

Recipes and Instructions



Best Foods Shortening
"Good to Eat"

Foreword



BEING made of pure fat crystals, Best Foods Shortning tends naturally to a more firm consistency than you have been used to in any other shortening.

This is because Best Foods Shortning contains no soft, oily grease. It is all pure, delicate fat crystals. Fat crystals are the sweet and delicious globular crystals gathered from a *pure vegetable oil* by our new and exclusive process. Fat crystals are tiny and non-greasy.

You would hardly think of taking a taste of any other shortening. You would be afraid of it tasting

greasy. But if you will open the container of Best Foods Shortning, take some of the Shortning up on a spoon and taste it, *just as it comes from the container*, you will find Best Foods Shortning entirely free from greasy taste.

It is firm, creamy and velvety in texture.

It contains nothing but pure fat crystals—not even water or salt in addition.

It keeps 3 or 4 times longer than other shortenings.

My suggestion is that you keep Best Foods Shortning, *not* in the

refrigerator, but out on the pantry or kitchen shelf. Then it will always be just the right consistency for mixing with flour and for all other shortening uses.

You need not be afraid that it will turn soft or greasy. It is firm and non-greasy by nature. And when you blend it into the flour with your finger tips you will be very much pleased with its firm, "dry" feeling. Add a level teaspoon of salt for each cup of Shortning.

Where one of your favorite recipes calls for butter, use Best

Foods Shortning but *one-fifth less* in quantity.

On the following pages are a few special recipes of my own, which I developed in our own kitchen. Please try them and let me know how you like them.

Compare Best Foods Shortning with any other shortening. It is well worth the few cents extra it costs you.

ESTHER L. BRANCH

Nutrition Department

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MUFFINS

2 cups flour	1 tablespoon
4 teaspoons baking powder	sugar
1 $\frac{1}{4}$ teaspoons salt	1 egg
3 tablespoons Best Foods Shortning, melted	1 cup milk

Mix and sift dry ingredients; add beaten egg and milk, and then stir in melted Shortning, beating thoroughly. Bake in greased muffin pans in a quick oven (450° F.) for 20 to 25 minutes. Makes 12 muffins.

BEST FOODS SHORTNING makes tender, delicious muffins. Compare with other shortenings.

ALL MEASUREMENTS ARE LEVEL

HALF-A-DOZEN WAFFLES

1 $\frac{3}{4}$ cups flour
4 teaspoons baking
powder
1 teaspoon salt
2 eggs

1 cup milk
5 tablespoons Best
Foods Shortning
(melted)

Sift dry ingredients together. Add beaten eggs and milk and mix well; then stir in melted Shortning and beat thoroughly. Cook on a hot waffle iron. Serve with maple syrup or honey; or powdered sugar and cinnamon and Nucoa.

*BEST FOODS SHORTNING gives a
crisp, non-greasy, golden brown waffle.
Compare with other shortenings.*



BAKING POWDER BISCUITS

2 cups flour	3 tablespoons Best
5 teaspoons baking	Foods Shortning
powder	$\frac{3}{4}$ cup of milk or
1 teaspoon salt	water

Sift flour, salt and baking powder together. Cut in the Shortning with a knife or mix lightly with finger tips. Add milk gradually to make a soft dough. Roll out $\frac{1}{2}$ inch thick on floured board and cut in 2-inch rounds. Bake in a fairly hot oven (400° F.) for 10 minutes and raise heat to 450° for last two minutes for browning.

A convenient variation is to increase the liquid to 1 cup and drop dough on baking sheet instead of rolling it. This gives a feathery, delicate biscuit with less trouble.

BEST FOODS SHORTNING, being tasteless, allows taste of other ingredients to predominate. Compare with other shortenings.



