

DEPARTMENT OF
COOKERY



Frozen Dessert for Warm Weather

by Laura MacFarlane and Mary Gilgallon
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No other variety of food appears to retain its popularity throughout the year with old and young alike as ice cream and its closely related desserts. But there is no time or season when these delicacies are so much appreciated nor so nearly “touch the spot” as when the mercury is creeping perilously near 100 degrees. Reinforced with a heaping dish of fresh-fruit ice cream, you will be prepared to baffle even the cruelest plans that Old Sol will take such delight in perpetrating during the next month or so.



This method from 1921 uses a hand-cranked ice cream maker.

There is scarcely a town of any size but has its “Sweet Shop” where ice cream may be procured; but the wise, careful housewife, who has the welfare of her family at heart, will try to superintend the making of their frozen desserts herself. The two things necessary for freezing desserts are ice and salt. While the mixture that is to be frozen is cooling, the ice may be gotten ready for use. With the ice broken into small pieces, empty it into a large pan. The finer the ice pieces, the quicker it freezes. Mix thoroughly with the chipped ice, salt (coarse crushed rock salt is best), in the proportion of three parts of ice to one part salt. If preferred, instead of mixing the ice and salt together, put a layer of ice in the freezer tub, then a layer of salt, and so on, until it reaches the top.

Then, fill the tub of freezer with this mixture to the very top and keep it full during freezing. Place the ice cream mixture in the can, cover securely, and set in the outside container. Then pack the salt-and-ice mixture down into the space between the can and the container into which it fits. Pack as tightly as possible so that the ice comes higher than



the surface of the mixture inside the can. After finishing the packing, attach the top securely, when everything is ready to begin the final work of freezing.

If you wish to mould ice cream or serve it in forms, have the mould ready at the time you remove the dasher from the can, and also have a tub or bucket containing a mixture of coarse ice and salt. Moisten the mould with cold water, then fill it quickly with ice cream, pressing it down with a spoon to fill every part of the mould. Lay a piece of wax paper or strong manilla paper, over the cream, large enough to project beyond the edges when the lid is on, put on the lid and imbed the mould in the tub of ice and salt. Cover with a piece of carpet and set aside for two hours. When ready to use, lift the mould from the ice, wipe it carefully, plunge into a pan of warm water, remove the lid and paper, and turn the mould carefully on a napkin placed on a pretty dish. If it should stick, wait a moment, as the heat of the room will, as a rule, loosen it in a few moments.

Vanilla Del Monica Ice Cream

1-1/2 pints of cream
1 vanilla bean
Yolks of six eggs
1/2 pound of sugar

Put the cream into a double boiler, with the vanilla bean split into halves. Beat the yolks of the eggs and the sugar together until light, add them to the hot cream, stir until the eggs begin to thicken, strain through a sieve, and when cold, freeze. Serve in small blocks.

Philadelphia Chocolate Ice Cream

1 quart of cream
4 ounces of sweet chocolate or 2 ounces of Baker's chocolate
1/4 teaspoon of powdered cinnamon
1 tbs. vanilla
1/2 pound of sugar

Put one-half of the cream, the chocolate, sugar and cinnamon on to boil, stir and beat until smooth; strain while hot, through a fine muslin, add the remainder of the cream and the vanilla. Let cool and freeze.

Fresh Fruit Ice Cream

1-1/2 cups fruit and juice
1 cup sugar
1 quart cream

Add the sugar to the fruit, crush, and allow to stand until the sugar is dissolved. Scald one-half of the cream, cool, and combine all the ingredients. Freeze. Milk may take the place of part of the cream if desired.

By substituting water for the cream, and adding 2 tablespoonfuls of lemon juice, this recipe may be used for fruit-flavored ice water. In this case, the best results are obtained when the water and sugar are cooked to form a thin syrup, allowed to cool, and the fruit and juice then added.

