



# Distinctive

# Desserts

Family Weekly Cookbook

MELANIE DE PROFT, Director, Culinary Arts Institute

### Fresh Purple-Plum Ice Cream

TO PREPARE: 1 HR.

24 fresh purple plums, rinsed, pitted and quartered

1 cup sugar  
1/2 cup light corn sirup  
1 1/2 cups water  
1/4 cup cold water  
2 teaspoons unflavored gelatin  
2 tablespoons lemon juice  
2 cups chilled whipping cream  
2 teaspoons vanilla extract

1. Set refrigerator control at coldest operating temperature. Set out refrigerator trays. Chill a bowl and rotary beater in refrigerator.
2. Mix together in a saucepan the plums, sugar, corn sirup, and 1 1/2 cups water. Simmer, uncovered, over low heat until fruit is very tender, about 25 min. Force through a sieve or food mill.
3. Meanwhile, put 1/4 cup water into a small cup or custard cup. Sprinkle gelatin evenly over water. Let stand 5 min. to soften.
4. Immediately add softened gelatin to sieved mixture, stirring until it is completely dissolved. Blend in lemon juice.
5. Chill over ice and water or in refrigerator until mixture is thick and sirupy. If chilled over ice and water, stir frequently; if chilled in refrigerator, stir occasionally.
6. Using chilled bowl and beater, beat whipping cream (1 cup at a time) until it is of medium consistency (piles softly). Gently fold vanilla extract and whipped cream into the plum-gelatin mixture.

7. Pour into refrigerator trays and freeze until mixture is mushy.
8. Meanwhile, chill a large bowl and rotary beater in refrigerator.
9. Turn mushy ice-cream mixture into the chilled bowl and beat until smooth. Return to refrigerator trays and freeze until firm. About 2-qts. ice cream

### Elegant Purple-Plum Sauce I

TO PREPARE: 35 MIN.

12 fresh purple plums, rinsed, pitted, and quartered

1/2 cup sugar  
1/2 cup light corn sirup  
1/2 cup water  
1 tablespoon cold water  
1 tablespoon cornstarch  
1 teaspoon grated lemon peel (grated through colored part only; white is bitter)

8 whole cloves  
1 teaspoon lemon juice  
1/2 teaspoon vanilla extract

1. Mix together in a saucepan the sugar, corn sirup, and the 1/2 cup water. Place over medium heat and stir until sugar is dissolved. Bring to boiling. Add plums; reduce heat and simmer, uncovered, until fruit is tender but not mushy. Remove plums from sirup and set aside.
2. Stir the 1 tablespoon cold water into the cornstarch to form a smooth paste. Gradually add the cornstarch mixture to the hot sirup, stirring constantly.
3. Add lemon peel and cloves to sauce. Bring rapidly to boiling, stirring con-

stantly. Cook until mixture is thick and clear. Return fruit to sauce and heat thoroughly.

4. Remove from heat and blend in the lemon juice and vanilla extract. Remove cloves. Serve sauce hot or cold with ice cream or over cake slices. About 1 3/4 cups sauce

### Elegant Purple-Plum Sauce II

Follow recipe for Elegant Purple-Plum Sauce I and cool thoroughly. Using a chilled bowl and beater, beat 1 cup chilled whipping cream until peaks are formed when beater is slowly lifted upright. Fold into the cold sauce.

### Plum\* Perfect Layer Cake

Prepare your favorite recipe for sponge or angel food cake or use a prepared mix. Cut cake into five layers. Or, split two butter-cake layers crosswise to make four layers in all. Stack them, alternating layers of a cream filling (your favorite recipe or vanilla pudding mix) and Elegant Purple-Plum Sauce I or II. If desired, top with sweetened whipped cream and toasted slivered almonds.

### Plum\* Perfect Sundae

Prepare individual meringue shells using your favorite recipe or a prepared mix. Fill with a cream pudding or vanilla ice cream and top with Elegant Purple-Plum Sauce I.

### Noodles with Nuts

Top off a light meal with this unusual, hearty dessert of Hungarian origin.

TO PREPARE: 15 MIN.

