

Salve Regina College Favorite Recipes

Creamed Tuna and Variant

- 1/4 lb. Oleomargarine or Butter
- 4 tbsps. of Flour
- 1 4-oz. Can Tuna
- 4 cups of Milk

Melt butter and mix with flour; add warm milk and stir until thickened.

Add shredded tuna, or in chunks if so desired. This may be used with peas or mushrooms and served on pattie shells or on toast. It may be served also in casseroles either individual or family style.

Water Rolls

- 1 qt. Water (cool)
- 1 oz. Salt (heaping tablespoon)
- 1 oz. Sugar (heaping tablespoon)
- 1 oz. Shortening (heaping tablespoon)
- 2 Yeast Cakes
- 3 1/4 lbs. Strong Bread Flour (10 cups)

Mix all together to fairly stiff dough. Work well on board till good and elastic.

Set in warm place covered. Punch down in 1 1/2 hours. Let stand another half hour. Then cut into roll size (1 ounce).

Proof and bake 400°.



THUMBPRINT COOKIES

$\frac{1}{2}$ cup soft shortening (half butter)
 $\frac{1}{4}$ cup brown sugar
1 egg yolk
1 cup sifted flour
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{4}$ teaspoon salt

Method:

Mix shortening, brown sugar, egg yolk, and vanilla together.

Sift flour and salt together and stir in above mixture.

Roll into 1 inch balls.

Dip in slightly beaten egg white.

Roll in finely chopped nuts ($\frac{3}{4}$ cup).

Place about 1 inch apart on ungreased baking sheet.

Bake for 5 minutes in oven at 375°F .

Remove from oven. Quickly press thumb gently on top of each cookie.

Return to oven and bake 8 minutes longer.

Allow to cool. Place in thumbprint, a bit of chopped candied fruit, sparkling jelly, or tinted confectionary sugar icing.



SALVE REGINA COLLEGE
HOME ECONOMICS DEPARTMENT



ANGEL FOOD CAKE
with
STRAWBERRY CHIFFON FILLING



Angel Food Cake

- 1½ cups egg whites
- 1¼ cups sifted cake flour
- 2¼ cups sugar
- 3/4 teaspoon salt
- 1½ teaspoons cream of tartar
- ¼ teaspoon almond extract (choice)



Sift cake flour with ½ the sugar until well-blended. Beat egg whites until frothy. Add salt. Continue beating, adding cream of tartar; beat only until egg whites point (not dry). Fold in ½ the sugar. Then add flour and sugar mixture a little at a time and fold carefully into egg whites. Add flavoring. Pour into ungreased 10-inch tube pan. Bake 45-50 minutes at 375°F. Remove from oven. Invert pan and let cake hang until cool.

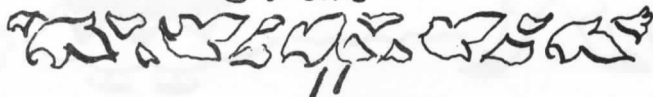
Strawberry Chiffon Filling

- 1 package frozen strawberries
- 1 Tablespoon unflavored gelatin
- ¼ cup cold water
- 2 teaspoons lemon juice
- ½ teaspoon salt
- ½ cup heavy cream, whipped



Thaw package of strawberries. Soften gelatin in cold water in saucepan. Set saucepan over low heat until gelatin is dissolved. Add strawberries, lemon juice, and salt. Place in refrigerator to chill. When partially set, fold in whipped cream.

"OVER"



ANGEL FOOD CAKE cont.



Without removing cake from pan, cut a wedge-shaped trench about $2\frac{1}{2}$ inches deep around top of cake. Remove loosened cake and fill cavity with Strawberry Chiffon Filling. Replace wedge of cake over filling. Place in refrigerator until filling is set. Remove cake from pan. Cover with Pink Butter Frosting.

Pink Butter Frosting

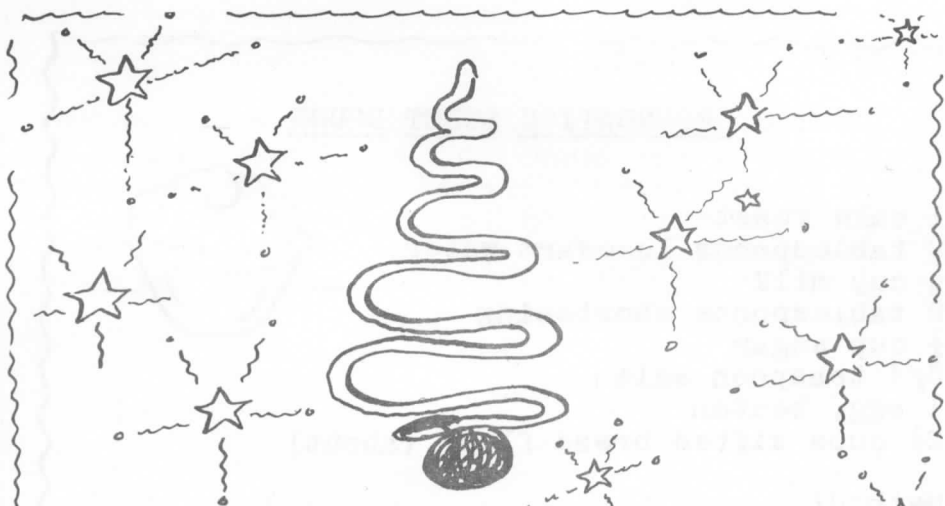
+ 3 tablespoons cream, heated
+ $\frac{1}{4}$ cup butter or margarine
2 cups confectioners' sugar
1 teaspoon vanilla
dash of salt
2-3 drops of red food coloring



