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HOMEMAKERS' CHAT

TUESDAY, May 28, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "QUESTIONS AND ANSWERS." Information from the Bureau of Home Economics,
U.S.D.A.

--ooOoo--

Once again the mailbag is brimful of questions, and most of them are about foods and cooking.

First, let's answer a couple of questions about homemade ice cream. A housewife writes: "My family is very fond of fresh strawberry ice cream but I can't seem to make it at home successfully. The pieces of strawberry always freeze harder than the cream. So the ice cream tastes almost as if it had little hard stones all through it. Please tell me how to avoid this trouble."

The way to avoid hard frozen pieces of fruit in ice cream made of fresh fruit is to crush the fruit first, and then let it stand with sugar awhile. This makes the fruit soft and draws out the juices. Then you can add the fruit to the cream mixture. This rule holds not only for fresh strawberries but also for raspberries, peaches, or pineapple. An easy way to crush fresh pineapple is to run it through the meat chopper.

Now here's the second ice cream letter. Another housewife writes: "For years I've been making smooth chocolate ice cream in my old-fashioned freezer by a favorite family recipe. The other day I decided to make the ice cream in my new automatic refrigerator. I used the same recipe I have always used, but the result was very different. The ice cream came out rough and icy instead of smooth. Can you tell me why?"

Yes, your mixture was too thin for freezing in the refrigerator. Ice cream mixtures for freezing without stirring, as in the refrigerator, must be richer, or

have more body than those for a regular freezer. The dasher in the freezer cuts the crystals as they form, and also beats air into the ice cream. But in the refrigerator you must control the size of the crystals either by beating air in in advance, or by using a mixture containing substances that prevent it freezing in large gritty crystals. A mixture of milk and thin cream will freeze successfully in a freezer, but for a refrigerator you need to use whipped cream, or a mixture thickened by gelatin, or egg, or marshmallow, or even cooked cornstarch or flour.

Here is a recipe for strawberry mousse for freezing in the refrigerator.

You can use these same proportions for making mousse with other fresh fruits. This recipe comes from the Bureau of Home Economics, and will serve a family of 5 or 6:

The ingredients are: 1 cup double cream whipped....1 cup crushed strawberries
.....a half cup sugar....2 egg whites, well beaten....and a tiny bit of salt to bring out flavor--one-sixteenth of a teaspoon is what the recipe calls for.

I'll just repeat those 6 ingredients, in case you want to write them down. Now, here's the way to mix the mousse. First, Combine the sugar and the crushed fruit, and stir until the sugar dissolves. Then fold the sweetened crushed fruit into the whipped cream. Add the bit of salt to the whites of egg as you beat. Now fold the beaten egg whites into the cream mixture. Pour the mixture into the tray, and set in the refrigerator to freeze.

Now for the last ice-cream question: "I have heard about using candy to flavor ice cream. Will you tell me what candy to use, and how to use it?"

You can use several different hard candies for flavoring and also for sweetening ice cream. A popular ice cream made this way is peppermint stick ice cream. Crush the candy either with a rolling pin or by putting it through the meat grinder. Then add it to the cream mixture as you would sugar.

You can also flavor ice cream with crushed English toffee or with chocolate chip candies.

By the way, if you don't own a copy of the Department of Agriculture's leaflet on making ice cream in the refrigerator, you are welcome to one. Drop a postcard to the Department of Agriculture, Washington, D.C., and ask for "Ice Creams Frozen Without Stirring," Leaflet No. 49. Once more: the name of the leaflet is: "Ice Cream Frozen Without Stirring." The number is 49. And a copy is free as long as the supply lasts. Write to the Department of Agriculture, Washington, D. C. for it.

Now here's a cake question: "What makes devil's food cake a very red brown color?"

The answer is: Too much soda. Devil's food cake is chocolate cake partly leavened with sour milk and soda. A little too much soda not only gives the chocolate a reddish color, but spoils the flavor of the cake. The rule is half a teaspoon of soda for each cup of sour milk. It is always better to use too little soda than too much.

Now here's another inquiry from a cake-maker. "When is the right time to remove a loaf cake from the pan--just when it comes out of the oven or after it is cold?"

The answer is: When it has partially cooled and become somewhat firm. Cake is too soft and hot for handling when it first comes from the oven. But it should be out of the pan before it cools to room temperature or has a chance to sweat in the pan.

Last question: "Why do you use a slower oven for thin cookies than for thick cookies?" In a medium oven of 350 to 375 degrees Fahrenheit the cookie dough spreads because the fat melts. This makes a thin cookie. But in a hot oven the crust forms before the fat has time to melt. This gives a thick cookie.

That concludes the questions for today. More coming in day after tomorrow.

