

**The**  
**Pudding and**  
**Pastry Book**

By  
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# Preface

The following pages naturally contain only a brief selection from the thousands of sweets which exist; they have been chosen with an eye to dainty quality, and to simplicity, and every receipt has been tested.

Three words concerning sweets: French white fire-proof dishes are better for baking puddings than the ordinary English culinary utensils; small cups or glasses are more charming receptacles for jellies, creams and custards than large dishes; and the magic properties of salt (even in the preparation of sweets) cannot be too much insisted upon, the deprecatory English cook to the contrary.

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## General Directions

*Measuring.*—Flour, sugar, salt, ground spices, should always be sifted before measuring.

A cup is a breakfast-cup holding half a pint. The spoons are the silver ones in general use.

A spoonful of dry material is one in which the convexity at the top corresponds to the concavity of the spoon. A scant spoonful should be made level with the edges of the spoon.

In measuring half a tea-spoon of dry material, fill it first, and then divide it with a knife the length of the spoon.

It is necessary to remember in measuring half or quarter cups that a cup is smaller at the bottom than the top. It is most satisfactory to have half-pint measures which are marked into quarters.

### *Table of Measures*

4 cups flour = 1 quart or 1 lb.

2 cups of butter (solid) = 1 lb.

$2\frac{1}{2}$  cups powdered sugar = 1 lb.

1 cup =  $\frac{1}{2}$  pint

1 glass =  $\frac{1}{2}$  pint

1 pint milk or water = 1 lb.

9 large eggs = 1 lb.

1 table-spoon butter = 1 oz.

1 heaping table-spoon butter = 2 ozs.

Butter the size of an egg = 2 ozs.

*To clean currants.*—Sprinkle the currants with flour, put them on a coarse sieve, and rub them until the stems and grit are separated and go through the sieve. Then wash thoroughly in water, changing it until clear. Drain on a towel and pick over. Dry, if the weather permits, in the *sun*, not in an oven.

*To stone raisins.*—Pour boiling water over the raisins, and let them stand in it for ten minutes. Drain and rub each raisin between finger and thumb till the seeds come out. Cut open or chop.

*Sultanas.*—Pick over sultanas carefully, removing the little stems.

*To chop suet.*—Sprinkle the suet with flour. Chop in a cold place, removing all membrane carefully.

*To boil puddings.*—Pour the pudding mixture into a well-buttered basin, leaving room for it to swell or rise. Take a perfectly clean cloth, dip it in boiling water, and flour plentifully inside where it covers the pudding. Tie it up tightly round the basin. Stand in boiling water. Do not let the water stop boiling for an instant until the pudding is done. If it boils away, renew with fresh boiling water.

*To steam puddings.*—Cover the basin (which should be buttered) with buttered paper. Set in a covered steamer over boiling water. Keep the water boiling hard.

*Bain-marie.*—Bain-maries can be bought, but a saucepan placed upon a trivet in a larger saucepan containing hot water does equally well.

*Gelatine.*—Gelatine should always be soaked in *cold* water for one or two hours before using. Then it should be dissolved in a very little hot water, unless otherwise specified, and strained.

The greatest care must be taken in adding liquid gelatine to a cold mixture, as it so quickly solidifies. Strain it first, and then very gradually add it to the mixture, beating hard all the time.

*To whip cream.*—Whip cream in as cold a place as possible. It will whip easiest if it has been kept on ice for two or three hours. While whipping, remove the froth as it comes on to a sieve to drain. The liquid cream which drains off can be returned to the basin and whipped again. Sugar can be added before or after whipping. The cream will be lighter if the sugar is whipped with it.

*To melt chocolate.*—Put the chocolate in a saucepan on the oven when the heat is very moderate. Watch that it does not burn.

*Meringue for puddings.*—To make a meringue to cover a pudding, beat several whites of egg until frothy but not stiff. Then add the sugar gradually in the proportion of one tablespoon of powdered sugar to each white. Beat till stiff. Spread over the pudding when it is cool. Put in a moderate oven, and take out as soon as the meringue has risen, and is delicately browned. Serve quickly.

*To blanch almonds.*—Put the almonds into boiling water and let them soak in it until the skins rub off easily between the finger and thumb. Drain and spread out to dry.

*To pound almonds.*—After blanching let them soak for an hour in cold water, then pound in a good sized mortar until reduced to a soft pulp. Whilst pounding add a few drops of orange-flower water or lemon juice.

*Mixing.*—There are three ways of mixing. Stirring, Beating, Cutting (or Folding).

