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Marvelous Meals with Minute Tapioca : Miss Dine About Town

General Foods Corporation

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Marvelous Meals with Minute Tapioca
Dear Public:

I'm no cook—and it's no use pretending I am.

I'm just a girl who's lucky enough to be invited to a lot of interesting places, to eat a lot of interesting food. (I'm not bragging—I'm just amazed and thankful, every day of my life, at my luck!)

So I'm going to tell you in this book about certain luncheons and dinners and suppers I've attended, and give you the menus (and the hostess's secrets) so that you can enjoy some of the grand things I've enjoyed.

Naturally, not every festive meal I sit down to contains tapioca (but a surprising lot of them do). And naturally, since this is a Minute Tapioca Book, I'm going to tell you about those grand meals that, somewhere in the menu (and maybe where you'd never suspect) make use of Minute Tapioca.

As to the recipes, I didn't create them, didn't do any of the careful checking and re-checking that makes these recipes perfect.

But I've tasted them and enjoyed them—and they're here because I thought them—not just good—but extra specially good!

Miss Dine-about-town
If you like cream soup with a new texture, a wonderfully creamy "body," try Minute Tapioca in it. (The hostess says it's far easier, too, made with Minute Tapioca.)

**Duchess Soup**

2 tablespoons Minute Tapioca  
1 teaspoon salt  
½ teaspoon pepper  
1 tablespoon minced onion  
4 cups milk  
2 tablespoons butter  
½ cup grated American cheese  
2 tablespoons chopped parsley

Combine Minute Tapioca, salt, pepper, onion, and milk in top of double boiler. Place over rapidly boiling water and cook 10 to 12 minutes after water boils again, stirring frequently. Add butter, cheese, and parsley, and cook until cheese is melted. Serves 4 to 6.

To garnish soups, sprinkle with chopped parsley, a dash of paprika, a few croutons, grated cheese, or a few tiny round crackers. Or place a spoonful of whipped cream in center and sprinkle with a dash of paprika or chopped parsley.

**Vegetable Chowder**

2 tablespoons butter  
1 tablespoon minced onion  
2 tablespoons chopped green pepper  
1 cup peas  
1 cup diced carrots  
1 cup water  
2 tablespoons Minute Tapioca  
½ teaspoon sugar  
1 teaspoon salt  
1 cup canned corn  
2½ cups milk

Melt butter in saucepan; add onion and pepper and cook 10 minutes, stirring frequently; then add peas, carrots, and water, and cook slowly 20 to 30 minutes, or until vegetables are tender. Combine with Minute Tapioca, sugar, salt, corn, and milk in top of double boiler. Place over rapidly boiling water and cook 10 to 12 minutes after water boils again, stirring frequently. Serves 6 to 8.
Instead of sad croquettes that have lost their shape or taste all bready and dry, these are shapely, moist creations—with no hint of what holds them together.

**Chicken Croquettes**

- 3 tablespoons Minute Tapioca
- ½ teaspoon salt
- ¼ teaspoon paprika
- 2 tablespoons minced green pepper
- 2 tablespoons minced pimiento
- ½ cup milk
- ½ cup chicken stock
- 1½ cups chopped cooked chicken
- Sifted bread or cracker crumbs
- 1 egg, beaten with 3 tablespoons milk and dash of salt

Combine Minute Tapioca, salt, paprika, green pepper, pimiento, milk, and stock in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add chicken and mix thoroughly. Chill. Shape into cones. Roll in crumbs, dip in egg, then in crumbs. Fry in deep fat (390°F.) 1 minute. Drain. Serve with cranberry jelly. Makes 8.