232 FRENCH TOAST

1 egg	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	6 slices bread
Dash of pepper	2 tablespoons Best Foods Shortning

Beat egg and mix with milk, salt and pepper. Soak bread (cut $\frac{1}{2}$ inch thick and preferably a little stale) in this for a few seconds. Heat a tablespoon of Shortning very hot in a skillet and cook 3 slices until golden brown (about 1 minute to each side). Then use other tablespoon of Shortning for remaining 3 slices.

Served with maple syrup, peach or orange marmalade, or a tart jelly this makes a delectable luncheon, supper or breakfast dish.

These will be deliciously crisp without, and soft within; no soaking of fat or foreign flavor. Compare with other shortenings.



OATMEAL DROP CAKES

- | | |
|--------------------------------|--------------------------|
| 2 cups uncooked
rolled oats | 1 cup chopped
raisins |
| 1 cup Best Foods
Shortning | 2½ cups flour |
| 4 eggs | 1½ cups sugar |
| 4 tablespoons milk | 1 teaspoon cinna-
mon |
| ½ cup hot water | 1 teaspoon cloves |
| | 1½ teaspoon salt |
| | 1 teaspoon soda |

Melt Shortning and pour it onto dry rolled oats. Add well beaten eggs, then milk and hot water, mixing well. Mix raisins with other dry ingredients and then stir them into the mixture. Drop from the point of a dessert spoon onto a greased dripping pan (or bake in muffin tins filled only one-half full) in a moderate oven (425° F.) for 12 to 15 minutes.

A most delicious drop cake—compare with those made with other shortenings.



PLAIN CAKE

$\frac{1}{2}$ cup Best Foods
Shortning
1 cup sugar
2 eggs
1 teaspoon lemon
extract

$\frac{1}{2}$ cup milk
1 teaspoon salt
 $1\frac{1}{2}$ cups flour
 $2\frac{1}{2}$ teaspoons bak-
ing powder

Cream sugar and Shortning; add beaten egg yolks and mix thoroughly, then add milk and flavoring. Mix and sift dry ingredients and stir into the creamed mixture; and last, fold in lightly stiffly beaten whites of eggs. Turn into a well-greased tin and bake in a slow oven (300° F.) until raised, then increase temperature to 350° until baked and browned (about 40 minutes).

This makes a perfectly browned, close-textured, delicate cake. Top with the cocoa or mocha cake filling and you have

a perfect "fork cake" to serve for dessert with fruit or creams and sherbets.

Compare with cake made with other shortenings.



COCOA OR MOCHA CAKE FILLING

1½ cups confec-
tioners' sugar
¾ cup Best Foods
Shortning
⅓ to ½ cup cocoa

1 teaspoon vanilla
¼ teaspoon salt
(pinch)
3 tablespoons hot
water

Cream sugar and Shortning; add salt and cocoa and cream thoroughly. Finally put in vanilla and then hot water, a little at a time, stirring it in well.

The recipe may be made in a large

quantity as it will keep soft in a tight jar. No more than ten minutes are needed to turn a plain cake into a delicious dessert by making this filling.

No possibility of failure. It may be varied in many ways, one of the most delicious being the mocha filling obtained by using only 2 tablespoons cocoa, $\frac{1}{2}$ teaspoon vanilla, 1 tablespoon hot water, and 1 teaspoon mocha extract.

To make a white filling omit cocoa, use only 1 tablespoon hot water and any desired flavor, tinting with certified or vegetable colors if desired.

Compare with any other cake filling in which shortening is used.



PASTRY FOR THE EVERYDAY PIE

2 cups of flour
 $\frac{3}{4}$ to $\frac{1}{8}$ cup Best
 Foods Shortning

$\frac{1}{2}$ cup cold water
 $\frac{1}{2}$ teaspoon salt

Mix flour and salt together and cut in Shortning or mix lightly with finger tips. Add cold water and mix lightly. Roll out $\frac{1}{8}$ inch thick on a floured board. (This will make upper and lower crust for one large pie.) Bake in very hot oven (500°F.).