6 oz. medium noodles  
1 cup (about 4 oz.) finely chopped walnuts

1/2 cup confectioners' sugar  
2 tablespoons butter, melted  
1 teaspoon lemon juice  
1/2 teaspoon grated lemon peel (grated through colored part only; white is bitter)

1. Prepare noodles according to directions on package. Drain and rinse.
2. Meanwhile, mix together the walnuts and sugar. Set aside.
3. Place noodles in a bowl and toss lightly with a mixture of the melted butter, lemon juice, and lemon peel. Carefully toss noodles with a fork until ingredients are well blended. Top each serving with some of the walnut-sugar mixture. Serve warm. About 8 servings



### Blueberry Pudding DeLuxe

TO PREPARE: 15 MIN. TO BAKE: 45-50 MIN.

2 12-oz. pkgs. frozen blueberries  
4 teaspoons lemon juice  
1/2 teaspoon ground cinnamon  
1/2 cup sifted flour  
1/2 cup sugar  
1/2 cup butter, softened

1. Thaw blueberries according to directions on package. Drain one package.
2. Empty undrained package of blueberries into a 1-qt. baking dish. Add the drained blueberries. Sprinkle evenly with lemon juice and cinnamon.
3. Sift together into a bowl the flour and sugar. Mix in butter until blended. Turn onto a sheet of waxed paper. Cover with another sheet of waxed paper and pat evenly until pastry fits size of baking dish. Peel off one sheet of the waxed paper and thoroughly prick pastry with fork. Gently lay pastry onto blueberries and peel off remaining waxed paper.
4. Bake at 375°F 45 to 50 min., or until top is lightly browned and blueberries are bubbly. Serve hot with sweetened whipped cream. About 6 servings

Note: Blueberry mixture will not completely fill baking dish, thus allowing room for bubbling of mixture.

### A \$10 PRIZE-WINNING RECIPE from a FAMILY WEEKLY reader Mrs. H. B. Harper, Louisville, Ala.

### Mincemeat Gingerbread

TO PREPARE: 15 MIN. TO BAKE: 65 MIN.

1 pkg. gingerbread mix  
1 to 1 1/2 cups moist mincemeat  
1/2 cup coarsely chopped pecans

1. Grease bottom of 8x8x2-in. cake pan.
2. Mix ingredients together. Proceed according to directions on gingerbread package. Turn batter into prepared pan.
3. Bake at 350°F 65 to 70 min., or until a wooden pick comes out clean when inserted in center, or until surface springs back when lightly touched.
4. Cool in pan on cooling rack. Cut into squares; top with hard sauce or sweetened whipped cream. About 9 servings

### Chocolate Dessert Superb

TO PREPARE: 20 MIN. TO BAKE: 20 MIN.

1/2 lb. sweet chocolate  
7 tablespoons double-strength coffee beverage  
1/2 cup (about 7) egg yolks  
1/4 cup sugar  
1 teaspoon vanilla extract  
1 cup (about 7) egg whites  
1/4 teaspoon salt  
1/4 cup sugar  
2 tablespoons Dutch process cocoa  
1 cup chilled whipping cream  
3 tablespoons confectioners' sugar  
1 teaspoon vanilla extract

1. Grease bottom of a 15 1/2 x 10 1/2 x 1-in. jelly-roll pan; line with waxed paper cut to fit pan bottom; grease waxed paper.
2. Melt together in top of double boiler over simmering water the sweet chocolate and coffee. Set aside to cool.
3. Beat together until thick and lemon-colored the egg yolks, 1/4 cup sugar, and 1 teaspoon vanilla extract.
4. Using clean beater, beat egg whites and salt until frothy. Add 1/4 cup sugar gradually, beating well after each addition. Beat until rounded peaks are formed. Blend cooled chocolate into egg-yolk mixture. Gently stir in egg whites. Turn into the pan and spread evenly.
5. Bake at 350°F 15 min. Turn off oven. Remove pan after 5 min. Set on cooling rack until cool.
6. Sift Dutch process cocoa over clean towel. Turn dessert onto towel. Carefully remove paper. If desired, let stand about 30 min. to absorb cocoa flavor. Cover with waxed paper until ready to serve.
7. Beat cream until stiff. Beat in confectioners' sugar and vanilla extract with final few strokes until blended. Cut dessert into 16 squares; transfer eight to plates. Spoon on whipped cream; top with remaining squares, cocoa-side up. 8 servings



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