*To stir.*—Let the spoon touch the bottom and sides of the basin, and move it round quickly in circles of various sizes. Do not lift it out of the mixture, and work well against the sides.

*To beat.*—Tip the bowl to one side. Bring the spoon or fork quickly down into the mixture and through it, take it out the other side and bring it over and down again, scraping the sides well each time it goes in.

It is important to keep the bowl of the spoon well scraped out during mixing.

*To cut or fold.*—Turn over the mixture with a spoon, lift it up, folding in the white of egg as lightly as possible. Do not stir or beat but mix very gently until quite blended.

*To beat butter.*—Butter which is to be beaten should not be melted; but it can be softened by being kept for a while in a warm place.

To all sweets, with a few exceptions such as jellies, creams and fruit dishes, salt should be added. It must be used carefully,



since the quantity required will necessarily vary. Salt is of the highest importance in bringing out the full flavour of the ingredients used. It can be added to flour or milk, or when the whites of eggs are used it will serve a double purpose if added to them, as it makes them much easier to beat up.

# Milk Puddings

## Apple Tapioca Pudding

1 teacup tapioca  
1<sup>1</sup>/<sub>2</sub> pints warm water  
6 apples  
1 lemon  
1 tea-spoon butter  
1 cup milk  
1 cup powdered sugar

Soak the tapioca in the water. Add to it the butter, melted, a little salt, half the sugar and the milk. Peel and core six sour apples, filling them with the rest of the sugar with which the juice of half a lemon and the grated peel of a whole lemon have been mixed. Put the apples into a deep pudding-dish. Pour the tapioca and milk round them. Bake an hour.

This pudding may be made with plums, gooseberries or currants; they should be well sweetened.

## Bread and Butter Pudding

Bread  
Butter  
Sultanas  
Powdered cinnamon  
3 eggs

1 pint milk  
3 table-spoons powdered sugar

Cut a number of slices of bread, taking off the crusts and spreading them with butter. Butter a pudding-dish and fill it three parts full with the slices of bread and butter, sprinkling a little powdered cinnamon and a few sultanas between each layer. Beat the sugar and eggs together. Add the milk and flavouring. Strain. Pour slowly on the bread, letting it absorb all it can. Bake in a moderate oven for an hour.

A good variation of this pudding is made by spreading each layer of bread and butter with jam.

### **\*Bread Pudding**

1<sup>1</sup>/<sub>2</sub> cups powdered sugar  
2 cups bread-crumbs  
1 quart milk  
5 eggs  
1 table-spoon butter  
Vanilla

Put the bread-crumbs, which should be very fine, to soak in the milk. Mix the butter and one cup of sugar. Add the well-beaten yolks, and beat well together. Add bread-crumbs and milk and a little vanilla. Butter a pudding-dish and fill it not more than two-thirds full. Bake in a moderate oven until set. Spread quickly with jelly or jam and cover with the whites beaten to a froth and mixed with half a cup of sugar. Put back in the oven to brown quickly. Serve cold with cream.

This pudding can be made with crushed and sweetened fresh strawberries instead of jam.

## **Gâteau de Riz**

5 table-spoons rice  
 $\frac{1}{2}$  cup powdered sugar  
1 quart milk  
6 eggs  
Lemon peel  
1 bay leaf

Boil the rice and sugar in the milk, with a thin strip of lemon peel and the bay leaf, very gently until all the milk is absorbed. When cold, add four whole eggs and two extra yolks previously well beaten, and two whites beaten to a stiff froth. Beat all well together. Butter a mould, and sprinkle very fine bread-crumbs all over it. Pour in the rice and bake for half-an-hour in a quick oven.

A small cup of strong coffee can be added while the rice is being cooked, or a handful of candied cherries after the eggs have been added.

## **Rice Cream**

1 tea-cup rice  
 $1\frac{1}{2}$  pints milk or 1 pint milk and  $\frac{1}{2}$  pint cream  
 $\frac{1}{2}$  cup powdered sugar  
 $\frac{1}{2}$  tea-spoon vanilla

Boil the rice in the milk (with a very little salt) until it is soft and thick and all the milk is absorbed. Add the sugar when

partly cooked, and stir in the vanilla when the rice is done. Pour into small moulds or cups. Leave till the following day. Serve cold with custard, cream or cold fruit sauce.

### **\*Plain Rice Pudding**

$\frac{1}{2}$  cup rice  
 $\frac{1}{2}$  cup brown sugar  
1 quart milk  
A little salt

Let the rice soak for half-an-hour in the milk. Add the sugar. Bake over two hours in a moderate oven.

