

# Spry

**20<sup>th</sup> ANNIVERSARY COOKBOOK**  
of old and new favorites



## Why the celebration?

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Spry celebrates its 20th Anniversary by giving you this wonderful collection of recipes—old favorites and exciting new dishes! We're celebrating, too, the introduction of Spry's dramatic new red and gold label!

For 20 years, Lever Brothers has been making Homogenized Spry the finest, pure all-vegetable shortening money can buy—there is no better shortening on the market today! And, Lever Brothers has pioneered in making Spry the most modern shortening possible to help you to easier and better cooking. Spry is as essential in today's streamlined kitchen as it was when it was introduced as a revolutionary new product 20 years ago. In fact, it is more important than ever, because Spry has kept pace with modern, carefree home-making! When you use Spry and Spry's advanced techniques and methods, you'll find all cooking and baking take less time and less work. And yet, you still get the wonderful flavor and goodness that we remember fondly in "old-fashioned" home cooking!

The famous Lever Test Kitchens through the years have worked to develop recipes that not only take advantage of Spry's very special qualities, but give you the best possible results every time. The recipes in this book, for example, have been tested and retested under *home* conditions to make sure that even the cooking "beginner" can get "professional" results with every

single one—be it a tender, flaky pie, a high, light, luscious cake or a fragrant hot bread, brought warm from the oven to your table.

Spry is a perfect shortening for all your cooking, baking and frying—in fact, Spry makes just about everything you cook taste better. Why is this so? Because, Spry has these wonderful qualities:

- **IT'S HOMOGENIZED**—pre-creamed to mix quickly and thoroughly with both liquid and dry ingredients.
- **IT'S 100% PURE ALL-VEGETABLE SHORTENING**—gives pastry crisp tenderness and ideal flakiness; light, delicate cakes with tender texture and soft, moist crumb.
- **IT'S BLAND IN ODOR AND FLAVOR**—lets through the full flavor of other ingredients. Stable at high baking temperatures.
- **IT CONTAINS A SPECIAL "CAKE-IMPROVER"**—an emulsifier that makes it possible for the cake batter to carry extra sugar and liquid. You get higher, lighter, fine-textured cakes when you use Spry and Spry recipes.

**SPRY IS ALWAYS PURE, WHOLESOME, NUTRITIOUS, DIGESTIBLE.**

The quality of Spry does not vary. Lever Brothers unconditionally guarantees the quality and performance of Spry or your money back.

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# CAKES

## Lighter, Finer Cakes

Spry's Easy "One-Bowl" Way!



Put measured dry ingredients (flour, sugar, baking powder, salt) into sifter and sift together once into mixing bowl.



Drop in Spry. It needs no creaming or softening—is easy to mix with the other ingredients just as it comes from can.



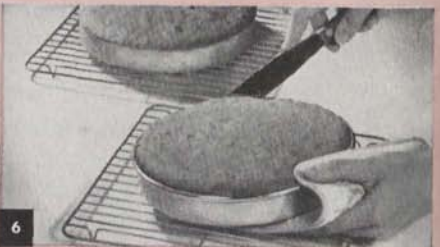
Add part or all of liquid, also flavoring. With wooden spoon, beat with round-the-bowl strokes (as in recipes).



Add remaining liquid and unbeaten eggs; again beat with vigorous round-the-bowl strokes as given in the recipes.



Pour the batter in equal amounts into two round layer pans which have been rubbed with Spry Pancoat (see p. 3).



Let layers cool in pans on wire racks 10 min. Loosen cakes with spatula, turn out on racks and let them finish cooling.

## Spry Pancoat . . . Handy Baking Aid

Mix  $\frac{1}{2}$  cup *Homogenized Spry* and  $\frac{1}{4}$  cup *all-purpose flour* until smooth. Use for "greasing" cake pans, muffin pans, cookie sheets, etc. Gives even, brown



To prepare cake pans for baking, rub bottoms and sides with Spry Pancoat.

crusts—prevents sticking. Keep Pancoat in a covered dish in cupboard for handy use as needed; Pancoat does not need to be refrigerated.



Layers come out of the pans with even crusts—no sticking or breaking.

### TWO-EGG TREASURE CAKE

- 2 cups sifted cake flour
- $1\frac{1}{4}$  cups sugar
- $2\frac{1}{2}$  teaspoons double acting baking powder\*
- 1 teaspoon salt
- $\frac{1}{2}$  cup *Homogenized Spry*
- 1 cup less 2 tablespoons milk
- $1\frac{1}{2}$  teaspoons vanilla
- 2 eggs, unbeaten

Sift first 4 ingredients into mixing bowl. Drop in Spry. Add  $\frac{2}{3}$  of milk, then vanilla, and beat 200 strokes (2 min. on mixer at low speed). Scrape bowl and spoon or beaters. Add eggs and remaining milk and beat 200 strokes (same as before). Bake in 2 Sprycoated 8" round layer pans  $1\frac{1}{2}$ " deep in moderately hot oven ( $375^{\circ}\text{F.}$ ) 25-35 min. Frost with Chocolate Frosting, p. 7.

\*With a tartrate baking powder, use 4 teaspoons.

**CUPCAKES.** Reduce milk to  $\frac{3}{4}$  cup; add all milk in first mixing step. Put frilled paper baking cups in  $2\frac{1}{2}$ " muffin pans. Pour batter into cups, filling  $\frac{1}{2}$  full. Bake at  $375^{\circ}\text{F.}$  for 15-18 min. Frost with Orange Cream Frosting, p. 7. Makes 2 doz.  $2\frac{1}{2}$ " cupcakes.

### AUNT TILLY'S FRUITY CAKE

- 2 cups sifted cake flour
- $1\frac{1}{2}$  cups sugar\*
- $1\frac{1}{2}$  teaspoons soda
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{2}$  teaspoon each cinnamon, cloves, nutmeg, allspice
- $\frac{1}{2}$  cup *Homogenized Spry*
- $1\frac{1}{2}$  cups unsweetened applesauce
- 2 eggs, unbeaten
- $\frac{3}{4}$  cup dates, finely cut
- $\frac{3}{4}$  cup raisins, finely cut
- $\frac{1}{3}$  cup citron, diced (optional)
- 1 cup walnuts, chopped
- 2 tablespoons brown sugar

Sift first 4 ingredients and spices into mixing bowl. Drop in Spry. Add applesauce and beat 200 strokes (2 min. on mixer at low speed). Scrape bowl and spoon or beaters. Add eggs and beat 200 strokes (same as before). Add fruits and  $\frac{3}{4}$  cup nuts and mix thoroughly. Pour batter into Sprycoated 9" tube pan. Mix remaining  $\frac{1}{4}$  cup nuts with brown sugar and sprinkle over batter. Bake in moderate oven ( $350^{\circ}\text{F.}$ ) 1 hr. and 25-35 min.

\*If sweetened applesauce is used, use only  $1\frac{1}{4}$  cups sugar.



## ELEGANT WHITE CAKE

- 2½ cups sifted cake flour
- 1½ cups sugar
- 4 teaspoons double acting baking powder\*
- 1 teaspoon salt
- ½ cup less 1 tablespoon water
- ½ cup less 1 tablespoon milk
- 1 teaspoon vanilla
- ¾ teaspoon orange extract
- ¼ teaspoon almond extract
- ⅔ cup Homogenized Spry
- 5 egg whites, unbeaten

Sift first 4 ingredients into mixing bowl. Add water, milk, and flavoring extracts. Drop in Spry and beat 300 strokes (3 min. on mixer at low speed). Scrape bowl and spoon or beaters several times during mixing. Add egg whites and beat 300 strokes (same as before). Bake in moderately hot oven (375°F.) in any of these shapes:

Tube pan (9") 45-50 min.

Round layer pans 1½" deep (two 9") 25-30 min.

Oblong pan (9" x 13" x 2") 40-45 min.

Cupcake pans 2½" wide (3 doz.) 20-25 min.

Heart pans (two 9") 25-30 min.

\*With tartrate baking powder, 5½ teaspoons.



For a handsome dapple effect, drizzle melted chocolate over frosted cake.

**CHOCOLATE DAPPLE CAKE.** Omit *orange extract* and use 1¼ teaspoons *each vanilla and almond extract*. Bake in oblong pan, 9" x 13" x 2", as directed. Frost sides and top with Heavenly Frosting, p. 8, flavored with ¾ teaspoon *vanilla* and ¼ teaspoon *almond extract*. Melt 1 oz. *chocolate* with 1 teaspoon *Spry* and drizzle from spoon over top of frosted cake, letting it run freely over sides.

