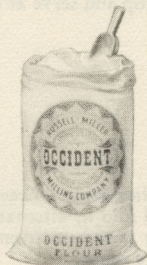


# OCCIDENT

## DESSERT RECIPES



**RUSSELL-MILLER MILLING CO.**

*General Offices*

**MINNEAPOLIS, MINN.**

## Desserts

The basis of these recipes is OCCIDENT Special Patent Flour. OCCIDENT, because of its unusual purity and strength, absorbs more liquid than any other flour. Scant cups of OCCIDENT equal full cups of other flour. Always measure OCCIDENT Flour after sifting.

### OCCIDENT SPONGE CAKE

- 1 cup OCCIDENT Flour
- 4 eggs separated
- 1/2 cup water

- 1 cup sugar
- 1/8 teaspoon salt
- 1 teaspoon lemon extract
- 1/8 teaspoon cream of tartar

Beat egg yolks very light, add water and sugar alternately, and beat constantly. Beat until the mixture is very light and lemon colored. Add flavoring, sift flour and salt together three times and fold in. Beat whites until frothy and add cream of tartar, beat until stiff but not dry. Fold whites into the mixture. Divide the batter in half and bake in two layer cake pans. Bake in moderate oven (300° - 325° F.) about 30 minutes. Put cream filling between layers.

### FILLING

To 1/2 pint of whipping cream which has been beaten stiff add 1 package marshmallows and 1 cup of crushed strawberries, blackberries, or other desired fruit. Spread between layers and on top and serve at once.

### DATE CAKE

- 1 3/8 cups OCCIDENT Flour
- 1 package dates
- 1/2 teaspoon soda
- 1/2 cup walnut meats

- 1 cup boiling water
- 1 cup sugar
- 1 tablespoon butter
- 1 egg or 2 yolks
- 2 teaspoons baking powder

Cut dates, add soda and boiling water. Cream butter, add sugar and well beaten eggs. Sift dry ingredients and fold in alternately with the date mixture. Add nuts. Bake in square pan in moderate oven 350° F. about 35 minutes. Serve with whipped cream or vanilla sauce.

### VANILLA SAUCE

- 2 tablespoons OCCIDENT Flour
- 2 tablespoons butter

- 1 teaspoon vanilla
- 1/4 cup sugar
- 1/2 cup boiling water

Mix flour and sugar together and add boiling water. Cook until it thickens. Remove from fire, add butter. Slightly cool and then add vanilla.

### DATE WALNUT PUDDING

- 2 tablespoons OCCIDENT Flour
- 2 eggs
- 3/4 cup sugar

- 1 teaspoon baking powder
- 1 cup walnuts chopped
- 1 cup dates

Sift dry ingredients together, add nut meats and dates, beat eggs, add sugar gradually and beat well. Combine 2 mixtures. Place in greased baking pan. Sprinkle with cinnamon and bake 25 minutes 350° F. Serve with whipped cream.

### CARROT AND CURRANT PUDDING

Add 3 cups of grated carrots to 2 cups of bread crumbs, 1 1/2 cups of chopped suet, 2 cups currants, 1/2 cup brown sugar, 2 eggs beaten, 1/2 teaspoon nutmeg, and 1/2 cup milk. Pour into a greased mold, cover with a greased paper, and steam 2 hours. Turn out and serve hot with any preferred sauce.



## BOSTON CREAM PIE

Use recipe for Occident Sponge Cake.

### CREAM FILLING

$\frac{1}{3}$  cup OCCIDENT Flour  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{8}$  teaspoon salt

1 teaspoon vanilla  
2 eggs  
2 cups scalded milk

Mix dry ingredients, add eggs slightly beaten, and pour on gradually the scalded milk. Cook fifteen minutes in a double boiler stirring constantly until it thickens. Cool and flavor.

### STRAWBERRY BATTER PUDDING

6 tablespoons OCCIDENT Flour  
3 cups milk  
 $\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  cup butter  
3 eggs  
1 quart strawberries  
 $\frac{3}{4}$  cup sugar

Mix flour and  $\frac{1}{2}$  cup of milk to a thin paste. Add salt and remainder of the milk. Cook, stirring constantly, until the mixture boils. Add melted butter and well beaten eggs. Put the strawberries into a greased baking dish and sprinkle the sugar over them. Let stand for ten minutes, pour the batter in gently at the sides of the dish, cover, and bake in a moderate oven  $300^{\circ}$  to  $325^{\circ}$  F. for an hour. Remove the cover and let the top brown for 15 minutes longer. Serve while hot with a hard sauce. Any fruit may be used.

