CHEERRY DUMPLINGS

1 can red sour cherries 1 teaspoon salt
1-1/8 cups sugar 1/4 cup lard
2 cups flour 3/4 cup milk
4 teaspoons baking powder

Place cherries and cherry juice with one-half cup of sugar in a covered sauce pan. Bring to simmering point. Sift flour, measure and sift again with baking powder and salt. Cut in lard until mixture has a fine even crumb. Add remaining sugar and enough milk to make a soft dough. Drop by tablespoons over the cherry sauce. Cover and allow to steam 25 minutes. Serve hot or cold with cream. Serves 6.

(National Livestock and Meat Board)

Prepared By:
Ruth M. Dawson
Extension Nutritionist

EXTENSION SERVICE
NORTH DAKOTA AGRICULTURAL COLLEGE AND U.S. DEPARTMENT OF AGRICULTURE COOPERATING
E.J. Haslerud, Director, Fargo, North Dakota
DROP DOUGHNUT - BALLS

Fry at Temperature: 365° - 375°F. 3 to 4 minutes.
Makes about 3 dozen balls.

1/2 cup milk
1/2 cup sugar
1-1/2 cups flour
1 egg (separated)

1/3 tsp. salt
1/3 tsp. nutmeg
2 tsp. baking powder
2 tbsp. melted butter

Beat egg yolk, add milk, melted fat, and sifted dry ingredients. Mix until smooth. Fold in beaten egg white and drop by teaspoonfuls into hot fat 365°F. Dust with powdered sugar.

RAISED DOUGH FOR DOUGHNUTS OR BISMARCKS

Sponge: 1 cake compressed yeast
or 1 pkg. quick dry yeast
1/4 cup warm water
1 cup scalded milk

3 tbsp. shortening
2/3 cup sugar
1 tsp. salt
(Soak yeast in warm water, 82°F) 2 cups sifted flour

Add shortening, sugar and salt to scalded milk. Stir until sugar is dissolved. Cool to lukewarm (82°F.) and add soaked yeast. Make a sponge by adding 2 cups flour. Beat until smooth. Allow sponge to stand in warm place until very light. Then add:

1 to 2 eggs or
2 to 4 egg yolks (well beaten)
1-3/4 to 2 cups flour
1/2 tsp. ground nutmeg

The dough should be very soft. Mix thoroughly, cover and set aside to rise double in bulk. Turn out on slightly floured board and pat to desired thickness.

FOR DOUGHNUTS

Temperature: 365° - 375°F. - Time: 3 to 5 Minutes.

Pat dough 3/4 inch thickness. Cut with doughnut cutter, first dipped in flour. Place doughnuts on board, cover and set aside to rise double in size. Drop the doughnuts into fat heated to 365°F. or hot enough to brown the bread cube in 60 second.

Put the raised side of the doughnut down in the fat. The heat will then cause top side to rise by the time doughnut is ready to turn. Turn doughnuts several times when they are first put in, to prevent cracking. When doughnuts crack and when fat is not hot enough they will absorb fat.
FOR BISMARCKS.
Temperature: 365° - 375°F. - Time: 2 to 3 Minutes.
Use egg yolks in recipe for raised doughnuts. Pat dough to
1/4 inch thickness, cut in 2-1/2 inch rounds and put a teaspoon
of firm jelly on one round. Moisten edges with water. Top with
another round and pinch edges together. Place on board, cover
with cloth and let rise in warm place until double in bulk.
(About 45 minutes). Fry in deep fat. Place raised side down in
the fat. When brown, drain on paper. When cool cubic with
granulated or powdered sugar or frost with a powdered sugar
frosting.

Variations: Berliners are made of a dough similar to
Bismarck dough. In place of using jelly, use pitted cooked
prunes or jam. Use small cooky cutters to cut two rounds. Put
mixture in center of one round, brush the edges with egg white
and place another round on top. Pinch edges together. Let rise
and fry.

FRENCH-FRIED ONIONS
Temperature: 385° Time: 2-3 minutes

1. Slice mild onions in 1/4-inch slices. Combine 2 cups milk
and 3 eggs; beat thoroughly and pour into shallow pan. Place
onion rings in mixture until each ring is wet. Lift onion
rings out; shake to drain. Then place in a pan of flour and
coat each ring with flour.

2. Put onions in basket; not more than a fourth full. Shake off
excess flour by giving basket a sharp shake. Fry in hot fat
till golden brown. While frying, give rings a gentle stir
with fork. This separates rings.

3. When golden brown drain quickly on paper toweling. Sprinkle
with salt.

CHICKEN CROQUETTES
Temperature: 375°F. Time: 3 - 5 Minutes

3/4 c. Thick White Sauce Dash celery salt
2 c. diced, cooked chicken 1 tbsp. minced parsley
Salt and pepper 1 tsp. lemon juice
1/8 tsp. paprika 1/4 tsp. grated onion

Combine white sauce, chicken, seasonings, parsley, lemon
juice, and onion. Mix well. Chill thoroughly. Form croquettes.
Roll in crumbs; dip into beaten egg; roll in crumbs. Fry. Drain on absorbent paper. Makes 6 to 8 croquettes. You can substitute condensed chicken soup for Thick White Sauce if you wish. Serve with hot egg sauce.

