

**This cook book contains a few selected recipes for the use of Cerealine Flakes : they will be found economical and palatable / Cerealine Manufacturing Co.**

**Contributors**

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New  
Cook Book  
FOR  
CEREALINE  
FLAKES



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THIS  
COOK \* BOOK

CONTAINS A FEW SELECTED

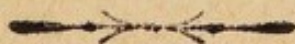
✦ RECIPES ✦

FOR THE USE OF

CEREALINE \*  
\* FLAKES.

THEY WILL BE FOUND

ECONOMICAL AND PALATABLE.



CEREALINE MANUFACTURING CO.,  
COLUMBUS, IND.

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by THE CEREALINE MANUFACTURING CO.



THESE ARE ONLY ~~~~~  
~~~~~ A VERY FEW  
FAVORITE RECIPES

FOR PREPARING

CEREALINE \* \* \*  
\* \* \* FLAKES

(MADE FROM SELECTED WHITE CORN.)

IN DISHES FOR  
BREAKFAST,  
LUNCH,  
DINNER,  
& SUPPER.

For the sake of brevity in the following recipes,  
“Cerealine” will be used instead of “Cerealine  
Flakes.”



## Boiled Cerealine Flakes.

---

1 pound (10 cupfuls) of "Cerealine."

$\frac{1}{2}$  gallon of water.

Let this set a couple of minutes, and then boil for three or four minutes, and put it into a pan;—the above may be used in any of the recipes where scalded "Cerealine" is used, and will keep for two days.

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1  $\frac{1}{2}$  pints of "Cerealine.

1 quart of milk.

Boil the "Cerealine" in the milk for two minutes, adding a little salt, sugar and butter to suit the taste; serve with cream and powdered sugar; this is also a very delicate and palatable dish if sliced, when cold, and fried.

Water may be used in place of milk in this recipe.

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A DELICATE, PALATABLE AND NUTRITIOUS

"PRELIMINARY" BREAKFAST DISH



## Cerealine Gruel.

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Take 1 pint of boiling water, stir into it "Cerealine," a tablespoonful at a time at intervals, keeping the mixture constantly stirred until the desired consistency is obtained; season with salt and a little butter, to suit the taste, and let it simmer for about five minutes.

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## Cerealine Gruel in Milk.

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Into 2 quarts of boiling milk let drop 5 ounces of "Cerealine;" stir it with a wooden spoon; boil it for four minutes; add salt, pepper and sugar to suit the taste, and serve very hot.

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*Particularly adapted to Invalids.*

*IT IS GRATEFUL AND EASILY DIGESTED.*



## Cerealine Muffins.

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3 cupfuls of "Cerealine,"  
2 cupfuls of flour,  
2 eggs,  
2 teaspoonfuls of baking powder,  
Salt to taste.

Sift the flour, salt and baking powder together; add the eggs, well beaten, "Cerealine" and milk; mix into a rather firm batter; the muffin pans should be cold and well greased; fill two-thirds full and bake in a hot oven.

## Cerealine Gems.

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2 Cupfuls of scalded "Cerealine" (cold),  
2 cupfuls of flour,  
2 teaspoonfuls of baking powder,  
1 cupful of milk,  
1 teaspoonful of salt,  
1 tablespoonful of sugar.

Mix the "Cerealine" with the milk until it is free from lumps; sift the flour, sugar, salt, and baking powder together, and add to the mixture, and beat to a smooth batter; have the gem pans hot when you pour in the mixture, and bake in a hot oven.

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DELICIOUS AND HEALTHFUL.



## Cerealine Griddle Cakes.

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2 cupfuls of "Cerealine,"  
2 cupfuls of flour,  
2 eggs,  
2 teaspoonfuls of baking powder,  
Salt to taste.

Mix the "Cerealine," flour, salt, and baking powder together, then put in enough milk to make a smooth batter, stir all together until well mixed; fry on a well greased griddle, over a good fire; fry to a nice brown on one side, and then turn and fry as before.

These Griddle Cakes will be found most palatable and healthful.

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DYSPEPTICS AND CHILDREN CAN EAT  
"CEREALINE GRIDDLE CAKES" WITHOUT HARM.



## Fried Cerealine Flakes.

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5 cupfuls of "Cerealine,"  
4 tablespoonfuls of butter,  
1 pint of water,  
1 teaspoonful of salt.

Put in a kettle and boil it for two minutes; then put into a well-greased pan, and after it is cold, slice it and fry it in hot lard until brown.

