



# SUGAR HINTS AND RECIPES

Before rationing the yearly consumption of sugar per person in the United States was approximately 97 pounds. This was exclusive of manufactured products. Due to greatly reduced sugar supplies, greater demand for "lend lease" sugar, and increased civilian consumption, it was necessary to cut the ration for all classes of consumers. Five pounds of sugar per person for 4 months means a daily allowance of 4 teaspoons.

NORTH DAKOTA AGRICULTURAL COLLEGE  
EXTENSION SERVICE  
FARGO, NORTH DAKOTA

630.717  
N81.83

## TABLE USES

A sprinkle of salt brings out the sweetness and flavor of fresh fruits.

Honey or corn syrup is excellent for sweetening beverages, cereals and fruit, and as a spread for bread, or as a sweetener in sandwich fillings.

Be sure to completely dissolve all sugar used in syrups or beverages. Stir more.

Drinks to be served cold, such as iced tea, coffee etc. should be sweetened while hot.

Keep jar of sugar syrup in the refrigerator to sweeten fruit drinks, fruit cocktails, or use on cereals. It takes less sugar this way.

## COOKING USES

Frost your baked goods less often. Frost the top only. Spread marmalade or preserves over hot cake, or use custard fillings or sauces instead of frostings.

Use desserts that require little, or no sweetening, such as custards, fresh or baked fruits, fruit salads, gelatin desserts, dried fruits cooked or not (no sugar added).

Use dried fruits for sweetening cereals, puddings, breads, frozen desserts or as filling for cakes, cookies, pies and tarts.

## CANE OR BEET SUGAR SUBSTITUTES

*Honey, molasses, sorghum, corn, cane or maple syrup* can be substituted (all or in part) for sugar. Honey or corn syrup can be used as substitutes for sugar in bread (yeast or quick), cakes, pastries, glazing sweet potatoes, squash etc., puddings, frozen desserts, frostings, confections, beverages, sauces, salad dressings. Molasses or sorghum is best substituted for sugar in baked puddings, dark breads, fruit or coffee cakes, cookies, sauces, etc.

In recipes for cakes or cookies, you may substitute up to one-half of the sugar called for with honey, corn syrup, or molasses and reduce the liquid in the recipe one-fourth or one-third. It is best to use recipes worked out for syrups or honey if you wish to use all syrup or honey.

Use one-half teaspoon of soda for every cup of sorghum or molasses. This quantity of soda and molasses has a leavening power equal to 2 teaspoons

baking powder. If this amount is not equal in leavening power to the baking powder called for in the original recipe, add enough baking powder to take care of the difference.

### \*FOUNDATION CAKE

1/2 c. fat.	3/4 c. sugar
1/4 to 1 tsp. flavoring	3 c. sifted flour
3/4 c. sorghum, cane, corn or maple syrup	4 tsp. baking powder
2 to 3 eggs	1/4 to 1/2 tsp. salt
	3/4 c. milk

Cream sugar and fat together. Add flavoring and syrup gradually, stirring until the mixture is light and fluffy. Continue creaming and add slowly the well-beaten egg yolks. Add the sifted dry ingredients and milk alternately, a little milk at a time. Beat in the dry ingredients. Stir in the milk. The first and last addition should be the dry ingredients. Fold in the beaten egg whites last of all. Pour the batter into a lightly greased pan.

For a layer cake, bake in a moderate oven (350° F.) for 25 minutes. For a loaf cake, bake in a very moderate oven (325° F.) for 40 to 45 minutes.

*If sorghum syrup is used, change the baking powder to 3 teaspoons, and add 1/4 teaspoon soda to dry ingredients.*

### \*\*SUGARLESS EGG YOLK CAKE

1/2 c. butter	4 tsp. tartrate baking powder (single act- ing)
1 c. light corn syrup	2 c. pastry flour
10 egg yolks	1/2 tsp. salt
2 tbsp. milk	
1 tsp. vanilla	

Cream butter and add syrup very slowly, continue creaming until well combined. Beat egg yolks until thick and lemon-colored, add to creamed mixture. Sift flour and measure; add baking powder and salt. Sift together three times. Add alternately with liquids, to the creamed mixture - starting and ending with dry ingredients. Bake in moderate oven or 375° F. for approximately 20 minutes as layer cake. or for 15 minutes as cup cakes.

### \*\*SUGARLESS CHOCOLATE CAKE (dark)

2 squares chocolate	1-1/3 c. cake flour
1/4 c. butter	3 tsp. tartrate baking powder (double acting)
3/4 c. light corn syrup	1/4 tsp. salt
2 egg yolks	1/2 tsp. vanilla
2 egg whites	1 tsp. milk

Cream butter and add syrup gradually, continue

creaming until well combined. Add unbeaten egg yolks and mix well. Add melted chocolate. Sift flour, measure and sift again with baking powder and salt. Add vanilla to the milk and add flour mixture and milk alternately. Fold in stiffly beaten egg whites. Pour into greased pans and bake 20 to 30 minutes in a moderate oven (350°F.) This cake may be baked as a layer cake or as cup cakes. (cup cakes - 15 min.)

### \*\*HONEY SPONGE CAKE

1 c. cake flour	5 egg yolks
1/2 c. sugar	1/4 tsp. salt
1/2 c. strained honey	1/2 tsp. vanilla
5 egg whites	3/4 tsp. cream of tartar
2 tbsp. boiling water	

Sift and measure flour and sugar. Beat egg yolks until thick and lemon-colored. Add sugar and beat well, add honey and combine lightly. Add boiling water, a tablespoon at a time. Beat one-half minute, add flavoring, flour and lastly fold in the beaten egg whites. Pour into a tube pan and bake for 50 minutes in a very moderate oven 300° F. When baked, invert on cake cooler and allow to cool before removing from pan.