**HAMPSHIRE TEA CAKE.** Omit *vanilla*; use 1 teaspoon *each almond extract and orange extract*; add ½ cup *very finely chopped blanched almonds* to batter. Bake in 9" *Sprycoated* tube pan as directed. Frost with Candied Peel Frosting, p. 7; decorate rim of cake with slivers of *toasted almonds* arranged in zigzag fashion.

## DOUBLE FUDGE CAKE

- 3 oz. chocolate, cut very fine
- ¾ cup boiling water
- 1¾ cups sifted cake flour
- 1½ cups sugar
- ¾ teaspoon salt
- ½ teaspoon double acting baking powder\*
- ¾ teaspoon soda
- ½ cup Homogenized Spry
- ½ cup buttermilk or sour milk
- 1 teaspoon vanilla
- 2 eggs, unbeaten

Put chocolate in mixing bowl. Pour boiling water gradually over chocolate and stir until melted. Cool. Sift flour, sugar, salt, baking powder, and soda into chocolate mixture. Drop in *Spry*. Beat 200 strokes (2 min. on mixer at low speed). Scrape bowl and spoon or beaters. Add buttermilk, vanilla, and eggs and beat 200 strokes (same as before). Bake in *Sprycoated* oblong pan, 8" x 12" x 2", in moderate oven (350°F.) 50-60 min. Frost top and sides with Minute-Boil Fudge Frosting, p. 8, into which ½ cup chopped *nuts* have been added just before spreading.

\*With a tartrate baking powder, use 1 teaspoon.



"Ole Missy" Devil's Food Cake

### "OLE MISSY" DEVIL'S FOOD CAKE

- 2 cups sifted cake flour
- 1  $\frac{3}{4}$  cups sugar
- $\frac{3}{4}$  cup cocoa
- 1  $\frac{1}{4}$  teaspoons soda
- $\frac{1}{2}$  teaspoon double acting baking powder\*
- 1 teaspoon salt
- $\frac{3}{4}$  cup Homogenized Spry
- 1  $\frac{1}{4}$  cups buttermilk or sour milk
- 1 teaspoon vanilla
- 3 eggs, unbeaten

Sift first 6 ingredients into mixing bowl. Drop in Spry. Add 1 cup buttermilk and vanilla and beat 250 strokes (2  $\frac{1}{2}$  min. on mixer at low speed). Scrape bowl and spoon or beaters. Add remaining  $\frac{1}{4}$  cup buttermilk and eggs and beat 250 strokes (same as before). Bake in two Sprycoated 9" round layer pans 1  $\frac{1}{2}$ " deep in moderate oven (350°F.) 35-40 min. Spread Louisiana Frosting, p. 8, between layers and on sides and top of cake. Decorate with pecans.

\*With a tartrate baking powder, use  $\frac{3}{4}$  teaspoon.

### CHANTILLY CHOCOLATE CREAM CAKE

- 1  $\frac{3}{4}$  cups sifted cake flour
- 1  $\frac{1}{2}$  cups sugar
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon double acting baking powder\*
- $\frac{3}{4}$  teaspoon soda
- $\frac{1}{2}$  cup Homogenized Spry
- 3 oz. chocolate, melted
- 1 cup buttermilk or sour milk
- 1 teaspoon vanilla
- 2 eggs, unbeaten
- 1 pt. heavy cream
- $\frac{1}{2}$  cup sifted confectioners' sugar
- $\frac{1}{4}$  teaspoon vanilla

Sift first 5 ingredients into mixing bowl. Drop in Spry. Add melted chocolate, buttermilk, and 1 teaspoon vanilla and beat 200 strokes (2 min. on mixer at low speed). Scrape bowl and spoon or beaters. Add eggs and beat 200 strokes (same as before). Bake in 2 square 8" x 8" x 2" Sprycoated pans in moderate oven (350°F.) 30-35 min. Chill layers in refrigerator. Split layers in half horizontally. Whip cream stiff; fold in confectioners' sugar and  $\frac{1}{4}$  teaspoon vanilla. Spread evenly between split layers and on top of cake. Decorate with curls of shaved milk chocolate. Chill before serving (4 hrs. or overnight). Cut in 1" slices for serving. Keep refrigerated until all is used.

\*With a tartrate baking powder, use 1 teaspoon.

**CHOCOLATE RHAPSODY CAKE.** Bake batter in 2 Sprycoated 8" round layer pans 1  $\frac{1}{2}$ " deep in moderate oven (350°F.) 30-40 min. Frost with Carioca Frosting, p. 8. Decorate with thin slices of *Brazil nuts*.

**ROCKY ROAD LOAF CAKE.** Bake in oblong Sprycoated pan, 8" x 12" x 2", in moderate oven (350°F.) 45-55 min. Spread Rocky Road Frosting, p. 8, on top of cake.



## HERITAGE NUT CAKE

- 2¾ cups sifted cake flour
- 1¾ cups sugar
- 2 teaspoons baking powder (any type)
- 1½ teaspoons salt
- 1 cup Homogenized Spray
- ¾ cup milk
- 1 teaspoon almond extract
- 1 teaspoon orange extract
- 3 eggs and 1 egg yolk, unbeaten
- 1 cup walnuts or pecans, *very finely chopped*, or ½ cup each

Sift first 4 ingredients into mixing bowl. Drop in Spray. Add milk, flavoring extracts, and 1 egg and beat 200 strokes (2 min. on mixer at low speed). Scrape bowl and spoon or beaters. Add remaining 2 eggs and 1 egg yolk and beat 200 strokes (same as before). Add nuts and blend. Bake in Spraycoated 9" tube pan in moderately hot oven (375°F.) 60-70 min. Spread Primrose Frosting, p. 7, on sides and top and decorate with chopped nuts.

**SUMMERTIME SHERBET CAKE.** Omit *almond* and *orange extracts* and add 1 teaspoon *grated lemon rind* and 1½ teaspoons *vanilla*. Omit *nuts*. Frost with Pineapple Sherbet Frosting, p. 7.

**SPICY MARBLE CAKE.** Omit *nuts*, *almond extract*, and *orange extract*, and add 2 teaspoons *vanilla*. To ⅓ of batter, add ¾ teaspoon *cinnamon*, ¼ teaspoon *cloves*, ⅜ teaspoon *allspice*, ⅜ teaspoon *nutmeg*, ¾ tablespoon *cocoa* and blend. Spoon the 2 batters, alternately by tablespoonfuls, into Spraycoated 9" tube pan. Run spatula through batters several times to marble. Bake as above. Spread Lemon Cream Frosting, p. 7, on sides and top.

**BLACK WALNUT CAKE.** Omit *almond* and *orange extracts* and add 2 teaspoons *vanilla*. Use 1 cup *black walnuts*, very finely chopped. Frost with Creamy Vanilla Frosting, p. 7.

## "HAPPY TIMES" COCONUT CAKE

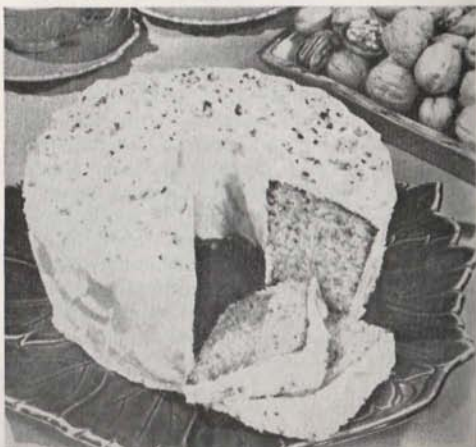
- 2¼ cups sifted cake flour
- 1½ cups sugar
- 2½ teaspoons double acting baking powder\*
- 1 teaspoon salt
- ¾ cup Homogenized Spray
- 1 teaspoon grated lemon rind
- ¾ cup milk
- 1 teaspoon vanilla
- 3 eggs, unbeaten
- 1 cup moist shredded coconut

Sift first 4 ingredients into mixing bowl. Drop in Spray; add lemon rind. Add ½ cup milk, vanilla, and 1 egg; beat 300 strokes (3 min. on mixer at low speed). Scrape bowl and spoon or beaters. Add remaining milk and 2 eggs; beat 200 strokes (2 min. on mixer at low speed). Bake in 2 Spraycoated 9" round layer pans 1½" deep in moderately hot oven (375°F.) 25-30 min. Frost with Lemon-y Frosting, p. 8. Sprinkle with coconut.

\*With a tartrate baking powder, use 4 teaspoons.

**DATE-SCOTCH PICNIC LOAF.** Omit *lemon rind* and *vanilla*; add 1 teaspoon *orange extract* and ½ teaspoon *almond extract*. Bake in Spraycoated oblong pan, 9" x 13" x 2", in moderate oven (350°F.) 40-45 min. Frost with Date-Scotch Frosting, p. 8.

