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Recipes to match your sugar ration. 1942

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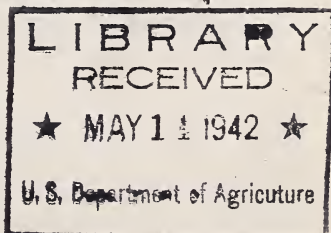
VICTORY BEGINS AT HOME!

RECIPES

TO MATCH YOUR

SUGAR

RATION



PREPARED JOINTLY BY THE ^{U.S.}BUREAU OF HOME
ECONOMICS, UNITED STATES DEPARTMENT OF
AGRICULTURE, AND THE CONSUMER DIVISION,
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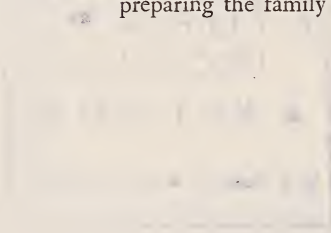
Sugar rationing is here!

For most of us it will mean little change in eating habits.

For others it will mean cutting down on those sweets that food experts say aren't too good for us anyway.

It is going to mean more fruit desserts. Use fresh fruits liberally in place of desserts that call for sugar. Dried fruits are rich in sugar and can be used to sweeten many cooked foods.

Baking and cooking of other desserts can be done with less sugar. The recipes in this bulletin will show you how. Many of these recipes call for no sugar at all. Others call for only small amounts. And for those who happen to have sugar substitutes on hand, such as maple products, sorghum, or cane and corn sirup, this bulletin will tell how to use them in place of sugar, in preparing the family's favorite desserts.



When sirups and maple products are substituted for sugar, their differences must be kept in mind. Sorghum, molasses, and cane sirup, for example, are less sweet than maple sugar, honey, or sugar itself, and require the use of $1\frac{1}{2}$ times as much to get the same amount of sweetness. Corn sirup is even less sweet and twice as much as sugar is required to get an equally sweet flavor. In addition, sirups add water as well as their own characteristic flavor to food. All this must be taken into account when using these sweeteners.

The amount of sugar that will be available for home canning is not yet certain. The sweeter fruits can be put up in their own juices if the juice is extracted from the crushed portions. Many families will want to save sugar from their regular allowance for canning. To make this sugar go farther, use just enough sirup to make the fruit palatable. This may require cooking outside the jar and hot packing so as to draw the juice out of the fruit in order to have enough liquid to cover. Honey or corn sirup may be substituted for half the sugar without affecting the delicate fruit flavor.

In jams, jellies, preserves, and marmalades, sugar acts as a preservative and gives consistency to the product. You can accomplish the same end by using three parts of sugar to four parts of fruit instead of equal weights of fruit and sugar, as usual. This will also give you more of the natural fruit flavor. Honey, when available, may be used to replace half the sugar. It is not practicable to make jellies entirely without sugar. In making preserves, corn sirup may be substituted for as much as half the sugar. But in jellies, jams, and marmalades corn sirup can replace only one-fourth of the sugar. Since sirups contain water, you may have to cook slightly longer to get the same consistency as when using sugar alone.

Good sugar-saving rules to follow at all times are:

- Serve cooked fruits hot to enjoy their fullest flavor and sweetness.
- Save sirup from canned fruit to sweeten other fruit, pudding sauces, or beverages.
- A pinch of salt increases the sweetening power of sugar in cooked food.
- Be sure all sugar is completely dissolved to get its full sweetness.

Recipes to Match Your Sugar Ration

FRUITS AND FRUIT DESSERTS

SCALLOPED APPLES

Pare, core, and slice tart, firm apples. Place a layer of the sliced apples in a baking dish, sprinkle lightly with sugar, and dot with butter or other fat. If the fat has no salt, add a few grains. Put in another layer of apples and press down, add more seasoning, and repeat until the dish is heaping full. Cover, cook slowly for about 1 hour in a moderate oven (350° F.) to brown the crumbs. Scalloped apples are good served hot with a meal or as a dessert.

