

Cream : tops in food value : more than just added goodness / Borden's.

Contributors

Borden's.

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*More than just
added goodness!*



CREAM

Tops in Food Value

CREAM

How do you use cream? If you haven't experienced the taste thrill that cream adds to many foods, you've missed one of life's keenest pleasures.

Breakfast, lunch or dinner, cream has a place in your daily menu planning—cream for coffee and cereal — cream for soups and vegetables—cream for fruits and berries.

Cream adds that extra touch of deliciousness. Use it in your favorite menus—you'll notice the difference.



⌈ The recipes in this folder are
recommended by the Borden Kitchen ⌋

Welsh Rabbit

1 tablespoon Butter	1/2 cup Cream
1/2 pound American Cheese	1/4 teaspoon Salt
1 Egg	1/8 teaspoon Mustard
	Dash of Chili Powder
Toast or Wafers	

Melt butter; add cheese, broken into small pieces and when cheese is melted add the egg which has been beaten and then combined with the cream and spices. Cook 1 minute. Serve at once on toast or wafers. Yield: 3 to 4 servings.

Lobster a la Newburg

2 two-pound Lobsters	1 cup Cream
1/4 pound Butter	4 Egg Yolks
1/4 cup Newburg Sauce or Sherry	Salt
	Cayenne

Boil lobsters in usual way. Cut lobster meat in as large slices as possible and sauté in the butter until heated through. Add the sauce or sherry, then the light cream that has first been combined with the egg yolks. Shake the pan continuously until the mass is thickened, but do not allow to come to a boil. Serve immediately in patty shells or with toast. Instead of fresh lobster a No. 1 can of canned lobster meat may be used. Yield: 6 to 8 servings.

Creamy Cooked Dressing

1 tablespoon Sugar	1 cup Cream
1 teaspoon dry Mustard	3 Egg Yolks
1 teaspoon Salt	2 tablespoons Butter
Dash Cayenne	$\frac{1}{3}$ cup Vinegar or Lemon Juice

Combine all ingredients except vinegar in the top of a double boiler; cook over hot, not boiling, water, stirring constantly, until thickened. Remove at once from the heat; stir in vinegar or lemon. Chill before serving. Makes about $1\frac{1}{2}$ cups.

Tapioca Cream

2 cups Milk	1 Egg, separated
$\frac{1}{4}$ cup Cream	$3\frac{1}{2}$ tablespoons Sugar
3 tablespoons granulated Tapioca	$\frac{1}{4}$ teaspoon Salt
	1 teaspoon Vanilla

Heat milk and cream to scalding in top of double boiler; stir in the tapioca and continue cooking, stirring occasionally, until tapioca is transparent (about 10 minutes). Beat egg yolk and add sugar and salt. Pour tapioca over the egg mixture, beating constantly. Return to double boiler and cook 3 minutes longer, stirring occasionally. Remove

from heat, add vanilla, and fold in stiffly beaten egg white. Serve hot or cold. Berries, sliced oranges or fruit preserves are a nice accompaniment. Yield: 5 servings.

Chicken a la King

2 tablespoons Butter	2 cups Cream
2 tablespoons minced Green Pepper	3 cups diced Chicken
1 cup canned Mushrooms, broken	$\frac{1}{4}$ cup Butter
2 tablespoons Flour	3 Egg Yolks
2 tablespoons minced Pimento	$\frac{1}{2}$ teaspoon Onion Juice
	1 teaspoon Lemon Juice
	1 teaspoon Salt
	Buttered Toast

Melt two tablespoons butter and sauté green pepper and mushrooms; blend in the flour. Add cream gradually and cook until slightly thickened. Add chicken and place over hot water. Beat one-fourth cup butter to a cream; add egg yolks, one at a time, beating well after each addition and then blend into the cream mixture; cook slowly so as not to curdle, until the consistency of boiled custard. Season with onion juice, lemon juice and salt. Serve at once on buttered toast or in croustades or patty shells. Yield: 6 to 8 servings.

Maple Cream

2 tablespoons unflavored Gelatin	1 cup Maple Syrup
$\frac{1}{4}$ cup cold Water	$\frac{1}{2}$ cup Shredded Coconut
1 pint Cream	$\frac{1}{4}$ teaspoon Salt
2 Eggs, separated	$\frac{1}{2}$ teaspoon Almond Extract

Soften gelatin in cold water. Heat cream over hot water, then pour slowly over slightly beaten egg yolks. Return mixture to double boiler and cook 5 minutes, or until it begins to thicken, stirring constantly. Remove from heat and stir in softened gelatin. Add maple syrup and cool. When mixture begins to thicken, add coconut, salt and almond flavoring. Beat egg whites until stiff, but not dry and fold into mixture. Pour into individual molds and chill until firm. Yield: 8 servings.

Vanilla Ice Cream

(Philadelphia)

1 quart Cream	$\frac{1}{8}$ teaspoon Salt
$\frac{3}{4}$ cup Sugar	1 tablespoon Vanilla

Combine ingredients and stir until sugar is dissolved. Freeze. Yield: 8 servings.

NOTE: Fresh fruit is a delicious accompaniment with ice cream.

Vanilla Ice Cream

(French)

2 cups Milk, scalded	1 Egg
1 tablespoon Flour	1 quart Cream
1 cup Sugar	1½ tablespoons
⅛ teaspoon Salt	Vanilla

Mix flour, sugar and salt; add slightly beaten egg and gradually the scalded milk. Cook in double boiler until custard coats the spoon, stirring often. Cool; strain and flavor. Add cream and freeze. Yield: 12 servings.

Scotch Scones

2 cups sifted Flour	2 tablespoons Sugar
3 teaspoons Baking Powder	⅓ cup Shortening
½ teaspoon Salt	2 slightly beaten Eggs
½ cup Cream (about)	

Sift flour. Measure. Add baking powder, salt and sugar; sift again. Cut in shortening with a pastry blender or two knives, blending it until the mixture resembles coarse corn meal. To slightly beaten eggs add enough cream to make ¾ cup. Add enough of this liquid to the flour-fat mixture to make a soft dough, stirring it in with a fork; continue stirring until all of the flour disappears. Turn out on a lightly floured board; knead lightly for ½ minute. Pat

or roll out about $\frac{1}{2}$ inch thick; cut into 4-inch squares; cut each diagonally in half to make triangles. Brush with milk or cream; sprinkle with sugar. Place on greased baking sheet and bake in a hot oven (425° F.) 12 to 15 minutes. Makes 10 to 12 scones.

New England Clam Chowder

1 quart shelled Clams	2 cups cold Water
$\frac{1}{4}$ cup diced Salt Pork	$2\frac{1}{2}$ cups scalded Milk
$\frac{3}{4}$ cup sliced Onion	$\frac{1}{2}$ cup Cream
3 cups sliced or diced Potatoes	2 tablespoons Butter

Drain and chop clams, reserving liquor. Cook salt pork in kettle over low heat until almost crisp; add onions and simmer about 5 minutes or until soft, but not browned. Add potatoes, water and clam liquor; cover and simmer for 10 minutes; add chopped clams, scalded milk and cream; cook gently about 15 to 20 minutes or until potatoes are tender; add butter. Makes about 6 servings.

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Borden's

If It's Borden's It's Got to Be Good