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ANOTHER RECIPE FOR

## Fried Cerealine Flakes.

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Boil the "Cerealine" a few minutes in a tin sauce-pan with water or milk; add salt; when cold, cut in slices and fry in hot lard until brown.

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**A GOOD BREAKFAST DISH.**



## Cerealine Yeast Bread.

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4 cupfuls of "Cerealine,"  
½ cupful of yeast,  
1 teaspoonful of sugar,  
4 cupfuls of flour,  
1 teaspoonful of salt,  
1 tablespoonful of butter or lard,  
2 cups of milk, or equal parts of  
milk and water.

Put the butter, salt and sugar into the bread-pan; add 4 tablespoonfuls hot water and stir until all are dissolved, then add the milk, or milk and water, and follow with the yeast, the flour, and "Cerealine." Stir into a smooth mass, and turn on to a well floured moulding board, and knead fifteen minutes. Return it to the pan and cover closely, and set away to rise.

The better plan is to mix at night, and let it stand in an even temperature until morning. Knead again; put into the bread-pans, and let it rise three-fourths of an hour, and then bake in a moderate oven about one hour. If compressed yeast is used, dissolve one-half cake in one-half cup of cold water



## CEREALINE JOHNNY CAKE.

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1 pint of "Cerealine,"  $\frac{1}{2}$  pint of corn meal, 1 pint of flour,  $\frac{1}{2}$  cupful of sugar,  $\frac{1}{2}$  teaspoonful of salt, 2 tablespoonfuls of lard, 2 teaspoonfuls of baking powder,  $1\frac{1}{4}$  pints of milk, 2 eggs.

Sift the corn meal, flour, sugar, salt and baking powder together; rub in the lard cold; add eggs, well beaten, "Cerealine," and milk; mix into a firm, smooth batter; pour into a square, hollow cake pan, and bake in a rather hot oven.

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## CEREALINE BREAKFAST CAKE.

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Melt a piece of butter the size of a goose egg; add two tablespoonfuls of sugar and three eggs; beat up well, then add one teaspoonful of salt,  $\frac{1}{2}$  lb. of flour,  $\frac{1}{2}$  lb. of "Cerealine," 2 teaspoonfuls of baking powder, one pint of milk; mix all together quickly and thoroughly, and bake in a quick oven; serve hot.

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THESE ARE FAVORITE BREAKFAST DISHES.



## Cerealine Batter.

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1 cupful of "Cerealine,"  
1 cupful of flour,  
1 pinch of salt,  
 $\frac{1}{2}$  teaspoonful of baking powder,  
3 eggs,  
1 cupful of milk,  
1 tablespoonful of olive oil.

Sift the flour, salt and baking powder together; add the oil and eggs well beaten, then add the "Cerealine" and milk; mix into a batter as for griddle cakes, and use as directed.

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## Cerealine Batter for Fritters.

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Make a smooth, light batter with one-half pint of flour; 1 cupful of "Cerealine;" cold milk, and the yolks of 4 eggs; beat the whites to a thick froth, and mix carefully with the batter.

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**SUPERIOR TO OTHER CEREALS FOR  
THIS PURPOSE.**



## Apple Fritters.

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1 cupful of "Cerealine,"  
1 ½ cupfuls of flour,  
½ teaspoonful of salt,  
1 small teaspoonful of baking powder,  
¾ cupful of milk,  
2 eggs,  
6 acid apples.

Stir the "Cerealine," flour, baking powder, and salt together; beat the yolks of eggs and add to the milk; pour this over the flour and "Cerealine;" beat the whites to a stiff froth, and stir lightly into the mixture; pare and quarter the apples; cut each quarter in three pieces; place a slice of apple in each tablespoonful of batter; cover well; drop into a kettle of hot fat; fry as you would doughnuts, and sprinkle with powdered sugar, and serve hot. (Leave out the apples and you have plain fritters.)

CEREALINE FLAKES MAKES THE LIGHTEST  
AND "FLAKIEST" FRITTERS.



## Cerealine Ginger Bread.

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2 cupfuls of Cerealine Flakes,  
2 cupfuls of flour,  
2 tablespoonfuls of butter,  
1 cupful of brown sugar,  
1 cupful of molasses,  
 $\frac{1}{2}$  cupful of milk,  
 $\frac{1}{2}$  teaspoonful of salt,  
2 teaspoonfuls of baking powder,  
1 teaspoonful of ginger,  
1 teaspoonful of cinnamon.