BAKED APPLES

Wash the apples and core them without cutting through the blossom end. Place the apples in a baking dish. Fill the holes with sirup, and raisins or nuts, if desired. Cover the dish. Bake in a moderate oven (350° F.) until the apples are soft. Serve hot or cold, with or without cream.

BAKED BANANAS

Select ripe bananas. Peel, and scrape off the stringy fibers. Split in half lengthwise and arrange cut side up in a shallow baking dish. Sprinkle with sugar and lemon juice and melted table fat. Bake in a moderate oven (350° F.) for 20 to 25 minutes. Serve from the baking dish.

BROILED PEACHES OR APRICOTS

Place in a shallow baking dish halves of fresh, canned, or stewed dried fruit, pit side up. Pour over the fruit a little melted table fat

and add a very little salt. Broil, bake, or pan fry until the peaches or apricots are hot through, and lightly browned. Serve hot with the meat course or as dessert. This recipe can be used with other firm fruits.

FRUIT CUP

Many combinations of fresh or canned fruit may be used for fruit cup. Use colors that blend or contrast pleasantly and combine acid with sweet fruits, and firm with juicy kinds. Cut large fruits into small attractive pieces, mix lightly so that they keep their shape, sweeten slightly, chill before serving, and garnish the individual servings with sprigs of mint or choice bright-colored fruits. Good combinations are: Strawberries, oranges, and apples; grapes with seeds removed, grapefruit, and apricots; peaches, raspberries, and pineapple; watermelon, honeydew or muskmelon, and oranges; red cherries, pears, and grapes.

FRUIT SHORTCAKE

Bake biscuit dough* in rounds, split and fill with lightly sweetened sliced or chopped fresh, dried, or canned fruit, and serve at once with or without cream.

FRUIT COBBLER

Roll out rich biscuit dough* in size to cover a baking dish. Slash the top so it will let out the steam. Partly fill the dish with lightly sweetened fruit, and cover with the dough. Bake in a hot oven (400° F.) until the crust is brown.

FRUIT TURNOVER

Cut biscuit dough* in circles about the size of a saucer. On one side place chopped fresh fruit or dried-fruit sauce, lightly sweetened with sirup if necessary. Fold over. Crimp the edges and bake.

* 2 cups sifted flour

$\frac{3}{4}$ teaspoon salt

3 teaspoons baking powder

1 tablespoon fat

$\frac{3}{4}$ cup milk, or enough for soft dough

Sift the dry ingredients and cut in the fat. Make a well in the mixture and add the milk slowly and stir from the center with a fork, until a soft dough is formed. Toss on a lightly-floured board, and use as directed. For a richer dough, cut in 4 tablespoons of fat.

DRIED-FRUIT SANDWICH

Cook dried fruit and drain. Chop and mix with creamed butter, cottage cheese, or peanut butter. Spread between slices of bread.

DRIED-FRUIT BREAD PUDDING

1 quart milk	1 cup dried fruit, cooked
2 cups dry bread crumbs	Sugar or sirup to taste
$\frac{1}{4}$ teaspoon salt	3 eggs, beaten
2 tablespoons fat	

Scald the milk, bread crumbs, salt, and fat in a pan over hot water. Add the cooked dried fruit, sweetened to taste. Pour some of the hot mixture into the beaten eggs and mix well. Add the remainder, pour into a greased baking dish, and set in a pan of hot water. Bake in a moderate oven (350° F.) about 1 hour, or until the pudding is firm in the center. When the pudding is about half done, stir well so the fruit will be mixed all through it.

BEVERAGES

To save sugar in sweetening drinks such as iced tea or coffee or fruit punch, prepare a hot sugar sirup. This will dissolve the sugar more completely than stirring it into the cold liquid. Try iced beverages without sugar.

FRUIT PUNCH

Fruit punch can be made with almost any combination of crushed fresh fruits and with canned, bottled, and fresh fruit juices. These can be sweetened to taste with sugar sirup or with corn sirup, and varied in flavor by adding either ginger ale or carbonated water.