### **Rice Pudding with Apples or Raisins**

3 table-spoons rice  
1 quart milk  
3 table-spoons brown sugar  
Salt  
3 sour apples  
Or 1 cup raisins or sultanas

Soak the rice in the milk for an hour. Add a little salt, the sugar, the apples pared and cut into eighths, or the stoned raisins or sultanas. Butter a deep pudding-dish and fill it, covering it with a plate. Bake very slowly for four hours.

### **\*Rice Soufflé**

$\frac{1}{2}$  cup rice  
1 pint milk  
6 eggs

6 table-spoons powdered sugar  
1 table-spoon butter  
 $\frac{1}{2}$  tea-spoon vanilla

Cook the rice for twenty minutes in a large sauce-pan of salted boiling water. Drain it and cook it in the milk in a double-boiler for ten minutes. Beat the yolks until light and creamy. Add the sugar and softened butter. Stir the eggs, etc. into the rice and cook for five minutes, but do not allow it to boil. Let it get cold. Beat well together, add the vanilla, and lightly stir in the whites beaten to a stiff froth. Bake in a buttered mould for half-an-hour. Serve with a sauce.

### **Tapioca Pudding—I**

5 table-spoons tapioca  
1 quart milk  
1 table-spoon butter  
 $\frac{1}{2}$  cup brown sugar  
(3 eggs)

Soak the tapioca over night, or if this has not been done, let it simmer for half-an-hour in water. Drain and add the milk, sugar, melted butter and a little salt. Butter a dish and bake in a moderate oven for an hour.

Three eggs and a little vanilla can be added. They should be thoroughly well beaten and stirred into the milk.

### **\*Tapioca Pudding—II**

1 breakfast-cup tapioca  
5 eggs

1 quart milk  
1 cup powdered sugar  
 $\frac{1}{2}$  tea-spoon vanilla

Cover the tapioca with water and soak all night. Then boil it till tender. Make a custard of the five yolks, sugar and milk. Drain the tapioca. Put it into a large basin, adding a very little salt. Pour the custard over it and beat well together, adding the vanilla. Whip the whites to a firm froth. Stir them lightly in. Butter a pudding-dish and pour in the mixture. Set it in a pan of boiling water in a very moderate oven. Cover it with a dish. Bake until the custard becomes thick and a little set (it must not be as firm as a baked custard). Brown with a salamander or set in a hot oven for a few minutes.

# **Boiled Custards**

## **General Directions**

In making custards it is of the utmost importance that they should not be allowed to boil. They are best made in a porcelain double-boiler or in a bain-marie .

Cooked white of egg may be added as a garnish to any custard. To prepare it, beat the whites to a stiff froth, and either put it on a sieve and steam it; or drop a tablespoonful at a time into boiling milk, removing it with a skimmer as soon as firm. Whipped cream or ratafias may also be used.

## **Plain Custard**

1 pint milk  
3 or 4 yolks of eggs  
3 tablespoons powdered sugar  
 $\frac{1}{2}$  teaspoon vanilla

Beat the yolks in a good sized basin until light and creamy. Add the sugar and a very little salt. Scald the milk and pour it gradually over the yolks, stirring constantly whilst doing so. Pour the custard back into a double-boiler in the outer part of which is very hot water. Stir continually until the custard thickens. When it is thick enough it will coat the spoon. It must not boil or the custard will curdle. Strain at once into a jug. Add the flavouring when cool.



## **Caramel Custard**

Melt three table-spoons of powdered sugar in a saucepan and stir it over a quick fire until it is a rich brown, being very careful that it does not burn. Pour this into a basin and beat it well with three or four yolks of eggs. Proceed as for plain custard (see above).

## **\*Chestnut Custard**

1 lb. chestnuts  
4 eggs  
4 ozs. powdered sugar  
1 pint milk or cream  
 $\frac{1}{2}$  tea-spoon vanilla

Boil, peel and pound the chestnuts. Add the well beaten yolks, a little salt and the sugar. Beat well together. Add the milk or cream. Beat the whites to a stiff froth and add them gradually, stirring continually. When well mixed, pour into a double boiler and stir until the custard thickens. Add the vanilla when the custard is cool.

## **\*Chocolate Custard**

Add to one pint of milk three table-spoons of grated chocolate. Boil until the chocolate is melted. Proceed as for plain custard . When cold stir in a gill of rich cream. Serve very cold.

## **\*Coffee Custard**

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