

QUICK and EASY DESSERTS



Congeaed Fruit Salad Makes a Refreshing Dessert

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Quick and Easy Desserts

Congeaed and frozen desserts should add real food value to the meal, not just be "something sweet." Many desserts are too rich to follow a big meal. Frozen and congealed desserts can be satisfying, yet light and tasty when made from milk, fruit, and eggs.

Quicky Lemon Freeze

- 1 cup evaporated milk (chilled)
- 1 tsp. salt
- 1 small can frozen lemonade

Whip cold milk, add lemonade and salt, and freeze. This can be made with frozen orange or grape juice, too.

Baked Alaska

- 1 9-inch square layer cake (sponge or butter or frozen cake)
- 1 layer of ice cream (have very hard) to cover center of cake to 1" of edge
- 4 egg whites
- $\frac{1}{2}$ cup sugar
- Salt

Preheat oven to 400°F. (moderately hot). Beat egg whites until firm. Add sugar and salt and beat until very stiff. Place cake on a thick board and quickly put ice cream on top and cover with meringue. Be sure to seal meringue to sides of cake. Bake until meringue is brown. Serve at once.

Variation: Add 1 tsp. instant coffee to meringue if the ice cream you select will "go with" coffee flavor.

Banana Ginger Pie

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| 1 envelope unflavored gelatin | 3 tbsps. lemon juice |
| $\frac{2}{3}$ cup sugar | 1 cup mashed bananas (2 medium) |
| $\frac{3}{4}$ cup water | 2 unbeaten egg whites |
| 1 tsp. grated lemon rind | 1 Gingersnap Pie Shell |

Mix gelatin and sugar together in the top of a double boiler. Add water. Place over boiling water and stir un-

til gelatin is thoroughly dissolved. Remove from heat. Add lemon rind and juice and bananas. Chill until mixture mounds slightly when dropped from a spoon. Add egg whites and beat with a rotary beater until mixture begins to hold its shape. Turn into cooled pie shell and chill until firm. Makes 8 servings. 150 calories per serving.

Gingersnap Pie Shell

1 cup crushed gingersnaps (15 cookies)
2 tbsps. melted butter or margarine

Blend together cookies and butter. Press firmly against bottom and sides of a 9" pie plate. Bake in moderate oven (375° F.) for 6 minutes. Cool.

Coffee Fluff

1 envelope unflavored gelatin	1 tsp. vanilla
2 tbsps. sugar	2 egg whites
2 tps. instant coffee	¼ cup sugar
¼ tsp. salt	¼ cup cold water
2 egg yolks	¼ cup nonfat dry milk
1¾ cups water	1 tsp. lemon juice

Mix gelatin, sugar, coffee, and salt together in the top of a double boiler. Beat together egg yolks and water. Add to gelatin mixture and cook over boiling water, stirring constantly until gelatin is dissolved, about 8 minutes. Remove from heat; add vanilla. Chill to unbeaten egg white consistency. Beat egg whites until stiff; beat in ¼ cup sugar. Fold in gelatin mixture. Beat cold water, dry milk, and lemon juice together until stiff and mixture stands in peaks. Fold into gelatin mixture. Turn into a 5-cup mold or individual dessert dishes. Chill until firm. Makes 8 servings. 73 calories per serving.

Apricot-Coconut Pie

1 envelope unflavored gelatin	1 tsp. lemon juice
⅓ cup sugar	1 tsp. almond extract
⅓ tsp. salt	2 unbeaten egg whites
1½ cups apricot nectar	1 Coconut Pie Shell

Mix gelatin, sugar and salt together. Heat apricot nectar to very hot and add to gelatin mixture and stir until

gelatin is dissolved. Add lemon juice and almond extract. Chill to slightly thicker than unbeaten egg white consistency. Add egg whites and beat with a rotary beater until mixture begins to hold its shape. Turn into prepared Coconut Pie Shell. Chill until firm. Makes 8 servings. 146 calories per serving.

Coconut Pie Shell

- 1 tsp. butter or margarine
- 1 can (4 oz.) shredded coconut

Grease a 9" pie plate with butter. Put coconut in pie plate and press against bottom and sides. Bake in slow oven (325°F.) about 10 minutes or until brown. Cool.