FROZEN DESSERTS

FROZEN FRUIT

Run canned or fresh peaches or apricots through a meat chopper. Sprinkle with lemon juice. Return sirup to the mixture, if canned fruit is being used. Sweeten fresh fruit to taste. Freeze.

FRUIT MOUSSE

1 cup whipping cream	2 egg whites
1 cup fruit pulp	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup sugar or $\frac{1}{2}$ cup corn sirup	2 teaspoons lemon juice, if desired

Whip the cream. Combine the fruit pulp with sweetening and stir until well blended. Fold the sweetened fruit into the cream. Fold in the egg whites which have been beaten with the salt. Freeze without stirring either in mechanized refrigerator or in ice cream freezer.

HONEY ICE CREAM

Honey can be substituted for sugar in ice cream recipes on the basis of equal measures. A plain honey ice cream may be made as follows: Mix 1 quart of thin cream with three-fourths cup of delicately flavored honey and freeze.

CUSTARDS, PUDDINGS, AND SAUCES

SOFT CUSTARD

4 eggs	$\frac{1}{4}$ teaspoon salt
1 quart milk	1 teaspoon vanilla
$\frac{1}{8}$ cup sugar, honey, or maple sirup	

Heat the milk and salt in a double boiler. Beat the eggs lightly, add the sirup and mix in some of the hot milk. Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once from the heat, and set in a bowl of cold water. Add the vanilla. Serves 6.

BAKED CUSTARD

4 to 6 eggs	$\frac{1}{2}$ teaspoon vanilla
1 quart milk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{8}$ cup sugar, maple sirup, or honey	Nutmeg, if desired

Heat the milk, sweetening, and salt. Stir the hot milk slowly into the lightly beaten eggs. Add the vanilla. Pour the mixture into custard cups. Bake in a moderate oven (350° F.) on a rack in a pan of water until the custards are set. When the blade of a thin knife comes out clean, the custard is done and should be removed at once from the hot water to keep it from cooking too much. Serve either hot or cold in the custard cups.

BAKED CREAMY RICE PUDDING

3 tablespoons uncooked rice	$\frac{1}{2}$ teaspoon nutmeg or cin-
1 quart milk	namon
$\frac{1}{4}$ cup sugar or sirup	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup raisins may be added instead of the sugar or sirup	

Wash the rice, and stir into the remaining ingredients. Pour into a baking dish, and bake for $2\frac{1}{2}$ or 3 hours in a slow oven (250° to 300° F.). Stir 3 or 4 times during the first hour. During the long, slow cooking, the sugar in the milk caramelizes and helps to give this pudding its delicious sweet flavor.

BAKED INDIAN PUDDING

1 quart milk	$\frac{1}{2}$ cup molasses, sorghum, or cane sirup
$\frac{1}{2}$ cup yellow cornmeal	
1 teaspoon salt	$\frac{1}{2}$ to 1 teaspoon ginger

Cook the milk, cornmeal, and salt in a double boiler for 20 minutes. Add the sirup and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300° F.) for 2 hours. Serve with hot or cold top milk or cream. Serves 6.

CORNSTARCH PUDDING

$\frac{1}{2}$ cup cornstarch	$\frac{1}{2}$ cup sugar, honey, cane or maple sirup
$\frac{1}{4}$ teaspoon salt	
1 quart milk	2 teaspoons vanilla or 1 square chocolate

Mix the cornstarch and salt with 1 cup of cold milk. Scald the remainder of the milk in the top of a double boiler. Add the cornstarch mixture to the scalded milk. Let it boil until thick and smooth, stirring constantly. Cover and cook in a double boiler for 20 minutes. Just before taking from the fire, add the sirup and vanilla flavoring. If chocolate is used, melt the chocolate and add some of the pudding to it, then mix with the rest of the pudding. Pour into molds and allow to cool before unmolding. If vanilla flavoring is used, serve with fresh fruit. Serve chocolate pudding with cream or custard sauce.

