

Quick-and-easy new ways to make classic American gelatine recipes with Knox unflavored gelatine.

Contributors

Knox Gelatine, Inc.

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Few desserts are so spectacular as soufflés, and this American classic stands as tall and proud as any. Here's one soufflé that can't fall!



CHOCOLATE SOUFFLÉ

- 2 envelopes Knox Unflavored Gelatine
- 2 cups milk
- 1 cup sugar, divided
- ¼ teaspoon salt
- 4 eggs, separated
- 1 12-ounce package or 2 6-ounce packages (2 cups) semi-sweet chocolate pieces
- 1 teaspoon vanilla
- 2 cups heavy cream, whipped

Sprinkle gelatine over milk in saucepan to soften. Add ½ cup sugar, salt, and egg yolks; mix well. Add chocolate pieces. Cook over low heat, stirring constantly, until gelatine is dissolved and chocolate melted, 6 to 8 minutes. Remove from heat; beat with rotary beater until chocolate is blended. Stir in vanilla. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon (about 20 minutes in refrigerator). Beat egg whites until stiff but not dry; gradually add remaining ½ cup sugar and beat until very stiff. Fold into chocolate mixture. Fold in whipped cream. Turn into 2-quart soufflé dish or casserole with 2-inch collar*. Chill until firm. Garnish with additional whipped cream. Yield: 12 servings.

*To make collar, fold foil into four thicknesses 3 inches wide and long enough to go around soufflé dish with generous overlap. Attach to dish with sealing tape, leaving 1 inch of the foil around dish to make collar 2 inches high. Carefully remove foil collar to serve.



quick-and-easy new ways to make

classic American gelatine recipes

with Knox Unflavored Gelatine

New time-saving versions of 6 of America's favorite gelatine recipes

Of the hundreds of dishes you can make with Knox Unflavored Gelatine, the six in this booklet are served most often, and praised most.

They were favorites as long ago as 1904, when Knox Gelatine opened its booth at the St. Louis World's Fair. And they will probably remain all-time winners as long as Americans enjoy eating.

But now there are new, speeded-up ways to make them. Beat-the-clock ingredients such as frozen juices and ice water make them easier to make, quicker to set.

Knox Gelatine is pleased to feature this half-dozen new ways to make old favorites.

An American classic since 1905, this crunchy salad was first introduced at a cookery contest sponsored by Charles Knox and judged by the great Fannie Farmer. Third prize, a sewing machine, was awarded to its originator, Mrs. John E. Cooke of New Castle, Pa., for her "receipt." Just about every newspaper and magazine in the country has run the recipe for Perfection Salad since that time.



Photographs by Fotiades

PERFECTION SALAD

- 2 envelopes Knox Unflavored Gelatine
- 1 cup cold water
- ½ cup sugar
- 1 teaspoon salt
- 1½ cups ice water
- ½ cup vinegar
- 2 tablespoons lemon juice
- 1½ cups finely shredded cabbage
- 1½ cups chopped celery
- 2 pimientos, cut in small pieces

Sprinkle gelatine over 1 cup cold water in saucepan. Place over low heat; stir constantly until gelatine dissolves, 2 to 3 minutes. Remove from heat. Stir in sugar and salt. Add 1½ cups ice water, vinegar, and lemon juice. Chill until mixture mounds when dropped from spoon. Add remaining ingredients and turn into 4-cup mold or individual molds. Chill until firm. Unmold and garnish plate with salad greens. Yield: 6 servings.

Our old friend Tomato Aspic was once known as Tomato Jelly. In the old days, women had to cook and sieve the tomatoes at home. Still, the results made it well worth doing. This speeded-up version uses ice water to cut setting time.



TOMATO ASPIC

- 2 envelopes Knox Unflavored Gelatine
- 1 cup cold water
- 1 cup ice water
- 2 cans (8 ounces each) tomato sauce

Sprinkle gelatine over cold water in saucepan. Place over low heat; stir constantly until gelatine dissolves, 2 to 3 minutes. Remove from heat. Add 1 cup ice water. Stir in tomato sauce. Pour into 4-cup mold. Chill until firm. Unmold. Garnish plate with salad greens. Serve plain or with shrimp, cottage cheese, or cold chicken. Yield: 6 servings.