Low-Calorie Cheese Cake

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| 2 envelopes unflavored gelatin | 1/2 cup ice-cold water |
| 3/4 cup sugar | 1/2 cup nonfat dry milk |
| 1/4 tsp. salt | 2 egg whites |
| 2 egg yolks | 1 tbsp. lemon juice |
| 1 cup liquid nonfat dry milk or skim milk | 1/8 tsp. nutmeg |
| 1 tsp. grated lemon rind | 1/8 tsp. cinnamon |
| 3 cups creamed cottage cheese, sieved | 1/3 cup graham cracker |
| 1 tbsp. lemon juice | crumbs (4 crackers) |
| 1 tsp. vanilla | |

Mix gelatin, sugar, and salt together thoroughly in the top of a double boiler. Beat together egg yolks and dry milk. Add to gelatin mixture and cook over boiling water, stirring constantly until gelatin is thoroughly dissolved, about 8 minutes. Remove from heat; add lemon rind, cool. Stir in cottage cheese, lemon juice, and vanilla. Chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon.

Beat cold water, dry milk, egg whites, and lemon juice together until stiff and mixture stands in peaks. Fold into gelatin mixture. Turn into an 8" spring-form pan or 2 refrigerator pans and sprinkle top with a mixture of nutmeg, cinnamon, and graham cracker crumbs. Chill until firm. Makes 12 servings. 155 calories per serving.



A Compote of Winter Fresh Fruit, Baked in Honey and Fresh Orange Juice Syrup.

Baked Fruit Compote

5 medium bananas	$\frac{1}{4}$ cup strained honey
$\frac{1}{2}$ cup unpeeled diced red apples	$\frac{1}{4}$ cup grated fresh coconut
$\frac{1}{4}$ cup fresh orange juice	Orange slices for garnish
3 tbsps. fresh lemon juice	

Cut bananas into $\frac{1}{2}$ " thick slices. Place in a 1-quart casserole along with the apples. Combine orange and lemon juice and honey. Pour over fruit. Place in a preheated hot oven (400°F.) for 10 minutes or until fruit is tender. Sprinkle coconut over the top and bake 5 minutes longer or until coconut is lightly browned. Garnish with orange slices. Serve warm. Makes 6 servings.

Pineapple or Peach Sherbet

2 cups buttermilk	1 cup crushed pineapple or mashed peaches
1 cup sugar	1 tbsp. vanilla

Mix together all ingredients. Freeze to a mush. Beat well and refreeze.

Fruit Sherbet

1 pkg. fruit gelatin	1 tbsp. grated lemon rind
$1\frac{1}{2}$ cups sugar	1 qt. milk (whole, skim, or
2 cups boiling water	3 cups water and 1 cup dry
$\frac{1}{3}$ cup lemon juice or	milk plus 2 tbsps. lemon
1 cup crushed fruit	juice)

Mix gelatin and sugar. Add boiling water and stir until dissolved. Cool. Add lemon juice and rind. Stir cooled gelatin mixture into the milk. Freeze until mushy. Beat in a chilled bowl until smooth but not melted. Return to tray to harden. Makes 12 servings. (When using dry milk, put water and lemon juice into a large bowl, add milk powder, and beat with a rotary beater until well-mixed).

Fruit Juice Snow

1 envelope unflavored gelatin	1 can (6 oz.) frozen fruit juice
$\frac{1}{2}$ cup sugar	concentrate of your choice *
$\frac{1}{8}$ tsp. salt	2 unbeaten egg whites
$1\frac{1}{4}$ cups water, divided	

Mix gelatin, sugar, and salt thoroughly in a small saucepan. Add $\frac{1}{2}$ cup of the water. Place over low heat, stir-

ring constantly until gelatin is dissolved. Remove from heat and stir in remaining $\frac{3}{4}$ cup of water and frozen fruit juice. Add unbeaten egg whites and beat with an electric beater until mixture begins to hold its shape or beat with a rotary beater until mixture is light and fluffy, about 7 minutes. To speed up hand beating place over ice and water; beat. Spoon into dessert dishes and chill until firm. Serve plain or with Custard Sauce. Makes 8 servings, 93 calories per serving.

**If fresh or frozen pineapple juice is used, boil 2 min. before combining with the gelatin.*

Custard Sauce

1½ cups milk	3 tbsps. sugar
2 egg yolks	$\frac{1}{8}$ tsp. salt
1 whole egg	1 tsp. vanilla

Scald milk in top of double boiler. Beat egg yolks and egg, stir in sugar and salt. Gradually add small amount of hot milk, stirring constantly. Return to double boiler and cook, stirring constantly over hot, not boiling, water until mixture coats spoon. Remove from heat; cool. Stir in vanilla.