COTTAGE PUDDING

3 cups sifted flour	$\frac{1}{4}$ cup fat, melted
4 teaspoons baking powder	1 teaspoon flavoring
$\frac{1}{4}$ teaspoon salt	1 cup cane, corn or maple sirup
1 egg, beaten	
$\frac{2}{3}$ cup milk	

Sift the dry ingredients together. Combine the beaten egg, milk, melted fat, and flavoring. Add to sifted dry ingredients and beat well. Add the sirup and mix thoroughly. Pour into a greased pan, and for a thin loaf, bake in a moderate oven (350° F.) for about 25 minutes. As cup cakes, bake in a moderately hot oven (375° F.) for about 20 minutes.

Serve hot with fresh fruit sauce, maple, lemon or custard sauce.

CAKES, COOKIES, PIES

Best general rules in shifting recipes from refined white sugar to other sweetening when you bake cakes and cookies:

HONEY: Replace sugar with honey, cup for cup, but use one-half the quantity of other liquid called for. That is, if the original recipe calls for 1 cup sugar and 1 cup milk, use 1 cup honey and $\frac{1}{2}$ cup milk. Other ingredients remain the same.

Lower the baking temperature, keeping the oven moderate. Mixtures made with honey not only brown very easily, but high temperatures tend to change the flavor of the honey.

CORN, CANE OR MAPLE SIRUPS: Replace sugar with sirup, measure for measure and reduce liquid only one-third. Cookies made with corn and cane sirup are not as sweet as sugar cookies.

SORGHUM SIRUP: Follow the same rule as with the other sirups, but reduce the baking powder called for in the original recipe. Use $\frac{1}{2}$ teaspoon of soda for every cup of sorghum. This quantity of soda and sorghum has leavening power equal to 2 teaspoons of baking powder. If this isn't equal in leavening power to the baking powder called for in the original recipe, add enough baking powder to take care of the difference.

FOUNDATION CAKE

$\frac{1}{2}$ cup fat	$\frac{3}{4}$ cup sugar
$\frac{1}{4}$ to 1 teaspoon flavoring	3 cups sifted flour
$\frac{3}{4}$ cup sorghum,* cane, corn or maple sirup	4 teaspoons baking powder
2 to 3 eggs	$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt
	$\frac{3}{4}$ cup milk

Cream sugar and fat together. Add flavoring and sirup gradually, stirring until the mixture is light and fluffy. Continue creaming and add slowly the well-beaten egg yolks. Add the sifted dry ingredients and milk alternately, a little milk at a time. Beat in the dry ingredients. Stir in the milk. The first and last addition should be the dry ingredients. Fold in the beaten egg whites last of all. Pour the batter into a lightly-greased pan.

For a layer cake, bake in a moderate oven (350° F.) for 25 minutes. For a loaf cake, bake in a very moderate oven (325° F.) for 40 to 45 minutes.

*If sorghum sirup is used, change the baking powder to 3 teaspoons, and add $\frac{1}{4}$ teaspoon soda to the dry ingredients.

QUICK COFFEE CAKE

2 cups sifted flour	1 cup raisins, chopped
3 teaspoons baking powder	$\frac{1}{4}$ cup chopped nuts, if desired
2 tablespoons sugar	1 teaspoon cinnamon
$\frac{1}{2}$ teaspoon salt	mixed with 2 table-
4 tablespoons butter or other fat	spoons sugar
$\frac{1}{2}$ cup milk	

Sift together the flour, baking powder, sugar, and salt, saving out 2 tablespoons of flour to mix with the fruit. Cut in the fat with a biscuit cutter, and add the milk and floured fruit. In a greased pan, pat the dough down until it is about $1\frac{1}{2}$ or 2 inches thick, and bake for 35 to 40 minutes in a moderate oven (350° F.). When done, butter the top and sprinkle over it a mixture of the chopped nuts, cinnamon, and sugar. Place the cake in the oven again and let it remain until the sugar begins to melt. Serve hot or cold.