**Salmon Patties**

- 2 cups flaked salmon
- ¾ cup salmon liquid and water
- 2 bouillon cubes (chicken flavor)
- 4 tablespoons Minute Tapioca
- ¼ teaspoon salt
- Dash of pepper
- ¼ teaspoon minced onion
- Sifted bread or cracker crumbs
- 1 egg, beaten with 3 tablespoons milk and dash of salt

Drain liquid from salmon and add water to make ¾ cup. Combine salmon liquid and water, bouillon cubes, Minute Tapioca, salt, pepper, and onion in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. Add salmon and mix thoroughly. Chill. Shape into patties. Roll in crumbs, dip in egg, then in crumbs. Fry in a small amount of hot fat. Drain. Makes 12 small patties.
When is a stew not a stew?
When, my dear, it's a Minute Tapioca ragout!

Casserole of Fish, Italian Style

1/4 pound (1 cup) mushrooms, sliced
1/2 cup diced celery
1 medium onion, finely chopped
4 tablespoons butter
3 tablespoons Minute Tapioca
1 1/4 teaspoons salt
1/4 teaspoon pepper
2 teaspoons sugar
2 cups flaked cooked haddock or cod
3 cups canned tomatoes

Sauté mushrooms, celery, and onion in butter until tender. Combine with Minute Tapioca and remaining ingredients in order given. Turn into greased casserole and bake in hot oven (425°F.) 25 minutes, stirring twice during first 10 minutes of baking. Place unbaked biscuits on top of fish mixture after it has baked 10 minutes; return to oven, and bake 12 to 15 minutes longer, or until biscuits are browned. Serves 8.

Casserole of Ham and Cabbage

4 cups coarsely shredded cabbage
3 tablespoons Minute Tapioca
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon paprika
2 cups milk
2 tablespoons butter
1/2 pound boiled ham, chopped
1/2 cup fine bread crumbs, buttered

Cook cabbage in boiling, salted water 2 minutes; drain. Combine Minute Tapioca, salt, pepper, paprika, and milk in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add butter. Place layer of tapioca in greased baking dish, then layer of cabbage and ham; repeat, finishing with tapioca. Sprinkle with crumbs. Bake in moderate oven (350°F.) 20 minutes. Serves 4 to 6.

Curried Lamb with Dumplings

1 pound lamb, cut in pieces
1/2 cup sliced onions
1 tablespoon butter
4 cups water
1 cup diced carrots
1 1/2 teaspoons salt
1/4 teaspoon pepper
3/4 teaspoon curry
2 1/2 tablespoons Minute Tapioca
1 cup canned peas
Dumpling mixture

Brown meat and onion in butter; add water, cover, and simmer about 1 1/2 hours, or until nearly done. Add carrots and seasonings and continue cooking 15 minutes, or until carrots are tender; then add Minute Tapioca and peas and bring to a brisk boil, stirring constantly. Drop dumpling mixture from teaspoon on boiling stew; cover tightly and cook without removing cover 5 to 7 minutes, according to size of dumplings. Serves 6 to 8.
Chefs don't like to let this secret out, it's such a good one. But I got it—it's this. Minute Tapioca keeps omelets and soufflés standing up proudly, never a flop!

**Fluffy Omelet**

- 2 tablespoons Minute Tapioca
- ¾ teaspoon salt
- ½ teaspoon pepper
- ¾ cup milk
- 1 tablespoon butter
- 4 egg yolks, beaten until thick and lemon-colored
- 4 egg whites, stiffly beaten

Combine Minute Tapioca, salt, pepper, and milk in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add butter. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into hot, buttered 10-inch frying pan. Cook over low flame 3 minutes. Then bake in moderate oven (350°F) 15 minutes. Omelet is sufficiently cooked when a knife inserted comes out clean. Cut across at right angles to handle of pan, being careful not to cut all the way through. Fold carefully from handle to opposite side and serve on hot platter. Garnish with parsley and serve with crisp bacon, if desired. Serves 6.

**Olive Omelet**

1 tablespoon butter
1 onion, finely chopped
1 tablespoon flour
1 cup tomato juice and pulp
½ cup finely chopped stuffed olives
1 recipe Fluffy Omelet

Melt butter, add onion, and cook until golden brown. Add flour and mix well; then add tomatoes and cook 5 minutes, stirring constantly. Add olives. Prepare Fluffy Omelet; turn out on hot platter. Place olive mixture between folded layers and around omelet. Serve at once. Garnish with parsley and with whole or halved stuffed olives. Serves 6.