Chocolate Mousse

1 large can evaporated milk or	1 tsp. vanilla
1 cup dry milk with 1 cup water	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup chocolate sauce*	

Chill canned milk before beating. Dry milk needs 2 tbsps. lemon juice for each cup water. Whip milk until stiff. Fold in chocolate sauce, vanilla, and salt. Freeze in deep tray without stirring.

*Chocolate Sauce

2 cups sugar	1 cup water
1 tbsp. corn syrup	1 tbsp. butter
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup cocoa

Mix all ingredients together in saucepan. Stir over low heat until dissolved. Boil 5 minutes, add 1 tsp. vanilla and cool. This sauce is excellent over ice cream, cakes, and puddings, and as a flavoring for milk. For mocha sauce, add 1 tsp. instant coffee powder.

Chocolate Chiffon Dessert

1 envelope unflavored gelatin	3 eggs, separated
$\frac{1}{2}$ cup sugar, divided	$1\frac{1}{2}$ cups milk
$\frac{1}{8}$ tsp. salt	1 tsp. vanilla
$\frac{1}{2}$ cup cocoa	Whipping cream, optional

Mix gelatin, $\frac{1}{4}$ cup of the sugar, salt, and cocoa in top of double boiler. Beat egg yolks and milk together. Add to gelatin. Cook over boiling water, stirring constantly until gelatin is dissolved, about 5 minutes. Remove from heat and stir in vanilla. Chill to unbeaten egg white consistency. Beat egg whites until stiff. Beat in remaining $\frac{1}{4}$ cup sugar. Fold chocolate gelatin mixture into egg whites. Turn into a 4-cup mold or individual molds. Chill until firm. Unmold on serving plate and garnish with whipped cream, if desired. Makes 8 servings, 127 calories per serving.

No-Bake Cup Custard

3 eggs	1 tall can evaporated milk ($1\frac{2}{3}$ cups)
$\frac{1}{4}$ tsp. salt	or use fresh or dry milk*
$\frac{1}{2}$ cup sugar	1 cup boiling water
$\frac{1}{2}$ tsp. vanilla	Nutmeg

Beat eggs until well blended. Stir in salt, sugar, vanilla, milk, boiling water. Pour into custard cups. Sprinkle tops with nutmeg. Place in a deep fry pan which has a tight fitting lid. Pour hot tap water around cups to level of custard mixture. Bring water to a rolling boil, cover, and turn off heat immediately. Let stand covered until set (until knife inserted in center comes out clean), about 12 to 15 minutes. Remove from water to a cooling rack. Let cool about 10 minutes, then refrigerate until serving time. Makes 7 servings.

**When using fresh milk, scald $2\frac{2}{3}$ cups fresh milk. Omit boiling water, and mix as directed above. For dry milk, mix $1\frac{1}{2}$ cups dry milk with $\frac{2}{3}$ cup cold water; add 1 cup boiling water and mix as directed above. This takes about 25 minutes to cook, if dry milk is used.*

Parfaits

This elegant way of serving ice creams and sherbets is a special treat. Use tall parfait glasses and alternate ice cream or sherbet with fruit, gelatin dessert, or sauces. Fruit gelatin squares piled in glasses with cream or top milk is pretty as well as good. Have fun mixing and matching

flavors, colors, and textures for a variety of taste-tempting parfaits.

Meringue Shells

If you have a little time to spare, try making meringue shells. This is truly a dessert that is attractive enough for the most special occasion. Individual meringues can be made in the shape of shells, four-leaf clovers, hearts, or whatever you choose for a particular occasion. They can be tinted pretty colors, too! Fill each shell with a big scoop of ice cream such as strawberry or chocolate, and top with whipped cream or a sauce.

4 egg whites
1 cup sugar

Beat egg whites until foamy. Add sugar 1 tbsp. at a time. Beat well after each addition; then beat until stiff peaks form. Shape as desired on ungreased cookie sheet or on unglazed heavy paper. Bake in a slow oven, 250°F., 60 to 70 minutes or until dry. It will take longer on rainy days. If meringues are not dry in 1 hour, turn oven off and leave meringues in until they are dry.