Cream butter until soft. Gradually stir in 1 cup sugar, then vanilla and salt. Beating until smooth after each addition, add remaining sugar alternately with cream. Use enough cream for proper consistency to spread. Stir in food coloring.

SALVE REGINA COLLEGE
HOME ECONOMICS DEPARTMENT





VARIATION - CHRISTMAS TREE COFFEE CAKE

Divide dough into 2 parts. Form into balls.

Divide one of the balls into thirds.

Reserve one third.

Roll remaining portions under palm of hands to form long smooth rolls about $\frac{3}{4}$ inch thick. Swirl rolls back and forth on cookie sheet to form branches of tree, allowing roll to touch.

Roll remaining portion under palm of hand to form a smooth ball. Place at base of tree to form trunk.

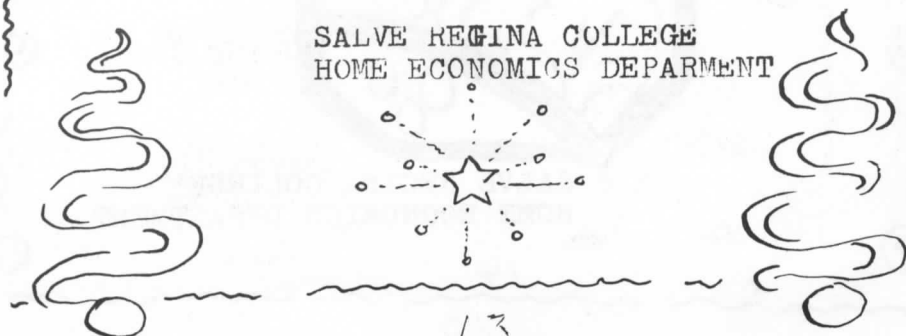
Let rise until doubled in bulk.

Bake in moderate oven 350°F. -- 25-30 minutes

Ice with confectioner's sugar icing and garnish with cherries.

1 recipe of Basic Sweet Dough makes
2-12 inch trees.

SALVE REGINA COLLEGE
HOME ECONOMICS DEPARMENT



FOUNDATION SWEET DOUGH

- 1 cake yeast
- 2 tablespoons lukewarm water
- $\frac{1}{2}$ cup milk
- 2 tablespoons shortening
- $\frac{1}{4}$ cup sugar
- $\frac{3}{4}$ teaspoon salt
- 1 egg, beaten
- $2\frac{1}{2}$ cups sifted bread flour (about)



Method:

Soften yeast in lukewarm water.

Scald milk. Add butter, sugar, and salt.

Cool to lukewarm.

Add flour to make a thick batter.

Add yeast and egg. Beat well.

Add enough more flour to make a soft dough and turn out on lightly floured board and knead until satiny.

Place in greased bowl, cover and let rise until double in bulk.

When light punch down. Shape into tea ring, rolls or coffee cake.

Bake in moderate oven 375°F . 25-30 minutes for coffee cake. 20-25 minutes for rolls.



SALVE REGINA COLLEGE
HOME ECONOMICS DEPARTMENT

CHERRY WINKS

Sift.....2 1/4 c. sifted enriched flour
1 t. double-acting baking powder
1/2 t soda
1/2 t salt

Combine....3/4 c. shortening
1 c. sugar; cream well

Blend in...2 eggs
Add.....2 T. milk and
1 t. vanilla

Blend in...sifted dry ingredients; mix well.


Add.....1 c. chopped pecans
1 c. chopped dates
1/3 c. chopped maraschino cherries
Mix well.

Shape.....into balls using a level tablespoon
of dough for each cooky.

Crush.....2 1/2 c. cornflakes. Roll each ball of
dough in cornflakes.

Place.....on greased baking sheet. Top each cooky
with 1/4 maraschino cherry.

Bake.....in moderate oven (375° F.) 10 to 12
minutes. Do not stack or store until
cold.



Sister Mary Martha
R.S.M.
Sister Mary Martha, R.S.M.
Salve Regina College

Salve Regina College

STUDENTS