GINGERBREAD

2 cups sifted flour	1 egg, beaten
3 teaspoons baking powder	$\frac{1}{4}$ cup milk
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup fat, melted
$\frac{1}{2}$ teaspoon ginger	$\frac{3}{4}$ cup sorghum,* cane,
$\frac{1}{4}$ teaspoon cinnamon	corn, or maple sirup

Sift the dry ingredients together. Combine the beaten egg, milk, and melted fat, and add this mixture to the dry ingredients, stirring in the sirup last. Bake in a shallow pan in a moderate oven (350° F.) for 30 to 40 minutes, or in muffin pans in a hot oven (400° F.) for 15 to 20 minutes.

Variation: In place of the spices and milk, a very pleasing flavor may be obtained by using $\frac{1}{2}$ tablespoon orange rind mixed with $\frac{1}{4}$ cup orange juice.

*If sorghum sirup is used, change the baking powder to 2 teaspoons, and add $\frac{1}{4}$ teaspoon soda to the dry ingredients.

ORANGE DROP COOKIES

2 tablespoons grated orange rind	2 cups sifted flour
$\frac{1}{4}$ cup fat	3 teaspoons baking powder
1 cup maple sirup	$\frac{1}{2}$ teaspoon salt
2 eggs, beaten	

Cream together the grated orange rind, fat, and maple sirup. Add the beaten eggs, then the flour, baking powder, and salt, which have been sifted together. Drop the batter by teaspoonfuls onto a greased baking sheet and bake in a moderately hot oven (375° to 400° F.) for about 10 minutes. Makes about 60 cookies.

PLAIN DROP COOKIES

$\frac{1}{2}$ cup fat	$2\frac{1}{4}$ cups sifted flour
1 cup sorghum,* cane, corn, or maple sirup	2 teaspoons baking powder
1 egg, beaten	$\frac{1}{2}$ teaspoon salt
	1 teaspoon flavoring

Cream the fat, add the sirup mixed with the beaten egg, and beat well. Add the sifted dry ingredients and flavoring. Drop by teaspoonfuls onto a greased baking sheet, allowing room for the cookies to spread. Bake to a golden brown in a moderately hot oven (375° to 400° F.) Remove from sheet while hot. This recipe makes about 60 cookies.

OATMEAL COOKIES

$\frac{1}{2}$ cup fat	2 teaspoons baking powder
1 cup sorghum,* cane, corn, or maple sirup	$\frac{1}{4}$ cup milk
1 egg, beaten	$1\frac{1}{2}$ cups ground oatmeal or rolled oats
$1\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup chopped peanuts
$\frac{1}{2}$ teaspoon salt	1 cup seedless raisins

Cream the fat and add the sirup mixed with the beaten egg. Sift together the dry ingredients, except the ground oatmeal, and add with the milk to the first mixture. Add the ground oatmeal, nuts, and raisins. Mix well. Drop by spoonfuls onto a greased baking pan.

* If sorghum sirup is used, omit the baking powder and add $\frac{1}{2}$ teaspoon soda to the dry ingredients.

Bake to a golden brown in a moderately hot oven (375° to 400° F.). Remove from the sheet while hot. This recipe makes about 60 cookies. Two teaspoons of cinnamon may be added to the recipe if desired.

PEANUT DROP COOKIES

$\frac{1}{2}$ cup fat	3 teaspoons baking powder
1 cup sorghum,* cane, corn, or maple sirup	$\frac{1}{2}$ teaspoon salt
2 eggs, beaten	1 cup roasted peanuts, finely chopped
2 cups sifted flour	

Cream the fat and sirup and add the beaten eggs. Sift the dry ingredients together, add the peanuts, and combine with the first mixture. Stir until blended. Drop the batter by teaspoonfuls onto a greased baking sheet and bake in a moderate oven (350° F.) for about 20 minutes. This recipe makes about 60 cookies.

PIES

A custard pie may be made using the baked custard mixture (see custard recipes).

Fruit pies, such as apple or peach, can be made with very little sweetening. Sprinkle lightly with sugar or add honey to sweeten.

* If sorghum sirup is used, reduce the baking powder to 1 teaspoon and add $\frac{1}{2}$ teaspoon soda to the dry ingredients.

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