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Contributors

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SEPARATED EGGS

Yolks v. Whites



Issued by the
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make quite certain that *all* the white of egg is drained off each yolk. If the mixture should curdle, put another egg yolk into a basin, and add the curdled mixture drop by drop, stirring hard.

* FROZEN ORANGE MOUSSE (*Three egg yolks*)

3 egg yolks	½ pt. cream
⅓ teacup orange juice	(lightly whipped)
⅓ teacup castor sugar	pinch of salt

Heat orange juice, sugar and salt in the top of a double boiler. Beat yolks until thick and lemon coloured. Add them to the orange mixture and cook until thick, stirring constantly. Cool, then fold in the cream. Pour into individual cups and place in the freezing compartment of the refrigerator.

* BAKED CUSTARD (*Four egg yolks*)

4 egg yolks	vanilla essence
1 pt. milk	nutmeg
4 tablespoons sugar (or to taste)	

Beat yolks and sugar together, add vanilla essence to taste. Boil the milk; whilst still boiling pour over the yolk mixture, stirring all the time. Strain, then turn into a large buttered dish or individual cups. Set in a pan of hot water (to come about quarter-way up the dish) and bake in a moderate oven for about 25 minutes or until firm. Sprinkle with grated nutmeg before serving either hot or cold.

There are many ways of serving a baked custard:

For *Coconut Custard* prepare and cook as above, but add ½ teacup grated coconut before baking. Omit the nutmeg but sprinkle a little grated coconut on the custard before serving.

For *Custard Tart* make the pastry with plain flour and when lining the tin, press it well to the corners to prevent air bubbles forming. Pour in the custard - made as above - and bake in a moderately hot oven (420°F or Gas 6), reducing heat to 375°F or Gas 5, after ten minutes' cooking. When baking in an oven glass dish, stand this on a metal sheet in the oven, to ensure thorough cooking of the pastry.

For *Caramel Custard* make the caramel by melting 3 tablespoons sugar in one tablespoon water. Bring to the boil without stirring, and boil until light golden brown. Pour sufficient caramel into buttered, heated (or heat-proof) cups to line the bases. Add the custard - prepared as above - and bake in a very moderate oven for 25 minutes. If made in a large dish instead of individual cups, cook for one hour.

EGG WHITES

They will keep for several days in a covered bowl in the refrigerator (away from the freezer).

Add an extra white or two to soufflés, or to any sweets or savouries of the mousse type. Or whisk a white into a just-setting jelly. Give a meringue top to plain milk puddings – just a few minutes in a hot oven is sufficient cooking. Egg whites can be used, in place of egg and breadcrumbs, in coating meat cakes and vegetables. Whisked stiffly they can be added to fruit purée and cream to make a delicious dessert.

* NUT MARGUERITES (*One egg white*)

1 egg white	2 ozs. finely chopped nuts
pinch of salt	vanilla essence
3 tablespoons sugar	small, crisp biscuits

Beat egg white until stiff but not dry; add sugar and salt and beat again. Fold in nuts and vanilla essence (to taste). Shape a mound of this mixture on top of each biscuit; arrange on a baking sheet and cook in a moderate oven for about 15 minutes.

* PEACH MERINGUE TARTLETS

(*Two egg whites*)

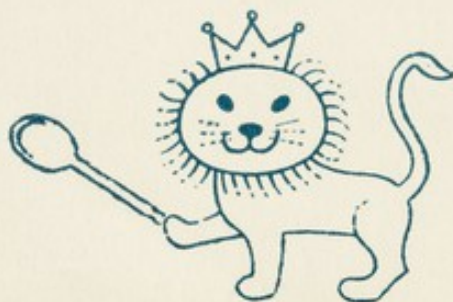
2 egg whites	Peach halves
short crust pastry	(tinned or fresh)
	3 oz. sugar

Line deep patty tins with pastry, place a well-drained half-peach in each and cover with a whirl of meringue made by beating the whites stiff (but not dry), then beating in the sugar. Bake in a moderately slow oven for 25 minutes.

* ANGEL PARFAIT (*Three egg whites*)

3 egg whites	$\frac{1}{2}$ pt. cream
$\frac{3}{4}$ teacup castor sugar	(lightly whipped)
$\frac{1}{2}$ teacup water	vanilla essence
pinch of salt	

Cook sugar, water and salt together rapidly, to the soft ball stage (when a little dropped in cold water forms a soft ball). Pour slowly on to the egg whites which have been whipped lightly, beating while pouring. Continue beating till the mixture cools, fold in the cream and vanilla essence thoroughly, then freeze.



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