**EGG SAUCE:** Add 2 chopped hard-cooked eggs, 1/2 to 1 teaspoon lemon juice, and 1 teaspoon minced parsley to 1 cup medium white sauce. Mix thoroughly.

(Better Homes and Gardens)

---

**PRIZE RECIPE - EGG AND MILK PASTRY**

- 2 cups sifted flour
- 1 tablespoon sugar
- 1 teaspoon salt
- 3/4 cup shortening
- 1 egg yolk
- 1 tablespoon lemon juice
- 1/4 cup milk

Mix dry ingredients together. Add shortening and blend with a pastry blender. Mix egg yolk, lemon juice, and milk together by beating with a fork; stir this mixture into the dry ingredients to make a soft dough. Turn the dough onto a floured pastry cloth. Cover. Allow to stand for 10 minutes. Roll out pastry.

---

**BETTY CROCKER'S STIR-N-ROLL PASTRY RECIPE**

**(Double Crust)**

- 2 cups sifted flour
- 1/2 cup cooking oil
- 1-1/2 tsp. salt
- 1/4 cup cold whole milk

1. Mix the flour and salt together. Then add the oil and milk all at once. Pour these liquid ingredients into the same measuring cup, but it is extremely important not to stir them.
2. Stir lightly until mixed. Round up dough and divide in halves. Flatten each half slightly.
3. Place one half between two sheets of waxed paper (approximately 11 inches square). Roll out gently until circle of dough reaches edges of paper. If bottom paper begins to wrinkle, turn, roll on other side. Peel off top paper. If dough cracks or breaks, mend by pressing edges together, or by pressing a scrap of pastry lightly over tear.
4. Lift paper and pastry by top corners; they will cling together. Place (paper side up) in 8-inch or 9-inch pie pan. Carefully peel off paper. Gently ease and fit pastry into pan. Trim even with rim.

5. Roll the top crust in the same way and place over filling. Trim to rim. Seal by pressing gently with fork or by fluting edge. Snip 3 or 4 small slits near center. Bake about 40 minutes until golden brown in hot oven (425°).

For one crust pie shell, make half recipe. Place rolled dough in pan. Prick thoroughly with fork. Bake 8 to 10 minutes in very hot oven (475°).

**COCONUT SHELLS**

1. Spread 2 - 3 tablespoons soft butter evenly in 9-inch pie plate. Sprinkle and pat 1-1/2 cups shredded coconut in pie plate over butter. Cut strips of aluminum foil about 2 inches wide; fit over top edge of crust by pressing foil over rim of pie plate. Bake in moderate oven (350°) about 12 minutes or until bottom of crust is browned. Remove foil and bake about 3 minutes to brown edge. Cool. (Better Homes and Gardens.)

2. 2 sqs. unsweetened choc. 2 tbsp. hot milk
   2 tbsp. butter 2/3 cup sifted confectioners sugar

   1-1/2 c. coconut (cut)


**PEACH-BLOSSOM PIE**

1 cup peach syrup 1/8 tsp. almond extract
1 3-ounce package lemon or 1 No. 2 can (2-1/2 cups) orange flavored gelatine sliced peaches, drained
1/2 cup cold water 1 9-inch baked pastry
1 pint vanilla ice cream shell

Heat syrup to boiling in 2-quart saucepan. Remove from heat. Add gelatine and stir until dissolved. Add 1/2 cup cold water (or ice water). Cut ice cream into six pieces; add to liquid. Stir until melted. Add almond extract. Chill until mixture begins to thicken and mound when spooned, 35 to 40 minutes. Fold in peaches. Pour into baked pastry shell. Chill 15 to 20 minutes or until firm. Garnish with whipped cream and peach slices if desired. (Better Homes and Gardens)
JAM CAKE

2 cups flour
1 teaspoon soda
1/4 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 cup rendered fat or drippings
1 cup sugar
3 eggs
1 cup jam
3/4 cup buttermilk

Line the bottom of two 9-inch cake pans with waxed paper. Sift flour, measure and sift with soda, salt and spices. Cream fat, add sugar and cream together until light and fluffy. Add eggs, one at a time, beating after each addition. Add jam and beat until smooth. Add dry ingredients alternately with buttermilk. Pour batter into pans and bake in a moderate oven (375°F.) for thirty-five minutes. (National Livestock and Meat Board)

RUSSIAN DRESSING

1/3 cup Chili Sauce Combine and mix thoroughly
1 cup mayonnaise dressing Serve on salad greens

THOUSAND ISLAND DRESSING

1 cup mayonnaise 1 hard cooked egg chopped
1 tbsp. vinegar 1 tbsp. chopped pimentos
1/4 tsp. paprika 1/3 cup Chili sauce or tomato
catsup catsup
tbsp. chopped green peppers

Add ingredients to mayonnaise and stir well.

TARTAR SAUCE

Add 3 tablespoons of finely chopped pickles and olives and 1 tablespoon finely chopped parsley to 1 cup of mayonnaise. A quick tartar sauce is made by adding 1/4 cup pickle relish to 1 cup mayonnaise.

POULEFORT CHEESE DRESSING

Add 4 tbsp. crumbled Roquefort cheese to 1 cup Mayonnaise, blend well.

HORSERADISH SAUCE

Add 1/4 tsp. freshly ground horseradish to 1 cup mayonnaise.