Party Puffs

An easy and attractive party food is a cream puff, filled with ice cream and topped with a creamy smooth sauce.

1 cup boiling water	1 cup flour
½ cup shortening	4 eggs
½ tsp. salt	

Add boiling water to shortening, bring to a boil. Remove from heat, add flour all at once, stir vigorously until ball forms in center of pan. Cool slightly and add the eggs one at a time, beating in each one before adding the next. Drop by spoonfuls on a greased pan about 2" apart, shaping into a circular form and having the batter a little higher in the center. Bake 10 minutes at 400°F., then reduce heat to 350°F. and bake 20 minutes. If removed from the oven before they are thoroughly done, they will fall. Take out one; if it does not fall, the others may be removed.

Cool; cut a slit in one side, and fill with cream filling, whipped cream, a fruit mixture. Cream puffs make an excellent foundation for a great variety of desserts. Split

them open; fill with any kind of ice cream, cover with sauce, and serve immediately.

Orange Chiffon Pie

Crust

$\frac{1}{4}$ cup butter or margarine	$\frac{1}{4}$ tsp. vanilla
1 cup marshmallow creme	3 cups bite-size shredded rice,
$\frac{1}{2}$ cup finely shredded coconut	crushed to $1\frac{1}{2}$ cups

Butter an 8" or 9" pie plate. Heat and stir butter and marshmallow creme over hot water until syrupy. Stir in vanilla, coconut, and cereal crumbs. Press into pie plate.

Filling

1 tbsp. unflavored gelatin	$\frac{1}{2}$ cup orange juice
$\frac{1}{4}$ cup water	1 tbsp. grated orange rind
4 eggs, separated	$\frac{1}{2}$ tsp. salt
1 cup sugar, divided	2 tbsps. toasted coconut (optional)
2 tbsps. lemon juice	

Soften gelatin in water. Beat egg yolks and $\frac{1}{2}$ cup sugar in top of double boiler. Add orange and lemon juice and salt. Blend thoroughly. Heat and stir over hot water (not boiling) until mixture coats a spoon, about 20 min-



Orange Chiffon Pie

utes. Remove from heat. Add gelatin and orange rind. Cool custard until it begins to thicken. Stir occasionally. Beat egg whites until foamy, add remaining sugar, gradually, beating until meringue holds a stiff peak. Fold in custard. Spoon into crust. Top with toasted coconut, if desired. Chill several hours. Dip pie plate in hot water a minute or two before cutting pie. The butter melts slightly and slices are easier to remove.

Angel Cakes

Angel cake can be used in many ways for quick attractive desserts. When preparing filled angel cakes, freeze cake first. This makes cake easier to slice and helps prevent ice cream from melting while filling.

Frosted angel cake is easier to serve if cake is frozen after frosting. Cakes may be made ahead, frozen, wrapped in freezer paper, and stored two weeks in freezer. Garnish just before serving.

A large cake (1 lb. size) when filled will make 16-20 servings.

Filled Angel Cakes

- 1 quart ice cream
- 1 angel cake (1 lb.)
- Fruit, if desired

Hollow out an angel-food cake, leaving 1½" shell. Fill with ice cream, frost with sweetened whipped cream, either flavored with chocolate or a fruit flavor. Freeze, if desired, until serving time. If desired, break cake which was removed into chunks and mix lightly with ice cream and/or fruit. Fill center of cake and frost with ice cream, whipped cream, or whipped flavored gelatin. Serve at once or freeze until firm. May be garnished with coconut or fruit.

Neapolitan Angel Dessert

- 1 pt. chocolate ice cream
- 1 pt. strawberry ice cream
- 1 pt. lime ice cream
- 1 qt. vanilla ice cream
- 1 large angel cake (about 1 lb.)

Freeze cake. Cut into 3 slices across, fill with fruit and/

or ice cream, alternating layers of filling and cake. Frost with softened vanilla ice cream. Freeze.

Frosted Angel Cake

Frost with whipped cream or softened ice cream or with whipped flavored gelatin. If frosted with cream, only 1 pint is needed.

Melon Ball Fruit Cup

Combine chilled fresh or canned fruits with melon balls and cantaloupe. Serve in glass cups garnished with mint or in half a small melon or cantaloupe. About 100 calories per serving if fruit is unsweetened.