Everybody loves a lemon chiffon pie, and this lemon-rich version has a time-saving new twist to it. Using frozen lemonade concentrate makes it quicker to prepare, quicker to set.



LEMON CHIFFON PIE

- 1 envelope Knox Unflavored Gelatine
- 1/2 cup cold water
- 1/4 teaspoon salt
- 4 eggs, separated
- 1 can (6 ounces) frozen lemonade concentrate, kept frozen
- 1/2 cup sugar
- 1 9-inch baked pastry shell

Sprinkle gelatine over cold water in 2 1/2-quart saucepan. Add salt and egg yolks; mix well. Place over low heat and cook, stirring constantly, until mixture thickens slightly and gelatine dissolves, about 3 to 5 minutes. Remove from heat; add lemonade concentrate and stir until melted. Beat egg whites until stiff, but not dry. Gradually add sugar and beat until very stiff. Fold into gelatine mixture. Turn into baked pastry shell. Chill in refrigerator until firm. If desired, garnish with whipped cream and strawberries. Yield: 1 9-inch pie.

Here's one of America's favorite desserts in an easy-to-make version that requires no baking. It's light as an angel cake. Rich as a pound cake. And foolproof as a patty cake.



NO-BAKE CHEESECAKE

Crumb mixture:

- 3 tablespoons melted butter
- 3/4 cup graham cracker crumbs
- 2 tablespoons sugar
- 1/4 teaspoon each cinnamon and nutmeg

Combine ingredients. Press 1/2 cup of mixture into 8- or 9-inch spring form pan; reserve remaining crumbs for top.

Filling:

- 2 envelopes Knox Unflavored Gelatine; 1 cup sugar, divided; 1/4 teaspoon salt; 2 eggs, separated
- 1 cup milk; 1 teaspoon grated lemon rind
- 1 tablespoon lemon juice; 1 teaspoon vanilla
- 3 cups (24 ounces) creamed cottage cheese (mild, not tangy); 1 cup heavy cream, whipped

Combine gelatine, 3/4 cup sugar, and salt in 2 1/2-quart saucepan. Beat egg yolks and milk together. Stir into gelatine mixture. Place over low heat; stir constantly until gelatine dissolves and mixture thickens slightly, 3 to 5 minutes. Remove from heat; stir in lemon rind and juice, and vanilla. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. Sieve or beat cottage cheese until smooth. Stir into gelatine mixture. Beat egg whites until stiff; gradually add remaining 1/4 cup sugar and beat until very stiff. Fold into gelatine mixture; fold in whipped cream. Turn into prepared pan; sprinkle with reserved crumb mixture. Chill until firm, 2 to 3 hours. Yield: 12 servings.

Limes, one of our most cooling fruits, have long been an American flavor favorite. This quick-and-easy dessert is a light, cool puff of tingly-tart snow. Frozen limeade concentrate and ice water bring the recipe up-to-date in a quick-setting new version.



LIME SNOW

- 2 envelopes Knox Unflavored Gelatine
- 1 cup cold water
- 1/4 cup sugar; 1/4 teaspoon salt
- 1 can (6 ounces) frozen limeade concentrate, kept frozen
- 1/2 cup ice water
- 2 egg whites

Sprinkle gelatine over cold water in saucepan. Place over low heat; stir constantly until gelatine dissolves, 2 to 3 minutes. Stir in sugar and salt. Add limeade concentrate and 1/2 cup ice water; stir until melted. Chill until slightly thicker than consistency of unbeaten egg white. Add egg whites to gelatine mixture; beat until mixture begins to hold its shape. Turn into 6-cup mold. Chill until firm. Unmold; garnish with twisted slice of lime. If desired, serve with whipped cream, custard sauce, or fruit. Yield: 8 servings.