Heritage Nut Cake





# FROSTINGS



## CREAMY VANILLA FROSTING

- 2 tablespoons Homogenized Spry
- 1 tablespoon butter or margarine
- 1 teaspoon vanilla
- $\frac{1}{4}$  teaspoon salt
- 3 cups sifted confectioners' sugar
- 5 tablespoons scalded light cream (about)

Blend first 4 ingredients. Beat in  $\frac{1}{2}$  cup sugar. Add cream, alternately with remaining sugar, beating after each addition. Add only enough cream to make nice spreading consistency. Makes frosting for tops and sides of two 8" round layers, or 9" tube cake, or  $2\frac{1}{2}$  doz.  $2\frac{1}{2}$ " cupcakes, or 8" x 12" x 2" loaf.

**PRIMROSE FROSTING.** Add  $\frac{1}{4}$  teaspoon *almond extract* and  $\frac{1}{2}$  teaspoon grated *orange rind*.

**PINEAPPLE SHERBET FROSTING.** Omit *vanilla* and add  $\frac{1}{2}$  teaspoon grated *lemon rind*. Instead of 5 tablespoons *light cream*, use 4 tablespoons *canned pineapple juice*, heated, and about 1 tablespoon *scalded light cream*.

**LEMON CREAM FROSTING.** In first mixing step, omit *vanilla* and add  $\frac{3}{4}$  teaspoon *lemon rind* and 1 tablespoon *lemon juice*.

**CANDIED PEEL FROSTING.** Omit *vanilla* and add  $\frac{1}{2}$  teaspoon each *almond* and *orange extracts*. Add 1 tablespoon finely chopped *candied orange peel* to frosting.

**ORANGE CREAM FROSTING.** In first mixing step, omit *vanilla* and add  $\frac{3}{4}$  teaspoon grated *orange rind*. Instead of 5 tablespoons *light cream*, use 3 tablespoons *orange juice* and about 3 tablespoons *scalded light cream*.

## CHOCOLATE FROSTING

- 2 tablespoons Homogenized Spry
- 1 tablespoon butter or margarine
- 3 oz. unsweetened chocolate
- 5 tablespoons hot milk
- 2 cups sifted confectioners' sugar
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla

Melt first 3 ingredients together over hot water. Pour hot milk over combined sugar and salt and stir until sugar is dissolved. Add *vanilla*. Add chocolate mixture and beat until thick enough to spread. Makes enough frosting for tops of  $2\frac{1}{2}$  doz.  $2\frac{1}{2}$ " cupcakes or for tops and sides of two 8" layers.

**CHOCO-MINT FROSTING.** Add  $\frac{1}{2}$  teaspoon *peppermint extract* to frosting.

## HEAVENLY FROSTING

- 2 egg whites, unbeaten
- 1½ cups sugar
- 4 tablespoons water
- 3 tablespoons light corn sirup
- ¼ teaspoon cream of tartar
- ⅛ teaspoon salt
- 1 teaspoon vanilla

Put first 6 ingredients in top of double boiler and mix thoroughly. Place over rapidly boiling water and beat constantly with rotary egg beater until mixture will hold a peak (about 7 min.). Remove from hot water, add vanilla, and beat until thick enough to spread. Makes enough frosting for tops and sides of two 9" layers.

**LEMON-Y FROSTING.** Omit *cream of tartar* and add 1 tablespoon *lemon juice* to ingredients in double boiler before cooking. Reduce *vanilla* to ½ teaspoon and add ½ teaspoon *grated lemon rind*.

**LOUISIANA FROSTING.** Instead of 1½ cups *granulated sugar*, use 1 cup *granulated sugar* and ½ cup sifted *brown sugar*, firmly packed. Use *dark corn sirup* instead of *light*.

**CARIOCA FROSTING.** Add 2 oz. *chocolate*, melted and cooled, to frosting just before spreading.

## ROCKY ROAD FROSTING

- 6 oz. semisweet chocolate
- 1 cup sifted confectioners' sugar
- 5 tablespoons light cream, scalded
- ¼ teaspoon vanilla
- 4 marshmallows, cut in eighths
- ⅓ cup walnuts, coarsely cut

Melt chocolate over hot water. Beat in sugar, alternately with cream. Add vanilla, marshmallows, and nuts. Makes frosting for top of 8" x 12" loaf.

## MINUTE-BOIL FUDGE FROSTING

- 2 oz. chocolate, finely cut
- 1½ cups sugar
- 7 tablespoons milk
- 2 tablespoons Homogenized Spry
- 2 tablespoons butter or margarine
- 1 tablespoon corn sirup
- ¼ teaspoon salt
- 1 teaspoon vanilla

Put all ingredients except vanilla in saucepan. Bring slowly to a full rolling boil, stirring constantly, and boil *briskly* 1 min. (On a rainy or very humid day, boil mixture 1½ min.) Cool to lukewarm. Add vanilla and beat until thick enough to spread. If frosting becomes too thick, add a little cream or soften over hot water. Makes enough frosting for tops of two 8" layers or for top and sides of 8" x 12" x 2" loaf. If desired, ½ cup chopped nuts can be added to frosting just before spreading.

## DATE-SCOTCH FROSTING

- 1 cup sifted brown sugar, firmly packed
- 3 tablespoons Homogenized Spry
- 2 tablespoons butter or margarine
- ¼ teaspoon salt
- ⅓ cup milk
- 1½ cups sifted confectioners' sugar
- ½ cup dates, cut in small pieces
- ¼ cup chopped nuts

Combine first 4 ingredients in medium-sized saucepan and bring slowly to a boil over low heat, stirring constantly. Add milk, blend thoroughly, then bring to a boil and boil gently over low heat 3 min., stirring occasionally. Remove from heat. Cool slightly. Add confectioners' sugar and beat until thick enough to spread. Stir in dates and nuts. Makes enough frosting for sides and top of 9" x 13" x 2" cake.

**CARMELSCOTCH FROSTING.** Omit *dates* and *nuts*.



# PIES



## Tender, Flaky Pastry... Spry's Sure "Water-Whip" Way!

Here's a new pastry method that experienced pie-makers like because it's quick and easy . . . a method that beginners like because it's sure to give successful results. And such delicious

pastry—tender, flaky, nut-sweet! For perfect pastry every time, follow the easy steps of Spry's "Water-Whip" method pictured below.



Pour boiling water and milk over Spry in medium-sized mixing bowl. Tilt bowl and break up the shortening with fork.



Whip with rapid cross-the-bowl strokes until all liquid is absorbed and mixture is smooth and thick like whipped cream.



Sift flour and salt onto Spry "whip." No cutting-in of shortening . . . no guessing about how much water to add!



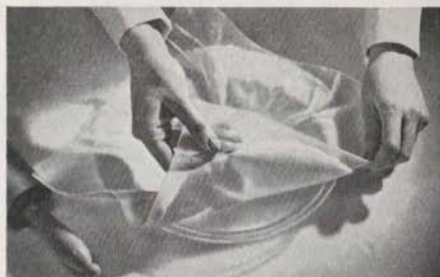
Stir, with round-the-bowl strokes, until all the ingredients cling together and form a dough that "cleans" the bowl.



## Roll "Water-Whip" Pastry This Easy Way!



Roll dough between 12" squares of waxed paper to size of paper. If paper wrinkles, replace with new squares.



Peel off top paper. Center pastry over pan, pastry side down. Remove paper gently and "ease" pastry into pan.

### "WATER-WHIP" PIECRUST

- $\frac{3}{4}$  cup Homogenized Spry
- $\frac{1}{4}$  cup boiling water
- 1 tablespoon milk
- 2 cups sifted all-purpose flour
- 1 teaspoon salt

Put Spry in medium-sized mixing bowl. Add boiling water and milk and break up shortening with fork. Tilt bowl and, with rapid cross-the-bowl strokes, whip with fork until mixture is smooth and thick like whipped cream and holds soft peaks when fork is lifted. Sift flour and salt together onto Spry mixture. Stir quickly, with round-the-bowl strokes, into a dough that clings together and "cleans" the bowl. Pick up and work into a smooth dough; shape into a flat round. Being soft and pliable, "Water-Whip" pastry is especially suited to rolling the easy new "waxed-paper way" (see pictures above). Or, if preferred, the dough can be rolled in the usual way on a floured pastry cloth or board.

This recipe makes enough pastry for a 9" 2-crust pie or for a 9" lattice-top pie or for 9 tart or patty shells.

