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Foods from Faculty Files
by Diane Sharbo, H. Jl. 1

"Strange to see how a good dinner and feasting reconciles everybody."

Samuel Pepys

Good foods are included in every family's Christmas plans. Although famous hostesses are usually reluctant to share the recipes which have won them their reputation, we have managed to secure favorite recipes from faculty members in the Home Economics College at Iowa State.

Bread can be one of the special features at a meal. The Assistant Dean of Home Economics, Julia Faltinson, is particularly partial to this variety of whole wheat bread.

Whole Wheat Bread
(2 loaves)

1 pt. milk
21/2 T. dark molasses
1/2 to 3/4 C. butter
1 pkg. yeast
61/2 C. hard wheat flour (approx.)

Procedure for mixing:
1. Combine salt, honey, molasses, and butter in bowl.
2. Add scalded milk and cool mixture to lukewarm.
3. Add yeast.
4. Add 3 cups of flour and mix until smooth.
5. Continue addition of flour until mixture is stiff enough to knead.
6. Knead until dough is smooth and does not stick to the board.

Rising:
1. Place kneaded dough into slightly buttered bowl, cover with towel and allow to double in bulk at 80 ° to 86 °. This usually takes about 2 to 21/2 hours.
2. Punch and let rise again until double in bulk for the first rising.
3. Knead and shape into loaves. Allow to double in bulk.

Baking:
Start at 425 ° F. After 15 minutes reduce to 350 °. Total baking time 45 to 50 minutes.

Cookies are in demand all year around for midnight snacks and coffee breaks. Miss Jane Saddler, textiles and clothing instructor, decorates these with colorful Christmas designs.

Butter Crispies

1 C. butter
11/2 C. sifted confectioner's sugar
1 egg

Rich cookies are usually taboo for weight-conscious people, but this recipe, chosen by Miss Alice Davis of the Applied Art Department, is hard to resist . . . especially during the festive holiday season.

Pecan Balls

2 C. flour
1/2 lb. butter (1 cup)
3 T. sugar
juice of 1/2 lemon
Mix as paste. Roll into balls, and bake in slow oven 1/2 to 1/4 hours. After baking, roll in powdered sugar.

The different textures, distinctive flavors, and rainbow of colors available make vegetables one of the most valuable assets to your meal. Mrs. Lorraine French of the Food and Nutrition Department suggests this recipe for use during the holiday season.

Spinach or Broccoli Souffle

11/2 pkg. (14 oz) frozen spinach
1/2 C. milk
or broccoli
1 C. grated cheddar cheese
1 T. minced onion
1 t. salt
6 T. butter
4 T. quick cooking tapioca
1t. pepper
1 C. grated cheddar cheese
1/2 C. chopped pecans
Mix as pastry. Roll into balls, and bake in slow oven 1/2 to 1/4 hours. After baking, roll in powdered sugar.

Most folks like a dessert; all varieties rate high in popular favor. This particular ambrosia, from the recipe file of Miss Damaris Pease, instructor in the Child Development Department, is especially pretty for use at Christmas time.

Ambrosia Dessert
6-8 servings

6 seedless oranges
11/2 C. sugar
1/2 C. shredded fresh coconut
Peel oranges. Slice crosswise in 1/8 inch slices. Place orange slices and coconut alternately in crystal sherbet glasses. Sprinkle with sugar. Chill thoroughly. Serve very cold. If desired, ambrosia may be put into a crystal bowl and served at the table. This dessert can be prepared ahead of time and topped with a red candied cherry.
Nuts and fancy puddings are traditional for many families at this time of the year. Miss Margaret Liston, professor and head of the Home Management Department, prefers this almond pudding.

**Golden Almond Pudding**

1 C. soft shortening  
1 C. brown sugar, packed  
1⁄4 C. sugar  
1⁄2 t. salt  
1 t. cinnamon  
1⁄2 t. nutmeg  
1⁄4 t. ginger  
2 eggs  
1 C. toasted chopped almonds (or pecans)  
2 C. sifted flour  
1⁄2 t. baking powder  
1⁄4 t. soda  
1⁄4 C. canned pumpkin  
1⁄4 C. sour cream  
1⁄2 C. dates or figs

**Method:**
1. Cream together shortening, sugars, salt and spices
2. Add eggs; beat until well blended.
3. Add almonds.
4. Sift together flour, baking powder and soda; add to creamed mixture alternately with pumpkin and sour cream.
5. Turn into well-greased mold, about 2 quart size.
6. Cover mold tightly with lid, or aluminum foil or waxed paper tied securely in place.
7. Place mold on rack in large kettle that has a lid.
8. Add water to come halfway up pudding mold. Put lid on kettle, bring water to boil and boil continuously for 2 hours.
9. Let pudding stand about 5 minutes before removing from mold.

Serve hot with Satin Pudding Sauce. (If pudding is made ahead of time store in mold and reheat in boiling water before serving.)

**Satin Pudding Sauce**

1 egg  
1⁄4 C. melted butter  
1⁄2 C. sifted powdered sugar  
1 C. whipping cream

**Method:**
1. Beat egg until foamy.
2. Blend in butter, powdered sugar, vanilla and nutmeg.
3. Whip cream and gently fold it into egg mixture.
4. Store in refrigerator until ready to use.
5. Garnish top with slivered toasted almonds if desired.

Another striking dessert to be served in sherbet glasses was selected by Miss Lenore Sullivan of the Institution Management Department as her favorite recipe.

**Orange Almond Mousse**

10–12 servings  
1 C. sugar  
2 T. grated orange peel  
1 1⁄4 C. boiling water  
1 T. unflavored gelatin  
1⁄4 C. cold water  
1⁄4 C. chopped blanched almonds  
1 C. orange juice  
1⁄4 C. lemon juice  
1⁄2 C. glace cherries  
2 C. heavy cream

Put sugar, grated orange peel, and boiling water into saucepan. Stir and boil 1 min. Soak gelatin in the cold water for a few minutes. Dissolve soaked gelatin in hot syrup. Add orange and lemon juice. Let stand until jelly-like in consistency. Cut cherries into quarters. Whip cream. When gelatin mixture has thickened, fold in the whipped cream, cherries, and nuts. Place in refrigerator and let stand for several hours or over night. Serve in sherbet glasses.