Easy Suggestions for "Dressing Up" Everyday Desserts

1. Make individual sundaes by putting ice cream in paper cups and topping with syrup. Cover with small squares of aluminum foil and freeze. These sundaes are wonderful for those last minute parties or for friends who drop in unexpectedly.

2. Cut ice cream into squares and put between plain cookies or graham crackers; wrap and freeze. They make deliciously different ice cream sandwiches. For something special use leftover or frozen waffles to make a sandwich.

3. To make an easy ice cream pie, line a refrigerator tray with graham crackers or cookie crumbs. Fill with ice cream and freeze. At serving time, cut diagonally into pie-shaped wedges.

4. Make your own special flavored sodas, put a scoop of ice cream in a glass, pour in soda of any flavor, and stir.

5. Roll scoops of ice cream in toasted coconut or chopped nuts, and top with your favorite sauce.

6. Make ice cream cups from 1 package of semi-sweet chocolate bits, 2 tbsps. butter, and ice cream. Melt chocolate with butter. With a spatula, spread a rather thick coat of chocolate mixture inside of 8 small paper baking cups, on sides and bottom. Freeze. Peel off paper and fill with scoops of ice cream.

Fresh Fruit—The Best Dessert

Day in and day out, fruit is the most satisfactory dessert for all occasions. When fresh fruit is available it is always a favorite, but combinations of two or more kinds of canned fruit make a colorful, appetizing dessert.

Fruit is low in calories, yet high in important vitamins and minerals. Most fruits have less than 100 calories a serving unless sugar is added. Every tablespoon of sugar adds 50 calories. Often a sprinkle of salt brings out the natural flavor of the fruit.

A colorful bowl of fruit, cleaned and chilled, gives each person a choice of the kind he prefers. The combination depends on the season. A bit of cheese can be served along with the fruit as a satisfying finish to a meal.

Sections of oranges and grapefruit with bits of cherry



Fresh Fruit — The Best Dessert

or chopped red apple may be prepared ahead of time, and are easy to eat and serve. Broiled grapefruit is a popular and different dessert for cold winter days.

Persian Peaches

Combine 4 cups sliced peaches, $\frac{1}{2}$ cup orange juice, 3 tablespoons honey (or sugar), 2 tablespoons finely chopped candied ginger, and a dash of salt. Mix gently. Cover; chill thoroughly. Spoon into 5 chilled sherbets, or over vanilla ice cream.

Cut fresh peaches will keep their golden tone if treated with a "color-keeper," the ascorbic acid mixture used in freezing light-colored fruits. Directions for the use of the acid are on its container. Another way to retain the color of the cut fruit is to brush it with lemon juice.

Snowy Coconut Pudding

1 cup sugar	1 $3\frac{1}{2}$ -ounce can ($1\frac{1}{4}$ cups) flaked coconut
1 envelope (1 tablespoon) unflavored gelatin	2 cups cream or canned milk (or 1 cup dry milk and 1 cup ice water, whipped)
$\frac{1}{2}$ teaspoon salt	Crimson Raspberry Sauce
$1\frac{1}{4}$ cups milk	
1 teaspoon vanilla	

Mix sugar, gelatine, salt, and milk thoroughly. Stir over medium heat until sugar and gelatine dissolve. Chill until partially set.

Add vanilla, and fold in coconut and then whipped cream. Pour into $1\frac{1}{2}$ quart mold and chill until firm, at least 4 hours. Unmold. Serve with Crimson Raspberry Sauce. Makes 8 servings.

Crimson Raspberry Sauce

1 10-ounce package frozen red raspberries, thawed and crushed
 $1\frac{1}{2}$ teaspoons cornstarch
 $\frac{1}{2}$ cup currant jelly (or sugar)

Mix raspberries, cornstarch and jelly thoroughly. Bring to a boil, stir until clear and slightly thickened. Strain. Cool.

Peach Sundae Melba

Spoon sauce over peach halves filled with vanilla ice cream.

Silken Fruit Sauces

These sauces are simply fruits pureed in a blender, or

an electric mixer, or forced through a sieve. There are dozens of uses for them.

Use 1 package (10 ounces) red raspberries, sliced strawberries, or 1 package (12 ounces) sliced peaches. Thaw slightly. Then place in an electric blender. Cover. Blend until smooth. Serve over mixed fresh fruits, pudding, ice cream, melon balls, or sherbet. When no blender is available, thaw fruits completely. They may then be smoothed in a mixer, or forced through a sieve or potato ricer.