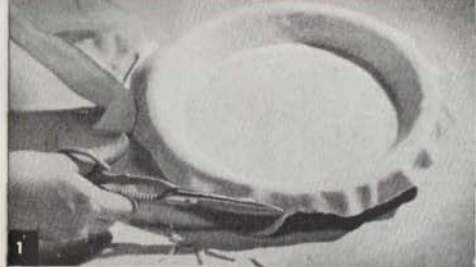
For an attractive top on a 2-crust pie, brush top of pie before baking with *light cream* or *milk* or slightly beaten *egg white*, and sprinkle with *sugar*.

### "MY DELIGHT" APPLE PIE

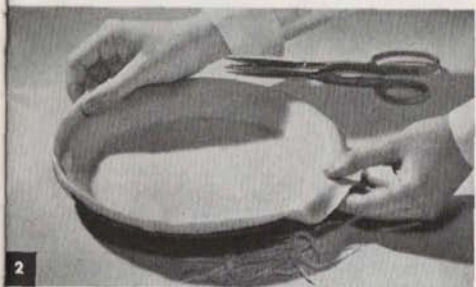
- 1 recipe "Water-Whip" Piecrust, p. 10
- 6 cups pared, cored thin apple slices
- 1 cup sugar
- $\frac{3}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{8}$  teaspoon salt
- 1 teaspoon lemon juice
- 1 tablespoon butter or margarine

Divide pastry in half, shape each half into a smooth, flat round. Roll one half  $\frac{1}{8}$ " thick and line a 9" pie pan. Arrange  $\frac{1}{2}$  of apple slices in pan. Mix sugar, spices, salt, and lemon juice and sprinkle half over apples. Put remaining apple slices on top and cover with remaining sugar. Dot with butter. Trim pastry even with pan. Roll remaining dough and lay over apples. Trim pastry  $\frac{1}{2}$ " beyond pan, fold it under bottom crust, and press edges together with fork. Cut decorative slits in top crust to let steam escape. Bake on lower shelf in hot oven (425°F.) 45-55 min.

**FRENCH APPLE PIE.** Add  $\frac{1}{3}$  cup *seedless raisins* and 1 tablespoon *diced citron* to fruit. While pie is warm, spread top crust with a mixture of  $\frac{1}{2}$  cup sifted *confectioners' sugar*, 2 teaspoons *scalded milk*,  $\frac{1}{8}$  teaspoon *vanilla*.



1 Fit dough smoothly into pan; trim pastry with scissors  $\frac{1}{2}$ " beyond pan rim.



2 Turn back pastry, raise fold, press against pan, making a stand-up rim.



3 For a rope rim, pinch with thumb and bent forefinger; make sharp crimps.



4 Prick shell all over with fork to help keep shell in shape during baking.

## To Make A Perfect Pie Shell Follow These Key Steps . . . Use This Sure Spry Recipe!

### "WATER-WHIP" PIE SHELL

$\frac{1}{2}$  cup less 1 tablespoon  
Homogenized Spry

3 tablespoons boiling water

1 teaspoon milk

1  $\frac{1}{4}$  cups sifted all-purpose flour

$\frac{1}{2}$  teaspoon salt

Put Spry in medium-sized mixing bowl. Add boiling water and milk and break up shortening with fork. Tilt bowl and, with rapid cross-the-bowl strokes, whip with fork until mixture is smooth and thick like whipped cream and holds soft peaks when fork is lifted. Sift flour and salt together onto Spry mixture. Stir quickly, with round-the-bowl strokes, into a dough that clings together and "cleans" the bowl. Pick up and work into a smooth dough; shape into a flat round.

To roll, put dough between two 12" squares of waxed paper and roll lightly into a circle about size of paper. Peel off top paper, place pastry in 9" pie pan, pastry next to pan. Carefully remove paper. Fit pastry into pan, trim  $\frac{1}{2}$ " beyond pan, turn back even with edge of pan, flute rim. Prick shell all over with fork (for baked shells only). Bake in very hot oven (450° F.) 14-19 min.

Makes enough pastry for a 9" pie shell, 6 tart shells, or pastry topping for oblong 6" x 10" x 2" baking dish.

**SAVORY PASTRY.** To make a pastry especially good for meat pies, use boiling *concentrated consommé* instead of boiling water. Add  $\frac{1}{2}$  teaspoon garlic seasoning salt or garlic powder to sifted flour and salt.





Colonial Inn Pecan Pie

### LEMON MERINGUE PIE

- ½ cup cold water
- ¼ teaspoon salt
- 7 tablespoons cornstarch
- 1 ½ cups hot water
- 1 ¼ cups sugar
- 3 egg yolks, slightly beaten
- Grated rind of 1 lemon
- ½ cup lemon juice
- 1 tablespoon butter or margarine
- 1 baked "Water-Whip" Pie Shell, p. 11

Mix cold water, salt, and cornstarch. Combine hot water and sugar in top of double boiler and bring to boil over direct heat. Add cornstarch mixture and cook until thickened; place over hot water and cook until thick and smooth (15 min.), stirring constantly. Stir a little of mixture into egg yolks, return to double boiler, and cook a few min. longer. Add lemon rind and juice and butter. Cool. Pour into baked pie shell. Top with Meringue, p. 12, and bake as directed.

### MERINGUE

- 3 egg whites
- 6 tablespoons sugar
- 1 teaspoon lemon juice or
- ½ teaspoon vanilla

Beat egg whites until stiff and dry. Add sugar, 1 tablespoon at a time, beating

well after each addition. Continue beating until stiff peaks form when beater is lifted. Add flavoring. Spread meringue lightly over cooled filling in pie shell, making sure it touches pastry rim all around to prevent shrinking. Make swirls or peaks in meringue with back of spoon. Bake in slow oven (325° F.) 25-30 min., or until firm and delicately browned. Let pie cool on rack away from drafts.

### COLONIAL INN PECAN PIE

- 1 unbaked "Water-Whip" Pie Shell, p. 11
- 3 eggs
- 2 ½ cups (1 lb.) light brown sugar, firmly packed
- ¼ cup butter or margarine, melted
- Dash of salt
- ½ teaspoon vanilla
- 1 cup pecans, coarsely cut

Make a pie shell with a flat rim. Beat eggs slightly; add sugar gradually, beating well; add melted butter and mix. Add salt and vanilla; blend. Sprinkle ½ of pecans over bottom of shell. Pour sugar mixture into shell. Sprinkle remaining pecans on top. Bake in moderate oven (350° F.) 40 min., or until filling is almost set. Reduce heat to slow (250° F.) and bake 10-15 min. longer, or until set.



## KEY LIME CHIFFON PIE

- 1 tablespoon gelatin
- $\frac{1}{2}$  cup cold water
- 4 egg yolks, slightly beaten
- $\frac{1}{2}$  cup sugar
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{3}$  cup lime juice
- 1 teaspoon grated lime rind
- $\frac{1}{4}$  teaspoon grated lemon rind
- Few drops of green coloring (optional)
- 4 egg whites
- $\frac{1}{2}$  cup sugar
- 1 baked "Water-Whip" Pie Shell, p. 11
- $\frac{1}{2}$  cup heavy cream, whipped

Soften gelatin in water. Combine egg yolks,  $\frac{1}{2}$  cup sugar, salt, lime juice, and grated rinds in top of double boiler and mix. Cook over boiling water until thick and foamy, beating constantly with rotary beater (5 min.). Remove from heat. Add gelatin and blend. Add green coloring. Cool at room temperature until thick enough to mound slightly when dropped from spoon. Beat egg whites until stiff; beat in  $\frac{1}{2}$  cup sugar gradually. Fold into gelatin mixture. Pile lightly in cool baked pie shell. Decorate with whipped cream. Refrigerate several hours or overnight.

## CHERRY LATTICE PIE

- Standard Pastry, p. 13
- 1 cup sugar
- 2 tablespoons flour
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{3}$  cup cherry juice, drained from cherries
- $\frac{1}{4}$  teaspoon almond extract
- 3 cups drained, canned pitted sour red cherries, packed in water\*
- 1 tablespoon butter or margarine

Divide pastry in half. Roll one half  $\frac{1}{8}$ " thick and line 9" pie pan. Trim pastry  $\frac{1}{2}$ " beyond pan, turn dough back and make a fluted rim. Mix sugar, flour, and salt in a small saucepan. Stir in cherry juice and simmer until thickened (about 5 min.). Cool slightly; add almond extract. Place cherries in pie pan, pour cherry-juice mixture over them, dot with butter. Roll remaining dough  $\frac{1}{8}$ " thick, cut into strips  $\frac{5}{8}$ " wide. Lay 5 strips over cherries, evenly spaced, pressing ends into rim. Lay 5 more strips over fruit, at right angles to first strips, press ends into rim. Brush strips with *light cream*, sprinkle with *sugar*. Bake on lower shelf in hot oven (425° F.) 40-50 min.

