From Home Management Recipes That Pass the Taste Test

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From Home Management

Recipes That Pass the Taste Test

by Julia Bartlett

In the home management houses at Iowa State senior girls—among other things—have a chance to try out their favorite recipes on the other girls in the house. Each 6 week period some recipes come out as favorites; they may be the “new and different” dishes or just the ordinary every-day dish dressed up.

The girls in the Isabel Bevier house went for Kolace, a Bohemian dessert, served by Rose Simanek of Omaha. Kolace

KOLACE
2 cakes compressed 2 tsp. sugar
1 1/2 c. milk, tepid
1/4 c. flour

Dissolve the yeast in the mixture of milk, sugar and flour; mix well. Set in a warm place to rise.

The second part of Kolace is:

1 c. unsalted butter 1 tsp. salt
1/2 c. crisco 7 egg yolks
1 pt. white warm milk 2 egg whites beaten
1 qt. sifted flour grated rind of lemon

Cream the fats, sugar and salt together until light. Add the yolks, one at a time, then the milk, flour and yeast mixture, the egg whites, and lemon rind. Beat the dough until it is not stiff. Add the sugar and spices. Let it rise for 15 minutes before baking in a hot oven for about 25 minutes. Sprinkle with graham cracker crumbs and add a few drops of melted butter. When cool, sprinkle with powdered sugar.

And here’s the fruit filling recipe Rose uses to fill the Kolace.

FRUIT FILLING
1 lb. prunes 1 tsp. cinnamon
1 lb. apricots 1 tsp. cloves
1 c. sugar

Cook the fruit until tender, chop fine and add the sugar and spices. Then here’s Della Mae Steward’s recipe for the orange cookies girls at the Alice Norton house found “oh so good.”

ORANGE COOKIES
2 c. sugar
1 tsp. baking powder
1 c. fat
1 c. sour milk
1 c. sugar
1 tsp. baking powder
1 tbsp. soda Pinch of salt

Cream the butter and sugar and add the beaten egg. Use the conventional method in mixing. Add the dry ingredients alternately with the wet. Drop on a greased pan and bake in a hot oven.

These may be frosted with a mixture of powdered sugar and orange juice.

Lettie Bradley made a hit with puffed rice and date souffle at the Alice Norton house.

CANDY RICE
2 c. sugar
1 tsp. baking powder
1 c. fat
1 c. sour milk
1 c. sugar
1 tsp. baking powder
1 tbsp. soda Pinch of salt

Cream the butter, sugar and egg yolks together. Add the chopped dates and then add the cracker crumbs, puffed rice, baking powder and salt. Fold in the beaten egg whites and bake in a buttered baking dish.

Myrtle Hawley, graduate student, made baked noodles with cheese and ham for the girls in Ellen H. Richards house—and they asked for more. It is a variation from the old stand-by—noodles.

CELEBRATION NOODLES
2 tbsp. flour
1/2 tsp. salt
1/4 tsp. pepper
1 c. milk
1/2 c. grated cheese
1/2 c. cooked noodles
1 c. cold ham coarsely ground

Mix the flour, salt, and pepper with a little diluted milk to make a smooth paste. Add the remaining milk and bring it slowly to the boiling point, stirring constantly. Put a layer of noodles in a greased casserole, sprinkle with cheese and ham and pour the sauce over it. Then add alternate layers of noodles, cheese, ham and sauce. Cover and bake in a hot oven (400°F.) for 25-35 minutes.

EVERYDAY WRITING

You see me dip my pen and write of life and fame;

How can you know that every day the story's
not the same?

Today I wrote of courage, and yesterday, of
fears;

Tomorrow—maybe laughter; tomorrow—
maybe tears.

—Orrine Conard.