### PINEAPPLE DESSERT

Use recipe for Occident Sponge Cake.

4 tablespoons OCCIDENT Flour  
1 medium size can grated pineapple  
 $\frac{1}{2}$  cup nut meats

$\frac{3}{4}$  cup water  
 $1\frac{1}{2}$  cups sugar  
Whipped cream

Heat the pineapple, to which has been added the sugar and water. Dissolve flour in a little of the water, add to the mixture, and cook until it thickens and looks clear. Allow to cool. Spread about 1 inch thick on cake. Top with stiffly beaten whipped cream and sprinkle with ground nuts. Cut in squares and serve.

### STRAWBERRY DESSERT

Bake Sponge Cake in a round pan without a tube. Score the top of the cake all around one-half inch from the edge; take out the center to leave a hollow case. Use the crumbs taken out for a pudding. At time of serving fill the hollow center with sugared strawberries. Serve with cream. Ice cream may be used in place of berries.

### SUET PUDDING

3 cups OCCIDENT Flour  
1 cup suet cut fine  
1 teaspoon soda  
 $1\frac{1}{2}$  teaspoons salt  
1 teaspoon cinnamon  
1 cup molasses

$\frac{1}{2}$  teaspoon ginger  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon cloves  
 $\frac{1}{2}$  cup raisins  
 $\frac{1}{2}$  cup currants  
1 cup milk

Mix and sift dry ingredients, add raisins and currants cut fine. Add molasses and milk to the suet and add to the dry ingredients. Pour into well greased molds and steam 3 hours. Makes 16 servings. Serve with Hard Sauce.

### HARD SAUCE

$\frac{1}{3}$  cup butter  
1 cup sugar

1 teaspoon vanilla or  
other flavoring

(Powdered, granulated, brown, or maple sugar may be used.)

Cream the butter until very soft, then stir in the sugar and the flavoring. Set in a cool place until required for use. A grating of lemon rind or nutmeg, or a

sprinkle of powdered cinnamon may be used instead of the vanilla. Cream or milk may be added, with more sugar to make more sauce. This sauce may be used with a hot pudding of any kind.

### COTTAGE PUDDING

1 $\frac{3}{4}$  cups OCCIDENT Flour  
2/3 cup sugar  
1/4 cup butter  
1 egg

1 cup milk  
4 teaspoons baking powder  
1/2 teaspoon salt  
1 teaspoon vanilla

Cream butter and sugar, add beaten egg. Mix and sift dry ingredients and add alternately with the milk. Add vanilla. Pour into well greased muffin tins and bake in a moderate oven about 20 minutes. Makes 10 servings. Serve with lemon, vanilla, or chocolate sauce.

### CHOCOLATE SAUCE

3 tablespoons OCCIDENT Flour  
1 $\frac{1}{2}$  cups sugar  
4 tablespoons cocoa

1/4 teaspoon salt  
1 $\frac{1}{2}$  cups water  
1 teaspoon vanilla

Mix dry ingredients, add water, and cook until it thickens. Flavor and serve hot or cold. Makes 12 servings.

### CHOCOLATE PUDDING

2 cups OCCIDENT Flour  
3 tablespoons shortening  
2/3 cup sugar  
1 egg

1 cup milk  
2 $\frac{1}{2}$  squares chocolate  
1/4 teaspoon salt  
4 teaspoons baking powder  
1 teaspoon vanilla

Cream the shortening and the sugar. Add the well beaten egg. Mix and sift the dry ingredients and add them to the mixture alternately with the milk and vanilla. Add the melted chocolate and turn into greased molds, cover, and steam for two hours. Serve with whipped cream or Pudding Sauce. This makes 10 servings.

### PUDDING SAUCE

1/2 cup butter  
1/2 teaspoon vanilla

1 cup powdered sugar  
1/4 cup heavy cream

Cream the butter, add the sugar gradually, then the vanilla and the whipped cream.