\*If cherries packed in sirup are used, reduce sugar to  $\frac{1}{3}$  cup and increase juice to  $\frac{1}{2}$  cup.

## Standard Pastry

Ingredients	Two-crust 9" Pie or Lattice Pie	9" Pie Shell or 6 Tart Shells
sifted all-purpose flour	2 cups	1 $\frac{1}{4}$ cups
salt	1 teaspoon	$\frac{1}{2}$ teaspoon
Homogenized Spry	$\frac{3}{4}$ cup	$\frac{1}{2}$ cup
cold water	4 tablespoons	2 $\frac{1}{2}$ tablespoons

Put flour and salt in mixing bowl and mix. Cut in Spry as follows:

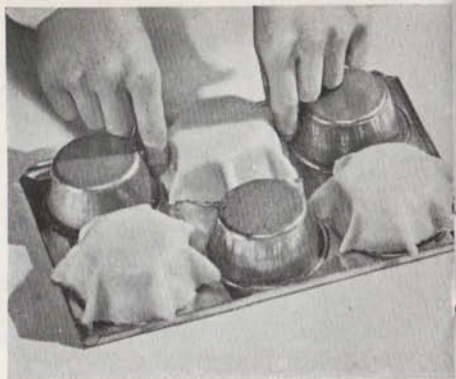
**Step 1 for Tenderness**—cut in  $\frac{2}{3}$  of Spry until as fine as meal.

**Step 2 for Flakiness**—cut in remaining Spry to size of large peas.

Sprinkle water, 1 tablespoon at a time, over mixture. Mix thoroughly with fork into a dough; pick up and work into a smooth ball of dough. Use for making pies, tarts, turnovers, etc. Roll standard pastry on a floured board or cloth—not between waxed paper.

## Tart or Patty Shells

Use recipe for "Water-Whip" Piecrust, p. 10, or Standard Pastry, p. 13. Roll dough  $\frac{1}{8}$ " thick and prick all over with fork. Cut out 5" circles and fit over backs of 3" muffin pans, pinching into about 7 pleats. Bake in very hot oven ( $450^{\circ}\text{F.}$ ) 10-15 min. Cool. Makes 9 tart or patty shells. Fill shells with fruit or creamed chicken, fish, or vegetables.



### CHICKEN KING PATTIES

- 3 tablespoons Homogenized Spry
- 3 tablespoons flour
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon paprika
- $\frac{1}{4}$  teaspoon celery salt
- Dash of pepper
- $1\frac{1}{2}$  cups chicken broth
- $\frac{1}{4}$  cup light cream
- $1\frac{1}{2}$  cups cooked chicken, cut in pieces (two 6-oz. cans)
- $\frac{1}{4}$  lb. fresh mushrooms, sliced and sautéed, or one 4-oz. can mushrooms, drained
- $\frac{1}{2}$  pimienta, cut in small pieces
- 6 baked Patty Shells, p. 14

Melt Spry in saucepan; add next 5 ingredients and blend. Stir in chicken broth and cream gradually; cook and stir over low heat until thickened. Add chicken, mushrooms, and pimienta and heat. Serve in patty shells. Garnish with parsley. Makes 6 servings.

**GREEN VEGETABLE PATTIES.** Use  $1\frac{1}{2}$  cups milk instead of chicken broth and cream; add 1 teaspoon grated onion and  $\frac{1}{2}$  cup grated American cheese to sauce, stirring until cheese is melted. Omit chicken, mushrooms, and pimienta; add 1 cup each cooked peas and cut-up asparagus. For a touch of yellow, use 1 cup each canned whole corn kernels, drained, and cooked cut-up string beans.

### STEAK N ONION PIE

- $\frac{1}{3}$  cup Homogenized Spry
- $1\frac{1}{2}$  cups sliced onions
- $1\frac{1}{2}$  lbs. round steak, cut in  $\frac{1}{2}$ " squares
- $\frac{1}{3}$  cup flour
- 3 teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- $3\frac{1}{4}$  cups boiling water
- 1 tablespoon Worcestershire sauce
- 1 cup raw potatoes, cut in  $\frac{1}{2}$ " cubes
- 1 recipe "Water-Whip" Pie Shell, p. 11

Melt Spry in skillet, add onions, and fry slowly until yellow. Remove onions. Roll meat in mixture of flour, salt, and pepper. Sear in hot Spry in skillet until richly browned. Add boiling water and Worcestershire sauce and sprinkle in any remaining flour mixture. Cover and simmer until meat is tender (about 1 hr.). Add potatoes, cook 10 min. longer. Roll pastry dough into a rectangle  $\frac{1}{4}$ " thick and about 1" larger than  $6" \times 10" \times 2"$  baking dish. Pour boiling hot meat mixture into dish and place cooked onions on top. Fit pastry over top and seal edge of pie. Cut decorative steam vents in pastry. Bake in very hot oven ( $450^{\circ}\text{F.}$ ) 25-30 min. Makes 6 servings.



# COOKIES

Spry's Easy  
"Stamped"  
Cookies...  
Crisp and Round!



First drop tablespoonfuls of cookie dough onto Sprycoated baking sheet, leaving about 2" between the mounds.



Stamp into rounds with flat-bottomed glass covered with damp cloth. Easier and quicker than rolling and cutting!

## SUGAR COOKIES

- ½ cup Homogenized Spry
- ½ teaspoon salt
- ½ teaspoon grated lemon rind
- ½ teaspoon nutmeg
- 1 cup sugar
- 2 eggs, unbeaten
- 2 cups sifted all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon soda
- 2 tablespoons milk

Combine first 6 ingredients and beat until smooth. Sift flour with baking powder and soda, add to Spry mixture and blend; add milk and mix well. Measure out level tablespoons of dough on Sprycoated baking sheets. Flatten cookies by stamping with a flat-bottomed glass covered with a damp cloth. Sprinkle with sugar. If desired, press 3 seeded raisins or split blanched almonds into each cookie. Bake in moderately hot oven (375°F.) 10-12 min. Makes 3½ doz.

**CUT-OUT COOKIES.** Omit *milk* and chill dough for several hours or overnight in refrigerator. Roll about ¼ of dough at a time on floured cloth to ⅛" thickness. Cut out shapes with fancy cookie cutters, brush with *egg white*, and sprinkle with *colored sugars*, *spiced sugar*, or *chopped nuts*.

**HOLIDAY COOKIES.** Omit *lemon rind* and *nutmeg*; add 1 teaspoon *vanilla*. Omit *milk*. Add to dough: ¼ cup *dates*, finely cut, ⅓ cup *candied cherries*, chopped, 2 tablespoons *citron*, chopped, ¼ cup *walnuts*, chopped. Make stamped cookies as directed, sprinkle with *colored sugars*.

**TROPICAL SUGAR COOKIES.** Omit *nutmeg*; increase grated *lemon rind* to 1 teaspoon. Add 2 teaspoons grated *orange rind*. Substitute *orange juice* for *milk*. Add ⅔ cup *coconut*, finely cut. Sprinkle cookies before baking with ¼ cup *sugar* rubbed with ½ teaspoon grated *orange rind*.



## MOM'S GINGER COOKIES

- 1 cup Homogenized Spry
- 1 cup sugar
- 1 teaspoon salt
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1 egg, unbeaten
- 1 cup molasses
- 4 cups sifted all-purpose flour
- 1 teaspoon soda
- $\frac{1}{4}$  cup buttermilk or sour milk

Combine first 7 ingredients and beat until smooth. Sift flour and soda together; add  $\frac{1}{2}$  of flour to Spry mixture and blend. Add buttermilk and blend; add remaining flour and mix well. Measure out level tablespoons of dough on Sprycoated baking sheets. Flatten cookies by stamping with a flat-bottomed glass covered with a damp cloth. Sprinkle with sugar. Bake in moderate oven (350°F.) 12-15 min. Makes about 6 $\frac{1}{2}$  doz.

## HIGHLAND SPICE DROPS

- 1 cup Homogenized Spry
- 1  $\frac{1}{2}$  cups sifted brown sugar, firmly packed
- 1 teaspoon salt
- 1 teaspoon each cinnamon, nutmeg, allspice
- 2 eggs, unbeaten
- 1  $\frac{1}{2}$  cups sifted all-purpose flour
- $\frac{3}{4}$  teaspoon soda
- $\frac{1}{4}$  cup buttermilk or sour milk
- 1  $\frac{1}{2}$  cups rolled oats
- 1 cup nuts, chopped
- 1  $\frac{1}{2}$  cups seedless raisins

Combine first 7 ingredients and beat thoroughly. Sift flour and soda together. Add  $\frac{1}{2}$  of flour to Spry mixture and blend. Add buttermilk and mix, then add remaining flour and blend. Add oats, nuts, and raisins and mix well. Measure out rounded tablespoons of dough on Sprycoated baking sheets. Bake in moderately hot oven (375°F.) 12-15 min. Makes 5 doz.

