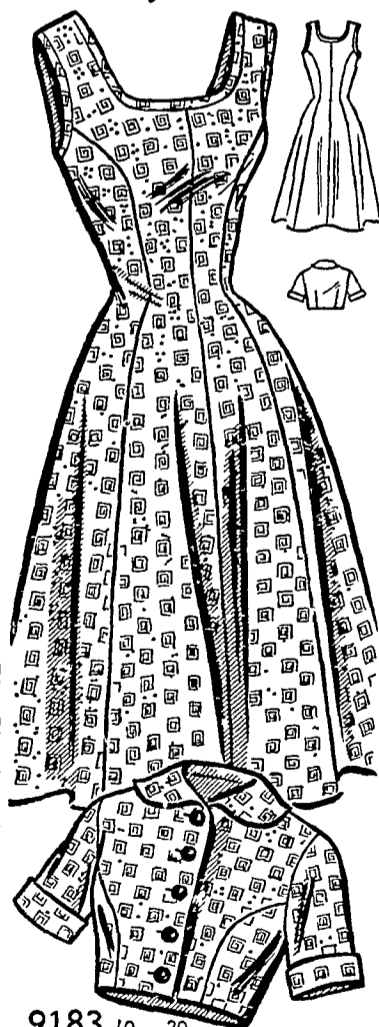
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