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Cook's Favorite at Alpha Delta Pi

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Cook's Favorite

At Alpha Delta Pi

by Floramae Gates

IF YOU should pass the kitchen of Alpha Delta Pi social fraternity house some afternoon, and have your appetite teased with tea aromas, you'll know that Mrs. Mabel Jessen, the English cook, is having her spot of mid-afternoon tea.

"It's a good lift to have a bit of tea before beginning to cook supper," declares Mrs. Jessen, a native of London.

The ADPi's are happy with their peppy representative of England. They think that Mabel's specialty is meat cookery. And well might they think so, for at one time she was meat specialist in the cafeteria of St. Ambrose College, Davenport.

"I don't cook many English dishes for the ADPi's because, don't you know, they like what they're used to," says Mrs. Jessen. "I did fix a holiday plum pudding at Christmas."

Born in London, Mrs. Jessen came to the United States in 1911. She went to California because she thought it would be good experience. For 6 years she cooked for movie directors, actresses and celebrities.

Universal producer Milton Swaltzwald and actor Errol Flynn were on Mrs. Jessen's list of Hollywood employers. In addition, she served many English teas and special parties for celebrities.

"One of my English favorites that the movie people liked was roast beef and Yorkshire pudding," comments Mrs. Jessen.

Now Mrs. Jessen claims Clinton as her home. She came to the ADPi house last fall from a job as cook at the Legionnaire Club in Clinton.

Mrs. Jessen can't quite remember how she became interested in cooking except that "it just came naturally when I started about 15 years ago. I have always liked to cook the modern way and find out new methods, and I've attended cooking schools in Clinton, Davenport, and Hollywood."

Like other cooks do, Mrs. Jessen has special tricks to make everything from peanut butter cookies to mint jelly. The only special knack for making a Christmas plum pudding Mrs. Jessen says "is just to be from England."

"But," she comments, "you don't have to come from England or have any special tricks to make or enjoy English tea cakes, one of the usual pastries served with the English black tea, between 3 and 4 o'clock. Here's the easy-to-make recipe:

ENGLISH TEA CAKES

CREAM:
2 cups light brown sugar
3/4 cup butter

BEAT IN:
3 eggs

ADD:
3/4 cup sour cream.
SIFT AND ADD: 1 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
2 cups flour

ADD:  
1 cup raisins
1 cup nutmeats, chopped
1/2 pound of citron, chopped

DROP: Very small teaspoonfuls of batter on greased baking sheet.

BRUSH: Sweet milk on cookies and sprinkle sugar on top.

BAKE: 350 to 375°F  
12-15 minutes

MAKES: 40 to 50 English tea cakes

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