## HALO CANDIED FRUITIES

- $\frac{3}{4}$  cup Homogenized Spry
- 1  $\frac{1}{2}$  cups sifted dark brown sugar, firmly packed
- 1 teaspoon salt
- 1 teaspoon each cloves, cinnamon, allspice
- $\frac{1}{4}$  teaspoon nutmeg
- 1 teaspoon vanilla
- 3 eggs, unbeaten
- 2 cups sifted all-purpose flour
- $\frac{1}{2}$  teaspoon soda
- $\frac{1}{2}$  cup buttermilk or sour milk
- 1  $\frac{1}{2}$  cups each candied pineapple and candied cherries, chopped
- $\frac{1}{2}$  cup candied citron, chopped
- 1  $\frac{1}{2}$  cups seedless raisins
- 1  $\frac{1}{2}$  cups currants
- $\frac{3}{4}$  cup filberts, chopped
- $\frac{3}{4}$  cup walnuts, chopped

Combine first 9 ingredients in mixing bowl and beat until smooth. Sift flour and soda together; add  $\frac{1}{2}$  of flour to Spry mixture and blend. Add  $\frac{1}{2}$  of buttermilk and blend, then remaining flour and remaining buttermilk, mixing well after each addition. Add fruits and nuts. Measure out rounded tablespoons of dough on Sprycoated baking sheets. Bake in moderate oven (350°F.) 20-25 min. Cool. Decorate tops of cookies with a "halo" of Creamy Vanilla Frosting, p. 7. Makes 7 doz.

\*Halo Candied Fruities



## Luscious Brownies . . . Spry's "Miracle" Way!



Put all ingredients except nuts in mixing bowl, then mix in a single step—just 200 easy round-the-bowl strokes!

### BROWNIES

- $\frac{3}{4}$  cup sifted all-purpose flour or  $\frac{3}{4}$  cup + 2 tablespoons sifted cake flour
- 1 cup sugar
- 7 tablespoons cocoa
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{2}{3}$  cup Homogenized Spry
- 2 eggs, unbeaten
- 1 teaspoon vanilla
- 1 tablespoon corn sirup
- 1 cup walnuts, coarsely cut

Sift first 5 ingredients into mixing bowl. Add next 4 ingredients. Mix thoroughly by beating 200 round-the-bowl strokes (2 min. on mixer at low speed). Scrape bowl and spoon once during mixing. Stir in nuts, reserving a few for top. Spread batter in Sprycoated 8" x 8" x 2" square pan. Sprinkle remaining nuts over batter. Bake in moderate oven (350°F.) 40-45 min. (Avoid overbaking as it makes brownies less moist.) Cool in pan on rack 10 min. Turn out of pan, finish cooling on rack. Let brownies get cold before cutting, to avoid crumbling. Make 4 evenly spaced cuts across each way. Makes 25 brownies 1" thick.



Let brownies cool thoroughly before cutting, then make 4 evenly spaced cuts across each way with long knife.

**BROWNIES ROYALE.** Bake batter in Sprycoated 9" x 9" x 2" pan at 350° F. for 30-35 min. When cold, cut into 9 squares. To serve, top each square with a scoop of *vanilla ice cream* and a pour-over of *chocolate sauce*.

### PEANUT SANDIES

- $\frac{1}{2}$  cup Homogenized Spry
- 1 cup sifted brown sugar, firmly packed
- 1 cup granulated sugar
- 1 cup creamy peanut butter
- 1 teaspoon vanilla
- $\frac{1}{2}$  teaspoon salt
- 2 eggs, unbeaten
- 1  $\frac{1}{2}$  cups sifted all-purpose flour
- 1 teaspoon soda
- $\frac{1}{2}$  cup salted blanched peanuts, cut in pieces

Combine first 7 ingredients and beat until smooth. Sift flour and soda together; add to Spry mixture and blend. Add peanuts and mix. Shape dough into balls 1" in diameter. Place on Sprycoated baking sheets and press each ball with fork. Bake in moderately slow oven (325°F.) 15-20 min. Makes 5 doz.



## APRICOT THIMBLE-ITAS

- 1 recipe Apricot Filling, p. 18  
 $\frac{2}{3}$  cup Homogenized Spry  
1 cup brown sugar, firmly packed  
1 teaspoon salt  
1 teaspoon grated orange rind  
1 egg, unbeaten  
 $2\frac{1}{4}$  cups sifted all-purpose flour  
1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon soda  
3 tablespoons milk

Make Apricot Filling and let cool. Meanwhile make cookie dough. Combine Spry and next 4 ingredients and beat thoroughly. Sift flour, baking powder, and soda together; add  $\frac{1}{2}$  of flour to Spry mixture and blend. Add milk and remaining flour, mixing after each addition. Chill dough 1 hr. Roll dough  $\frac{1}{8}$ " thick on floured board and cut out rounds with  $2\frac{1}{2}$ " cookie cutter. Put 1 heaping teaspoon of apricot filling on  $\frac{1}{2}$  of cookies. With thimble, cut out centers of other cookies and place on filled cookies. Press edges of cookies together with fork. Bake on Sprycoated baking sheets in moderately hot oven (375° F.) 8-10 min. Makes 2 doz.

Apricot Thimble-itas



**APRICOT FILLING.** Mash 1 cup drained, cooked *dried apricots* to a smooth pulp. Add 6 tablespoons drained *apricot juice*,  $\frac{1}{2}$  cup *sugar*, 1 tablespoon *orange juice*. Cook over low heat until thick, stirring frequently (about 15 min.). Cool. Makes enough filling for 2 doz. Apricot Thimble-itas.

## REFRIGERATOR NUT COOKIES

- $\frac{1}{2}$  cup Homogenized Spry  
1 cup sifted brown sugar, firmly packed  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{3}{4}$  teaspoon vanilla  
1 egg, unbeaten  
 $1\frac{1}{2}$  cups sifted all-purpose flour  
 $\frac{1}{2}$  teaspoon soda  
 $\frac{1}{2}$  cup walnuts, chopped very fine

Put first 5 ingredients in mixing bowl and beat until smooth. Sift flour with soda; add to Spry mixture and mix well. Stir in nuts. Press dough very firmly together into a roll 2" in diameter. Wrap in double thickness of waxed paper, twisting ends tightly. Chill in refrigerator for several hours or overnight. To bake, cut  $\frac{1}{8}$ " slices and place on Sprycoated cookie sheets. Bake in moderately hot oven (375° F.) 8-10 min. Makes 5 doz.

## CHOCOLATE VANITIES

- $\frac{1}{3}$  cup sifted all-purpose flour  
 $\frac{2}{3}$  cup sugar  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{3}$  cup Homogenized Spry  
1 egg, unbeaten  
1 teaspoon vanilla  
2 teaspoons light corn sirup  
2 oz. chocolate, melted

$2\frac{1}{2}$  cups walnuts, cut in large pieces

Sift first 3 ingredients into mixing bowl. Add remaining ingredients except nuts. Beat 200 strokes. Stir in nuts. Drop by teaspoonfuls, 1" apart, on Sprycoated cookie sheet. Bake in moderate oven (350° F.) just 8 min. Let cookies cool on cookie sheet 2 min., remove to wire rack. Makes 4 doz.



# BREADS

Hot Breads . . .

Biscuits . . . Rolls

With Spry's Easy Methods!



## BAKING POWDER BISCUITS

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{3}$  cup Homogenized Spry
- $\frac{3}{4}$  cup milk

Sift first 3 ingredients into mixing bowl. Cut in Spry until mixture is as fine as meal. Add milk, mixing to a soft dough. Knead lightly on floured board 20 sec. Roll to  $\frac{1}{2}$ " thickness. Cut with floured biscuit cutter; place biscuits on baking sheet. Bake in very hot oven (450°F.) 12 min. Makes 1 doz.  $2\frac{1}{2}$ " biscuits or  $1\frac{1}{2}$  doz. 2" biscuits.

**BEST-EVER BISCUITS.** Increase *Spry* to  $\frac{1}{2}$  cup. These extra-flaky biscuits are ideal for shortcakes, too.

**FIESTA CHEESE BISCUITS.** After cutting in *Spry*, add  $\frac{3}{4}$  cup grated *American cheese*,  $1\frac{1}{2}$  tablespoons each finely chopped *green pepper* and *pimiento*. Mix, knead, roll, cut; brush biscuits with *cream*; bake as above.

