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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

Tuesday, August 15, 1944.

ANSWERS FROM:

Research specialists of the
U.S. Department of Agriculture.

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IN 3/11/4
QUESTION BOX: 666
How make new fruit dessert?
Can I freeze Velva at home?
War-care for refrigerator?

Ever since the scientists of U.S. Department of Agriculture's Western Research Laboratory announced commercial methods for making that delicious new frozen dessert, Velva fruit, homemakers all over the country have been asking, "Why can't we get in on this, too?"

Evidently, the Department people didn't think that request at all unreasonable. So they are working out directions for making this frozen velvet in the home. When that news leaked out, homemakers began asking for those directions. "Can I make the new fruit dessert in my old freezer?" "Can I freeze it in my home refrigerator?" "How does it differ from other ices and sherberts?" "How do you prepare the fruit?" "Please send me the recipe."

--Just a moment, ladies. The answer is YES -- but let's take these questions one at a time.

First, that "different" question. The short answer of the Department researchers to that one is that Velva fruit differs from the usual ices and sherberts in that it contains more fruit and no milk. You use crushed fresh, ripe fruit, without cooking, and prepare it carefully so as to save all the juice and the full fresh flavor and color and vitamin value of the ripe fruit. Any fruit with a pronounced flavor will do.

As for the freezing, you will probably get the best results using the old hand-operated freezer. But you can get very good results using the freezing compartment

of your household refrigerator.

After you let the fruit mix freeze overnight in the trays of your refrigerator set at its lowest temperature, you break up the frozen mass into small chunks with a spoon and then whip it with an electric household beater. This will have the delicious fresh-fruit flavor all right, but you'll probably find it easier to get the characteristic smooth texture of Velva fruit when you freeze the mix in the old hand freezer. Rapid freezing is recommended since it produces smaller ice particles which give the product a smoother taste.

But we are getting a little ahead of ourselves. Let's go back and prepare the fruit. Wash it and pit it. Then crush it and strain it by forcing it through a colander or potato ricer to make a fruit puree.

To make a quart of the Velva mix from tart fruits such as berries and plums, mix together 3 cups of the crushed fruit, with 1-1/4 cups of sugar, and a quarter of a teaspoon of salt. Keep this puree cool and don't mix too much--only what you plan to use.

To the mixture of fruit, sugar, and salt, add a tablespoonful of dissolved gelatin. First soften the gelatin in 1/4 cup of cold water. Then dissolve the gelatine thoroughly by heating to 180 degrees over boiling water. That takes about five minutes heating. After you add the gelatin to the fruit-sugar-salt mixture, stir to prevent the forming of stringy lumps. Then the mixture is ready for freezing.

Let's repeat those ingredients, so you can remember them:

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|-------------------|--------------|
| Crushed fruit | 3 cups |
| Sugar | 1-1/4 cups |
| Salt | 1/4 teaspoon |
| Household gelatin | 1 tablespoon |
| Water, Cold | 1/4 cup. |

For less acid fruits, such as pears, cantaloups, and peaches, you use a little less sugar and add about one-third of a cup of lemon juice.

So for pears, cantaloups, peaches, and the like, the formula goes like this:

| | |
|-------------------|--------------|
| Crushed fruit | 3 cups |
| Sugar | 1 cup |
| Salt | 1/4 teaspoon |
| Lemon juice | 1/3 cup |
| Household gelatin | 1 tablespoon |
| Water, cold | 1/4 cup |

The mix will nearly double in volume in the freezer, so you'll get nearly two quarts of Velva fruit for one quart of mix. Remember, though, you have more sugar in this mixture than usual with ice cream, so you may have to turn that freezer a little longer, say 15 to 20 minutes more. In your freezing mixture use one part of salt to 8 parts ice.

When you have done freezing, take out the dasher and let the dessert harden just as you do ice cream. You can also harden the Velva fruit in the freezing compartment of your electric refrigerator, but it may not get as firm as in the ice cream freezer.

But then some fruits, such as peaches, and some of the berries really have a little better flavor when they are served soft-frozen than hardened.

Here's wishing you the best of success in making this new fruit dessert ---but while we are talking about the refrigerator, let's remember to take good care of it. The U.S. Department of Agriculture and the Office of Price Administration have issued a folder that tells "How to make your refrigerator last longer." Write to the Department for it. Keep it in your kitchen and refer to it often. Ask for AWI No. 4 "How to Make Your Refrigerator Last Longer."

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