Rub the butter and sugar together, add the molasses, salt, spices, and milk, and stir in the "Cerealine;" sift the baking powder and flour together, and add to the mixture; beat very hard for two minutes, and bake in a moderately hot oven. (Always use molasses, never use syrup.)

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ALL CHILDREN ENJOY IT.



## Cerealine Minute Pudding.

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Take 1 quart of milk, and use part of it to moisten 1 quart of "Cerealine; put the balance of the milk, well salted, in a buttered sauce-pan, and boil over a moderate fire; while it is boiling, stir in lightly the moistened "Cerealine;" add 3 eggs, well beaten; after boiling a few minutes, serve with sweetened milk and grated nutmeg.

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## Cerealine Flake Pudding.

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1 quart of "Cerealine,"  
1 cupful of molasses,  
 $\frac{1}{2}$  teaspoonful of salt.

Mix thoroughly, add three pints of boiling water, and stir, dissolving the lumps, if any; add a pint of cold milk; sweet apples cut in  $\frac{1}{8}$ , or raisins; add four eggs, and boil slowly.

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SIMPLE, BUT VERY NICE.



## Cerealine Waffles.

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$\frac{1}{2}$  pint of scalded "Cerealine" (cold),  $\frac{1}{2}$  pint of water, 3 eggs, 3 tablespoonfuls of sugar,  $\frac{1}{2}$  teaspoonful of baking powder,  $\frac{1}{2}$  teaspoonful of vanilla,  $2\frac{1}{2}$  cupfuls of flour.

Mix the eggs and sugar together thoroughly; then add  $\frac{1}{2}$  pint of scalded "Cerealine," vanilla, water, flour and baking powder. Lemon extract may be used instead of vanilla, and milk instead of water, to suit the taste; butter may also be used if desired; serve with powdered sugar.

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## Baked Pudding from Cerealine.

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Smooth 6 tablespoonfuls of "Cerealine," 1 tablespoonful of flour, with enough of a quart of milk to moisten it, then scald the balance of the milk; add to it the moistened "Cerealine" and flour, and stir until thickened; add a saltspoonful of salt, and remove from the fire; when cold, add 5 eggs, well beaten; 2 tablespoonfuls of sugar; pour into a well buttered pudding dish; bake fifteen to twenty minutes, and serve with sauce.



## Cerealine Doughnuts.

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Put one pint of milk on to boil; when boiling, put in two cups of "Cerealine," and cook for one minute; take it off the fire, and add one cup of cold milk and mix well, then let it cool off; when cool, add three eggs, one teaspoonful of salt, a piece of butter the size of a walnut, two cups of flour, and one teaspoonful of baking powder. The mixture must be of about the same stiffness as for muffins. Fry in good hot lard, and not before ready to serve.

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*Pastry of all kinds may be made more delicate and palatable by using "Cerealine Flakes," in place of a portion of the flour.*



## Equivalents in Weights and Measures used in Compounding Recipes.

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|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 cupful.....                     | is equal to $\frac{1}{2}$ pint.   |
| 1 quart Cerealine Flakes          | is equal to 6 ounces              |
| 1 cupful    "        "            | is equal to $1\frac{1}{2}$ ounces |
| 5 cupfuls   "        "            | is equal to $\frac{1}{2}$ pound   |
| 1 pint Wheat Flour.....           | is equal to $\frac{1}{2}$ pound   |
| 2 cupfuls   "        "            | is equal to $\frac{1}{2}$ pound   |
| $\frac{1}{2}$ pint Corn Meal..... | is equal to 5 ounces              |
| $\frac{1}{2}$ pint Sugar.....     | is equal to 6 ounces              |
| $2\frac{2}{3}$ cupfuls Sugar..... | is equal to 1 pound.              |
| $\frac{1}{2}$ pint Lard.....      | is equal to 7 ounces              |
| $\frac{1}{2}$ pint Butter.....    | is equal to 7 ounces              |
| 1 tablespoonful Sugar...          | is equal to 1 ounce.              |
| 1 tablespoonful Butter...         | is equal to 1 ounce.              |
| 1 tablespoonful Lard....          | is equal to 1 ounce.              |
| 1 teaspoonful Salt.....           | is equal to $\frac{1}{2}$ ounce   |

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## CEREALINE FLAKES

*Are always ready for use in thickening Gravies  
and Soups, immediately before bringing  
them to the table.*