**CINNAMON ROLLS.** Roll dough into rectangle 6" x 18" and about  $\frac{1}{4}$ " thick. Cream 3 tablespoons *butter* or *margarine* with  $\frac{1}{2}$  cup *brown sugar* and 1 teaspoon *cinnamon* and spread on dough. Sprinkle with  $\frac{1}{4}$  cup chopped *nuts* and  $\frac{1}{4}$  cup seeded *raisins*, cut in pieces. Roll like a jelly roll, cut into  $1\frac{1}{2}$ " pieces, and place, cut side down, in *Sprycoated*  $2\frac{1}{2}$ " muffin pans. Bake in hot oven (425°F.) 15-20 min. Makes 12.



A quick kneading of the dough makes light, flaky baking powder biscuits.

## GOLDEN VALLEY DATE BREAD

- 1 cup dates, cut in pieces
- $\frac{1}{2}$  cup walnuts, chopped
- 1 cup hot water
- $\frac{1}{3}$  cup Homogenized Spry
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup brown sugar, firmly packed
- 1 egg, unbeaten
- $1\frac{1}{2}$  cups sifted all-purpose flour
- 1 teaspoon soda
- $\frac{1}{2}$  cup bran or whole wheat flour

Combine dates, nuts, and hot water; let stand. Combine *Spry*, salt, brown sugar, and egg and beat thoroughly. Add date mixture to *Spry* mixture and mix well. Sift flour with soda, add to *Spry* mixture; add bran and mix. Bake in *Sprycoated* 5" x 9" x 3" loaf pan in moderate oven (350°F.) 65-75 min.

**ORANGE-Y FIG BREAD.** Use  $\frac{1}{2}$  cup each cut-up *figs* and *dates*. Use  $\frac{1}{2}$  cup each *orange juice* and *hot water*; add 2 teaspoons grated *orange rind* to the *Spry-sugar* mixture.

## MUFFINS

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 1/2 teaspoons salt
- 1/4 cup sugar
- 1/3 cup Homogenized Spry
- 1 egg, beaten
- 1 cup milk

Sift first 4 ingredients into mixing bowl. Cut in Spry until mixture is as fine as meal. Combine egg and milk. Turn liquids into dry ingredients and stir until all flour is dampened. Turn batter into Sprycoated 2 1/2" muffin pans, filling them 2/3 full. Bake in hot oven (425°F.) 20-25 min. Makes 14 muffins.

**SPICY-TOP APPLE MUFFINS.** Add 1 cup *apples*, pared and finely chopped, to batter. Turn batter into Sprycoated 2 1/2" muffin pans, filling them 2/3 full. Sprinkle with mixture of 2 tablespoons sugar and 1/4 teaspoon *cinnamon*.

## EASY COFFEECAKE

- 1/2 pkg. compressed or dry yeast
- 1/4 cup lukewarm water
- 1 teaspoon sugar
- 1/2 cup Homogenized Spry
- 1/2 cup sugar
- 1 egg, unbeaten
- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 cup milk

Crumble or sprinkle yeast in lukewarm water in small bowl; add 1 teaspoon sugar and mix well. Let stand until yeast is thoroughly dissolved (5-15 min.). Combine Spry, 1/2 cup sugar, and egg and beat until smooth. Sift flour with baking powder and salt; add half to Spry mixture, beating well. Add yeast mixture, then milk and remaining flour, beating after each addition until smooth. Spread batter in Sprycoated 9" round layer pan 1 1/2" deep. Sprinkle with Crumbly Topping. Bake in moderate oven (350°F.) 40-50 min.

**CRUMBLY TOPPING.** Mix 1/2 cup firmly packed *brown sugar*, 1/4 cup sifted *all-purpose flour*, and 1/2 teaspoon *cinnamon*. Cut in 3 tablespoons *butter* or *margarine*. Add 1/4 cup chopped *walnuts* and mix.

**APRICOT-FILLED BREAKFAST CAKE.** Spread 1/2 of batter in Sprycoated 9" round layer pan 1 1/2" deep. Spread 1/2 cup *canned apricot purée* over batter. Spoon remaining batter on top and spread over filling. Sprinkle top with Crumbly Topping, bake as directed.

## LIGHT-AS-FOAM ROLLS

- 1 pkg. compressed or dry yeast
- 1/4 cup lukewarm water
- 1 teaspoon sugar
- 1/2 cup Homogenized Spry
- 1 3/4 teaspoons salt
- 1/4 cup sugar
- 1 cup scalded milk
- 1 egg, well beaten
- 3 1/4 cups sifted all-purpose flour

Crumble or sprinkle yeast in lukewarm water in small bowl. Add 1 teaspoon sugar and mix well. Let stand until yeast is dissolved (5-15 min.). Put Spry, salt, and 1/4 cup sugar in large bowl and add scalded milk. Stir until Spry is melted, then cool to lukewarm. Add egg and dissolved yeast and mix thoroughly. Add flour gradually, beating thoroughly after each addition and beat until batter is smooth. Cover and let rise until light (about 1 1/2 hrs.). Stir down with spoon. Cover and let rise until light (about 1/2 hr.). Spoon batter into Sprycoated 3" muffin pans, filling them a scant 1/2 full. Let rise until light (20 min.). Brush tops with melted *butter* or *margarine* and sprinkle with *poppy seed* or *sesame seed*. Bake in hot oven (425°F.) 12-18 min. Makes 22 rolls.

**VARIATION.** Substitute 1/4 cup *corn meal* and 1/4 cup *bran* for 1/2 cup *flour*.



# FRIED FOODS

## Spry-Fried Foods . . .

So Appetizing and Digestible!



If a 1" square of bread turns golden brown in 1 minute, the temperature of the hot fat is correct for most frying.

### FRENCH FRIED POTATOES

*Spry's blanch-and-brown method* gives crisp, delicious French fries! It is easier because the potatoes are *blanched* ahead of mealtime and *browned* just before serving.

**Preparation of Potatoes.** Pare 6 medium potatoes, cut into  $\frac{3}{8}$ " slices, then into  $\frac{3}{8}$ " strips and drop into cold water. Dry thoroughly between clean cloth towels.

**Blanching at 350°F.—done ahead of mealtime.** When Spry in fryer has reached a temperature of 350°F., put  $\frac{1}{4}$  of the potatoes in frying basket, lower into hot Spry, and fry until tender but not brown (3-6 min.). Drain on absorbent paper. Blanch remaining 3 lots in same way.

**Browning at 390°F.—done just before serving.** Reheat Spry to 390°F. Put  $\frac{1}{2}$  of the blanched potatoes in basket and fry in hot Spry until brown (2-3 min.). Drain on absorbent paper. Brown remaining half in same way. Sprinkle with salt and serve immediately as they lose their crispness on standing. Makes 6 servings.

### TASTY TUNA CROQUETTES

- 2 tablespoons chopped onion
- $\frac{1}{2}$  cup diced celery
- 4 tablespoons Homogenized Spry
- 5 tablespoons flour
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 1 cup milk
- 1 7-oz. can tuna, flaked
- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley
- Fine bread crumbs
- 1 egg, slightly beaten with
- 1 tablespoon water

Cook onion and celery in Spry until tender. Stir in flour, salt, and pepper. Add milk, cook and stir until thick and smooth. Add tuna, lemon juice, parsley, and mix well. Spread mixture in shallow pan and chill in refrigerator several hours or overnight. Shape into small cylinders about  $2\frac{1}{2}$ " x 1". Roll in crumbs, dip in egg, then roll again in crumbs. Fry in deep hot Spry (375°F.) 2-3 min., or until brown. Serve alone, or with mushroom sauce or a delicate cheese sauce. Makes 6 servings.



## **SALMON AND LIMA SPOON-ETTES**

- 1-lb. can salmon
- 1 cup cooked lima beans
- 2 tablespoons chopped green pepper
- $\frac{1}{4}$  cup catchup
- $\frac{1}{3}$  cup flour
- 1 teaspoon salt
- 1 teaspoon chopped onion
- 2 eggs, beaten

Remove bones and skin from salmon and separate into fine flakes. Add next 6 ingredients and blend. Add eggs and mix well. Drop by tablespoonfuls into deep hot Spry (375°F.) and fry about 3 min., or until brown. Serve with lemon wedges. Makes 6 servings.



Salmon and Lima Spoon-ettes

## **BANANA FRITTERS**

- 1 cup sifted all-purpose flour
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  cup sugar
- $1\frac{1}{2}$  teaspoons salt
- 1 egg, beaten
- $\frac{1}{3}$  cup milk
- 1 tablespoon Homogenized Spry
- 2 bananas, cut lengthwise and into 1" pieces

Sift first 4 ingredients into mixing bowl. Add egg, milk, and Spry and beat until smooth. Dip pieces of banana in batter and fry in deep hot Spry (375°F.) 4 min., or until brown. Drain on absorbent paper. Makes 6 servings. Serve with confectioners' sugar or with Clear Lemon Sauce, p. 22.