### ALMOND TORTE

7/8 cup OCCIDENT Flour  
1/4 cup butter  
1/2 cup sugar  
1/4 cup milk

4 egg yolks  
2 teaspoons baking powder  
1/4 teaspoon salt  
1 teaspoon vanilla

Cream the butter, add sugar gradually, and cream well. Add well beaten yolks. Add baking powder and salt to flour and sift. Add milk and flour alternately to mixture. Add flavoring. Place in two well greased layer pans. For meringue beat egg whites until stiff, add sugar slowly, beating until firm. Spread over top of batter. Decorate with shredded almonds or place halved almonds on end in meringue. Bake at 350° F. for 45 minutes. Serve with whipped cream or ice cream between layers.

### MERINGUE

4 egg whites  
1/2 teaspoon vanilla

3/4 cup sugar  
1/4 cup almonds



## BLITZ TORTE

1 cup OCCIDENT Flour  
2 eggs  
1 cup sugar

$\frac{1}{2}$  cup boiling water  
1 teaspoon vanilla  
1 teaspoon baking powder  
Pinch of salt

Beat the eggs with pinch of salt until very light and spongy. Add flour sifted 3 times with the baking powder. Add boiling water and vanilla. Bake in 2 layers in moderate oven about 375° - 400° F. Bake 1 layer plain and put meringue on the other, leaving the center plain.

## MERINGUE

$\frac{1}{4}$  cup sugar

1 egg white  
 $\frac{1}{4}$  teaspoon vanilla

## FROSTING

4 tablespoons butter

1 teaspoon vanilla  
 $\frac{1}{2}$  cup confectionery sugar

Mix together well and spread on the plain layer. Then put other layer on top. Frost sides and center top.

## SNOWBALLS

2 cups OCCIDENT Flour  
 $\frac{1}{2}$  cup butter  
1 cup sugar

$\frac{1}{2}$  cup milk  
 $3\frac{1}{2}$  teaspoons baking powder  
4 egg whites  
 $\frac{1}{4}$  teaspoon salt

Cream the butter, add the sugar, and cream well. Sift dry ingredients together, and add alternately with the milk. Beat the whites until stiff and fold into the cake mixture. Bake in small muffin tins or in long pan and cut with cookie cutter. Bake at 350° F. for about 20 minutes. Roll in boiled icing and cover with chopped nuts or cocoanut.

## CRANBERRY PATTIES

$1\frac{1}{2}$  cups OCCIDENT Flour (sifted)  
 $\frac{1}{2}$  cup shortening

$\frac{3}{4}$  teaspoon salt  
Ice water

Mix and sift dry ingredients. ( $\frac{1}{2}$  teaspoon of baking powder may be added.) Cut in shortening. Add slowly, enough cold water to hold ingredients together. Place on slightly floured board. Divide paste into two equal parts, roll  $\frac{1}{4}$  inch thick. Invert patty pans and cover outside with plain paste. Prick paste on top and sides with fork. Set small tins on baking sheet and bake in quick oven. Remove from tins and fill.

## CRANBERRY FILLING

$\frac{1}{4}$  cup OCCIDENT Flour  
2 cups sugar  
1 cup boiling water

1 quart cranberries (chopped fine)  
 $\frac{1}{2}$  teaspoon salt  
1 tablespoon butter

Mix flour and sugar. Add boiling water, stirring constantly. Add butter, salt, and cranberries. Cook 15 minutes in double boiler.

## PLUM PUDDING

$1\frac{1}{4}$  cups OCCIDENT Flour  
3 cups bread crumbs  
 $\frac{1}{2}$  cup sugar  
1 teaspoon mace  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon allspice  
 $\frac{1}{4}$  teaspoon cloves  
2 teaspoons cinnamon

3 apples  
1 cup dark syrup  
 $\frac{1}{2}$  teaspoon soda  
1 teaspoon baking powder  
1 package raisins  
1 package candied lemon peel  
1 package candied orange peel  
 $1\frac{1}{4}$  cups suet, chopped

Soak crumbs in cold water 30 minutes. Press water out with back of spoon or drain well. Sift dry ingredients together, add chopped fruits, and stir well. Add

suet, syrup, and crumbs, and beat thoroughly. Steam 3 hours. Serve with hard sauce using  $\frac{1}{3}$  cup butter, 1 cup white or brown sugar,  $\frac{1}{3}$  teaspoon lemon extract, and  $\frac{2}{3}$  teaspoon vanilla. This makes three 1-pound puddings.