If pastry is chilled in refrigerator before baking, it will be even more delicate. Success in pastry depends on moderation in water; a hot oven; and deft handling.

The soft, creamy texture of BEST FOODS SHORTNING will help you to deal quickly with your pastry making. In no food is a rancid, strong taste so quickly detected—another reason for using this bland, sweet Shortning. Compare with other shortenings.



DOUGHNUTS

$\frac{3}{4}$ cup sugar	1 egg
$3\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon salt
1 tablespoon Best	$\frac{1}{2}$ teaspoon nutmeg
Foods Shortning	
$\frac{3}{4}$ cup milk	3 teaspoons baking powder

Cream sugar and Shortning and mix in the well-beaten egg. Add milk and stir in dry ingredients which have been sifted together. Roll out dough on a floured board, cut out with doughnut cutter and fry in deep fat at 390° F., using about 3 cups of Shortning in a small kettle or pot. Drain on brown paper and sprinkle with powdered sugar while warm. Recipe makes 3 dozen medium-sized doughnuts.

No fat equals the fine vegetable oils, such as BEST FOODS SHORTNING, for this purpose, since a high temperature may be used without burning the oil; and this means crisp foods, not fat soaked. Compare with other shortenings.



FRENCH FRIED POTATOES

Raw potatoes
Salt

Pepper
Best Foods Short-
ning

Wash and pare potatoes. Cut into thick slices lengthwise, then cut the slices so they will be square. Let them stand in cold water from 15 minutes to 1 hour. Then drain and dry them with a cloth and fry a few at a time in deep fat at 390° F. Drain on soft paper, sprinkle with salt and pepper and serve hot.

These potatoes will be non-greasy and free from any taste of shortening. Onions are delicious fried in the same way. They should not be soaked in water before frying.

Compare vegetables fried in BEST FOODS SHORTNING with those fried in other shortenings.



CHOCOLATE FUDGE

 $\frac{1}{2}$ cup milk $\frac{1}{8}$ teaspoon salt2 squares (2 oz.)
chocolate2 cups sugar (gran-
ulated or brown)2 tablespoons Best
Foods Shortning1 teaspoon vanilla
extract

Melt the shaved chocolate with milk, salt, and sugar, over a low flame and stir occasionally for about 15 minutes until sugar is well dissolved. Then add Shortning, and boil very gently for about 5 minutes, or until a soft ball is formed when tried in cold water (240° F.). Remove from stove, and cool slightly; then add flavoring and beat until creamy (about 2 minutes). Pour into a tin greased with Best Foods Shortning, and mark in squares when partly cooled. Should be about $\frac{3}{4}$ inch thick.

Compare fudge made with any other fat.



BUTTERSCOTCH

1 cup sugar	1 tablespoon
$\frac{1}{4}$ cup molasses	vinegar
$\frac{3}{8}$ cupful Best Foods	2 tablespoons
Shortning (6 level	boiling water
tablespoons)	$\frac{1}{8}$ teaspoon salt

Melt sugar with molasses, vinegar, water and salt; then add Shortning a small piece at a time, and boil until it becomes brittle in cold water. (About 295° F., taking approximately 8 to 12 minutes.) Turn into pans well greased with Best Foods Shortning and when "set", mark in squares. Should be about $\frac{1}{4}$ inch in thickness.

This makes Butterscotch of excellent flavor and consistency. BEST FOODS SHORTNING is ideal for candy making.



HOLLANDAISE SAUCE

4 eggs yolks

1 lemon

1 cup Best Foods

Shortning

1 teaspoon salt

 $\frac{1}{2}$ cup boiling water

Cream the Shortning. Add the egg yolks one at a time and cream each one thoroughly into the Shortning. Strain the juice from the lemon and add to the Shortning and eggs. Then add the boiling water and beat in double boiler till thick.

Hollandaise Sauce made with BEST FOODS SHORTNING will be found superior. Compare with other shortenings.



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