**APPLE OR PINEAPPLE FRITTERS.** Instead of *bananas*, use 2 large *apples*, pared, cored, and sliced in eighths, or 5 slices canned *pineapple*, drained and quartered.

**CLEAR LEMON SAUCE.** Mix in saucepan:  $\frac{1}{2}$  cup *sugar*, 1 tablespoon *cornstarch*, dash of *salt*. Stir in 1 cup *boiling water* and boil gently 5 min. Add 1 tablespoon *butter* or *margarine*, grated *rind* and *juice* of 1 *lemon*, and  $\frac{1}{4}$  teaspoon *nutmeg*. Makes  $1\frac{1}{3}$  cups.

## **PAN-FRIED FISH FILLETS**

- 1 lb. fresh or packaged frozen fish fillets
- $\frac{1}{4}$  cup corn meal
- $\frac{1}{4}$  cup flour
- 1 teaspoon salt
- Dash of pepper
- 1 egg, slightly beaten with 2 tablespoons water
- $\frac{1}{2}$  cup Homogenized Spry

If fish is frozen, thaw first; cut fish into serving pieces. Mix corn meal, flour, and seasonings. Dip fish in egg mixture, then in flour mixture. Heat Spry in heavy skillet until a drop of water sizzles in it, put in fish, and fry over high heat until fish is golden brown on both sides. Remove to hot platter, garnish with lemon wedges and parsley. Makes 4 servings.

**PAN-FRIED SMALL FISH.** Trout, butterfish, smelts, and other *small fish* are delicious cooked as above. Clean the fish, leaving them whole, then prepare and fry as above. A double dip in egg and crumbs gives an even crust. One lb. of whole fish makes 2 servings.

## COUNTRY KITCHEN FRIED CHICKEN

- $\frac{1}{2}$  cup flour
- 1  $\frac{1}{2}$  teaspoons salt
- $\frac{1}{8}$  teaspoon pepper
- 1 teaspoon paprika
- 3-lb. broiler-fryer, cut in pieces
- $\frac{1}{2}$  cup Homogenized Spry
- 1 green onion, finely cut, or  
1 tablespoon chopped onion
- 2 tablespoons chopped parsley
- $\frac{1}{4}$  cup water
- 1 cup light cream
- 1 cup milk
- $\frac{1}{2}$  lb. mushrooms (caps sliced and  
sautéed)

Put first 4 ingredients in paper bag. Put 2 pieces of chicken at a time in paper bag and shake to coat evenly. Heat Spry in skillet until a drop of water sizzles in it. Place chicken in skillet and fry until golden brown on both sides. Sprinkle onion and parsley over chicken, add water. Cover and cook over low heat until tender (about  $\frac{1}{2}$  hr.). Remove chicken to hot platter, and pour off all but 3 tablespoons of drippings. Stir in remaining 3 tablespoons flour mixture and brown. Add

light cream and milk and stir and cook until thickened. Add sautéed mushroom caps. Serve the platter of fried chicken with accompanying gravy boat of mushroom sauce and a dish of parsleyed new potatoes. Makes 4 servings.

**OVEN-CRISP FRIED CHICKEN.** After browning chicken on both sides in skillet, place uncovered skillet in hot oven (425°F.) and bake 45 min., or until tender. Or transfer browned chicken to baking pan and bake.

## QUICK FRENCH FRIES

- 4 medium-sized potatoes
- $\frac{1}{3}$  cup Homogenized Spry

Pare potatoes and cut lengthwise into  $\frac{1}{4}$ " strips. (Or cut into  $\frac{1}{2}$ " slices then cut into  $\frac{1}{2}$ " cubes.) Drop potatoes into cold water to prevent discoloration. Remove from water and dry thoroughly between clean cloth towels. Melt Spry in heavy skillet over high heat. Add potatoes. Fry quickly, turning often with wide spatula, until crisp and golden brown. Drain on absorbent paper. Sprinkle with salt and serve immediately. Makes 4 servings.

Country Kitchen Fried Chicken





# MAIN DISHES

## Savory Meats . . .

### Tempting Casseroles!



#### ROAST TURKEY

(8-10 lbs.)

Prepare turkey for roasting, then stuff and truss it. Brush bird all over with melted Spry and place on rack in roasting pan. Brush a piece of muslin generously with melted Spry and lay over bird, letting it fall loosely over the sides. (*This Spry-brushing of bird and cloth makes basting unnecessary.*) Do not add water, do not cover. Roast in moderate oven (350°F.) 4-5 hrs., or until tender and golden brown all over. Turn bird during roasting to brown evenly. Remove cloth about ½ hr. before end of roasting. Remove turkey to hot platter and make gravy from drippings. *Chicken* can be roasted in the same way.

#### SAVORY STUFFING

- 3 qts. soft bread crumbs
- 2½ teaspoons salt
- ¼ teaspoon pepper
- 1 teaspoon sage
- ¾ teaspoon thyme
- 2 tablespoons parsley, chopped
- ½ cup Homogenized Spry
- ½ cup onion, minced
- ¼ cup butter or margarine
- ½ cup boiling water

Combine first 6 ingredients and mix. Melt Spry in skillet, add onion, and cook until tender. Add crumbs and fry until delicately browned, stirring constantly. Melt butter in boiling water

and pour over crumbs, tossing lightly with two forks. Add more water if needed. Makes stuffing for 8-lb. bird.

#### CHICKEN CASSEROLE SUPREME

- 2½ cups uncooked broad noodles, broken in pieces
- 4 tablespoons Homogenized Spry
- 4 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon celery salt
- 2 cups milk
- 1 tablespoon grated onion
- 1 cup grated American cheese
- 2 cups cooked chicken, cut in pieces
- 3 tablespoons pimienta, chopped
- 3 tablespoons parsley, chopped
- ½ cup grated American cheese

Cook noodles until tender as directed on pkg. Melt Spry in saucepan, add flour and seasonings, and blend. Stir in milk gradually; add grated onion and cook and stir over low heat until thickened. Add 1 cup grated cheese and stir until cheese is melted. Add cooked noodles, chicken, pimienta, and parsley and mix. Turn into 2-qt. Spry-coated casserole. Sprinkle ½ cup grated cheese over top. Bake in moderately hot oven (375°F.) 40-50 min., or until bubbly and browned. Makes 6 servings.





Beef Stroganoff

### BEEF STROGANOFF

- 1 lb. sirloin or round steak  
1/4" thick
- 1 clove garlic, peeled and cut
- 3 tablespoons flour
- 1 3/4 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon paprika
- 1/4 cup Homogenized Spry
- 1/2 cup chopped onion
- 1 can condensed consommé  
(1 1/4 cups)
- 1/2 cup water
- 1 lb. fresh mushrooms, sliced
- 1/2 cup sour cream
- 2 tablespoons chives, cut fine

Rub both sides of meat with garlic, then cut into strips, 1 1/2" x 1". Mix flour, salt, pepper, and paprika; add meat strips and toss lightly until strips are well coated with flour. Reserve remaining mixture. Heat Spry in heavy skillet. Add meat and brown well, then add onions and continue cooking until onions are transparent. Add remaining flour mixture, consommé, water, and mushrooms. Cover and cook slowly until meat is tender (about 1 1/2 hrs.), stirring occasionally; then remove cover and continue cooking until mixture is slightly thickened. Add sour cream and chives and blend. Serve with cooked broad noodles. Makes 4-5 servings.

### KNICKERBOCKER POT ROAST

- 4 lbs. chuck beef, boned and rolled
- 1/4 cup flour
- 3 teaspoons salt
- 1/4 teaspoon pepper
- 1 clove garlic
- 1/4 cup Homogenized Spry
- 1/2 cup water
- 3 large onions, sliced
- 2 large carrots, sliced
- 1 cup fresh tomatoes,  
cut in pieces

Roll meat in mixture of flour, salt, and pepper. Sear meat with garlic in hot Spry in heavy kettle or Dutch oven until meat is well browned on all sides. (Remove garlic when it is brown.) Add water and vegetables. Put garlic clove back in kettle. Cover and cook slowly until tender (about 4 hrs.). Turn meat occasionally, adding a little water if necessary to keep meat from sticking. Remove meat to hot platter. Strain off liquid in kettle and measure. Add enough water to make 2 cups. (Do not put vegetables back in.) Blend 1/4 cup flour with 1/4 cup cold water; add gradually to liquid in kettle, cooking and stirring until thickened. Makes 6 servings.

# 20<sup>th</sup> ANNIVERSARY COOKBOOK



old and new favorite recipes