## STEAMED FRUIT PUDDING

3 cups OCCIDENT Flour  
1 cup suet  
1 cup sour milk

2 eggs  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoon soda

Mix  $2\frac{1}{2}$  cups flour with the suet and salt. Combine with milk and mix together. Mix the soda in the remaining flour and add at the last. Add well beaten eggs. Put into a pudding mold about an inch of the batter, then put in a layer of fresh fruit, sweetened, put in more batter, then more fruit, until all is used. Do not fill nearer than three inches to the top. Serve with any desired sauce.

## ORANGE CUSTARD

$\frac{1}{3}$  cup OCCIDENT Flour  
1 large orange  
1 teaspoon vanilla

$\frac{1}{8}$  teaspoon salt  
2 cups milk  
 $\frac{1}{2}$  cup sugar  
2 eggs

Peel and cut the orange into a baking dish. Sprinkle over it two tablespoons sugar. Scald milk. Mix flour, salt and sugar together then pour over this the hot milk. Add the slightly beaten egg yolks and cook in a double boiler stirring constantly until it thickens, and then cook about five minutes longer. Remove from range, add vanilla, and pour this mixture over the orange. Top with egg whites beaten until stiff. Sprinkle over it a little sugar and brown slightly in a moderate oven at 350° F.

## FLOATING ISLAND

1 tablespoon OCCIDENT Flour  
1 pint milk  
4 tablespoons sugar

$\frac{1}{2}$  teaspoon vanilla  
3 eggs  
 $\frac{1}{4}$  teaspoon salt

Separate eggs. Mix salt, sugar, and flour together and add to slightly beaten yolks. Pour hot milk slowly over the mixture. Cook in double boiler until it coats the spoon. Cool and add flavoring, and put in serving dish or glasses. Beat whites until stiff, add sugar slowly and beat until firm. Dot over top. Small pieces of jelly or rolled nuts may be added to the meringue.

## FRENCH ICE CREAM

2 tablespoons OCCIDENT Flour  
2 cups milk scalded  
2 eggs

$\frac{1}{2}$  teaspoon salt  
2 cups cream  
2 tablespoons powdered sugar  
2 tablespoons vanilla

Pour scalded milk over the beaten eggs mixed with the sugar, flour, and salt. Cook until it coats the spoon, cool, and then add the whipped cream and flavoring. Freeze.

## CHOCOLATE ROLL

$\frac{3}{4}$  cup OCCIDENT Flour  
1 cup sugar  
1 teaspoon baking powder

3 eggs  
4 tablespoons cocoa  
3 tablespoons water  
Flavoring

Beat eggs well and add sugar gradually. Add water and flour (sifted four times with baking powder and cocoa). Add flavoring. Bake for 15 minutes in a moderate oven at 350° F. As soon as taken from oven invert onto a cloth that has been wrung out in hot water. Spread with whipped cream, roll, and place in refrigerator until served. Serve with chocolate sauce.



## QUICK PUFF PUDDING

2 cups OCCIDENT Flour

1 cup milk

$\frac{1}{2}$  teaspoon salt

4 teaspoons baking powder

Mix and sift dry ingredients. Add enough of the milk to make a soft batter. Stir the remainder of the milk in as lightly as possible. Grease baking cups and drop 1 tablespoon of batter into each. Cover with blueberries, strawberries, peaches, or any kind of fruit. Sprinkle with sugar and cover with another tablespoon of batter. Steam 20 minutes, and serve with cream and sugar, or with a sauce made from fruit juice, or thin custard sauce.

# QUICK POPE PUDDING

1 cup OCCIDENT Flax

1 egg well

1/2 teaspoon salt  
1 teaspoon baking powder

Mix and sift dry ingredients. Add enough of the milk to make a soft batter. Beat the remainder of the milk in as lightly as possible. Grease baking cup and drop 1 tablespoon of batter into each. Cover with aluminum foil. Bake in any kind of oven. Sprinkle with sugar and cover with another foil. Bake 10 minutes, and serve with cream and sugar, or with a spoon of batter. Bake 10 minutes, and serve with cream and sugar, or with a spoon of batter. Bake 10 minutes, and serve with cream and sugar, or with a spoon of batter.