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# Spark

your



# MEALS

WITH MILK  
BUTTER  
CHEESE  
AND EGGS

*Better Health  
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## FLUFFY OMELET

Beat until thick and light.....4 egg yolks  
Add.....1 tsp. salt  
dash of pepper  
¼ cup milk  
Fold in.....4 stiffly beaten egg whites  
Melt in 9 or 10 inch frying pan.....2 tbsp. butter

Put omelet mixture in frying pan and cook over very low heat 3 to 5 minutes, or until puffed up and brown on the bottom. Put pan in moderate oven, 350°, and bake until top springs back when pressed with finger. Cut about 1-inch incisions at opposite sides, crease down the center in line with the cuts, then fold one half over the other. Chopped cooked bacon, shredded cheese, jelly, chives, or cooked mushrooms may be spread over the top before folding.

## "GOLDEN NUGGETS"

(A type of Seafoam or Divinity using egg yolks. Electric beater desirable, but not indispensable.)

Boil to the "firm ball" stage (245°) or until it spins long threads when dripped from spoon.....2 cups granulated sugar  
⅔ cup water  
¼ tsp. salt  
¼ tsp. cream of tartar  
Meanwhile, beat until very light and lemon colored .....4 egg yolks

When cooking is finished, allow boiling to stop, then pour sirup in a thin stream over the beaten yolks, continuing to beat while pouring. Do not scrape pan. When the surface loses its gloss and the mixture holds the shape of the beater,

Add.....1 tsp. flavoring  
Stop beaters and fold in quickly.....1 cup coarsely broken nut meats  
Drop by teaspoonful onto very lightly buttered sheets, or wax paper. If candy hardens while shaping, soften slightly with boiling water, a half teaspoonful at a time. This candy may also be spread in a pan and cut like fudge.

## HARD MERINGUES

Beat until light.....4 egg whites (1/2 cup)  
1/4 tsp. salt  
1/4 tsp. cream of tartar  
Add by the tablespoonful.....3/4 cup sugar

Continue beating until it forms firm peaks, looks satin-white, and holds shape of beater blades.

Blend and add in the same way.....1/4 cup sugar  
1 tbsp. corn starch  
Add.....1 tsp. flavoring

Bake in one of the following ways:

### Individual Meringues

Drop in 12 mounds on a baking sheet which has been covered with a layer of brown paper and a layer of heavy wax paper. Sprinkle top lightly with sugar, if desired. Bake in slow oven (250°) for about 1 hour, or until golden brown. Turn out the heat, and allow to remain in the cooling oven for another hour. Store where dry.

### "Ice Cream Pie"

Spread hard meringue mixture in two 9-inch buttered cake pans. Bake at 250° for 1 hour, or until golden, then turn out the heat and allow to remain for an additional hour in the cooling oven. Turn one meringue upside down on a flat, thin board or heavy pasteboard, cut to fit. Cut or spoon ice cream over top to cover meringue completely with a layer about 2 inches thick. Top with second meringue, right side up. Put in freeze chest to become firm (2 or 3 hours). Then remove from freeze chest, fill in cavities, if any, with more ice cream, chill again. Then wrap, with board, in best locker wrap available. Return to freezer until ready to use.

**To serve:** Have ready 1 cup cream, whipped, flavored, and sweetened. Unwrap the meringue pie and spread with whipped cream, using a swirl motion. Cut into serving portions and serve at once. Ice cream of different flavors, or chocolate, fruit, and other sauces, may be used for special occasions.