### \*\*SUGARLESS SEVEN MINUTE FROSTING

1 c. light corn syrup	1 tsp. vanilla
1 egg white	2 drops almond extract
1/16 tsp. salt	

Place syrup, salt and egg whites in the top of a double boiler. Place over rapidly boiling water. Beat continuously with a rotary beater until mixture stands in peaks. Time: Approximately 6 to 8 minutes. Remove from boiling water and beat in flavoring.

*Variation:* For pink peppermint frosting -- to the above recipe add a few drops red vegetable coloring and one-half drop oil of peppermint, leaving out vanilla and almond flavoring.

### \*PLAIN DROP COOKIES

1/2 c. fat	2-1/4 c. sifted flour
1 c. sorghum, cane, corn, or maple syrup	2 tsp. baking powder
	1/2 tsp. salt
1 egg, beaten	1 tsp. flavoring

Cream the fat, add the syrup mixed with the beaten egg, and beat well. Add the sifted dry ingredients and flavoring. Drop by teaspoonfuls onto a greased baking sheet, allowing room for the cookies to spread. Bake to a golden brown in a moderately hot oven (375° to 400° F.). Remove from sheet

while hot. This recipe makes about 60 cookies.

*If sorghum syrup is used, omit the baking powder and add 1/2 teaspoon soda to the dry ingredients.*

### \*OATMEAL COOKIES

1/2 c. fat	2 tsp. baking powder
1 c. sorghum, cane, corn or maple syrup	1/4 c. milk
1 egg, beaten	1-1/2 c. ground oat- meal or rolled oats
1-1/2 c. sifted flour	1/2 c. chopped pea- nuts
1/2 tsp. salt	
1 c. seedless raisins	

Cream the fat and add the syrup mixed with the beaten egg. Sift together the dry ingredients, except the ground oatmeal, and add with the milk to the first mixture. Add the ground oatmeal, nuts, and raisins. Mix well. Drop by spoonfuls onto a greased baking pan. *Make corrections for sorghum.*

### \*PEANUT DROP COOKIES

1/2 c. fat	3 tsp. baking powder
1 c. sorghum, cane, corn or maple syrup	1/2 tsp. salt
2 eggs, beaten	1 c. roasted peanuts finely chopped
2 c. sifted flour	

Cream the fat and syrup and add the beaten eggs. Sift the dry ingredients together, add the peanuts, and combine with the first mixture. Stir until blended. Drop the batter by teaspoonfuls onto a greased baking sheet and bake in a moderate oven (350°F.) for about 20 minutes. *For sorghum reduce 1 tsp. baking powder. Add 1/2 tsp. soda. (60 cookies)*

### \*BAKED INDIAN PUDDING

1 quart milk	1/2 c. molasses, sorghum, or cane syrup
1/3 c. yellow cornmeal	
1 tsp. salt	1/2 to 1 tsp. ginger

Cook the milk, cornmeal, and salt in a double boiler for 20 minutes. Add the syrup and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300°F.) for 2 hours. *Serve with hot or cold top milk or cream. Serves 6.*

### \*VANILLA ICE CREAM

1-3/4 tsp. gelatin	1-2/3 c. coffee cream (18%)
2/3 tbsp. cold water	1 c. corn syrup
1/3 c. milk (scalded)	1/4 tsp. salt
1-1/2 tsp. vanilla	

Dissolve gelatin in cold water. Add scalded milk and mix thoroughly. Then add corn syrup, cream, salt and vanilla. Put in freezer and pack with 8 to 1 proportions of ice to salt. Freeze. Serves 6.

### \*\*APRICOT ICE CREAM

1-3/4 tsp. gelatin	1-2/3 c. coffee cream (18%)
2/3 tbsp. cold water	1/4 tsp. salt
1/3 c. milk (scalded)	2 tbsp. lemon juice
1 c. corn syrup or honey	1 c. apricot pulp (soak 1 c. dried apricots several hours, cook until tender, drain off juice and rub apricots through sieve.)

Dissolve gelatin in cold water. Add scalded milk and mix thoroughly. Then add corn syrup, cream, salt and lemon juice. Mix well and add the apricot pulp. Put in freezer and pack with 8 to 1 proportion of ice to salt. Freeze in a hand turned freezer. Serves 6 medium servings.

### \*STRAWBERRY ICE CREAM

1-3/4 tsp. gelatin	1-2/3 c. coffee cream(18%)
2/3 tbsp. cold water (2 tsp.)	1 c. corn syrup
1/3 c. milk (scalded)	1/4 tsp. salt
	1 c. strawberry pulp

Soak gelatin in cold water. Scald milk, add gelatin, stir until dissolved. Mix corn syrup and cream. Add milk and gelatin mixture to above liquids. Add salt and strawberry pulp. In preparation of strawberries remove stems, wash and mash. using no sugar. This recipe is for a quart sized hand turned freezer. Use eight parts of ice to one part salt. Serves 6.

\* Recipes from publication "Recipes to Match Your Sugar Ration" by Bureau of Home Economics.

\*\* Recipes from School of Home Economics, NDAC, Constance Leeb, Instructor.

Compiled by  
Ruth M. Dawson, Nutritionist

North Dakota Agricultural College and the United States Department of Agriculture Cooperating. E.J. Haslerud, Director of Extension Service. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.