**Cheese Soufflé**

3 tablespoons Minute Tapioca
1 teaspoon salt
1 cup milk
1 cup grated American cheese
5 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Combine Minute Tapioca, salt, and milk in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add cheese and stir until melted. Cool
slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 50 minutes, or until soufflé is firm. Serves 6.

**Spanish Omelet**

3 tablespoons butter  
2 tablespoons chopped onion  
½ teaspoon salt  
1 teaspoon sugar  
Dash of cayenne  
2 tablespoons chopped green pepper  
½ cup sliced mushrooms  
1 cup canned tomatoes, pulp  
and juice  
1 recipe Fluffy Omelet

Melt butter; add onion and cook until golden brown. Add remaining ingredients and cook over low flame 15 minutes, or until vegetables are tender. Prepare Fluffy Omelet; turn out on hot platter. Place vegetable mixture between folded layers and around omelet. Serve at once. Serves 6.

Use omelets as a main dish for luncheon or supper. Minute Tapioca insures omelets against sagging. They are tender, moist and fluffy and stay light even if they are not served immediately but are kept waiting quite a while.

**Tuna and Celery Soufflé**

4½ tablespoons Minute Tapioca  
1½ teaspoons salt  
½ teaspoon pepper  
1 cup finely cut celery  
2 cups milk  
1 cup flaked tuna fish  
3 egg yolks, beaten until thick  
and lemon-colored  
3 egg whites, stiffly beaten

Combine Minute Tapioca, salt, pepper, celery, and milk in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add fish. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 50 to 60 minutes, or until soufflé is firm. Serves 8.

**Salmon Soufflé**

4½ tablespoons Minute Tapioca  
½ teaspoon salt  
½ teaspoon minced onion  
1 cup milk  
1 cup meat stock, or  
1 cup water and 2 bouillon cubes  
1½ cups minced salmon  
3 egg yolks, beaten until thick  
and lemon-colored  
3 egg whites, stiffly beaten

Combine Minute Tapioca, salt, onion, milk, and stock in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add salmon. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 1 hour, or until firm. Serves 8.

Made with Minute Tapioca and properly baked, soufflés do not fall, but stay tender and light while being served.

**Chicken Soufflé**

5 tablespoons Minute Tapioca  
½ teaspoon salt  
½ teaspoon pepper  
2 teaspoons chopped onion  
1 cup milk  
1 cup chicken stock, or  
1 cup water and 2 bouillon cubes (chicken flavor)  
1 cup finely cut cooked chicken  
2 tablespoons chopped parsley  
3 egg yolks, beaten until thick  
and lemon-colored  
3 egg whites, stiffly beaten

Combine Minute Tapioca, salt, pepper, onion, milk, and stock in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add chicken and parsley. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350° F.) 50 to 60 minutes, or until soufflé is firm. Serve at once with creamed peas or Béchamel sauce or with any favorite sauce. Serves 6.

To use left-over turkey, substitute turkey stock and cooked turkey for chicken stock and cooked chicken.
Meat Loaves and Pies, new versions of old favorites

Every time I taste a meat loaf that slices beautifully, and tastes so moist and juicy that it's like all-meat, I know before I ask—it's binder is Minute Tapioca!

Veal Loaf Roast

1 tablespoon minced onion
2 teaspoons butter
1/2 cup Minute Tapioca
2 1/2 teaspoons salt
Dash of cayenne
Dash of celery salt
1 pound veal, ground
1 pound pork, ground
1 cup milk
3/4 cup hot water and 4 tablespoons butter

Brown onions slightly in butter; combine with Minute Tapioca, seasonings, veal, pork, and milk. Turn into loaf pan. Bake in hot oven (450°F.) 15 minutes; then decrease heat to moderate (350°F.) and bake 30 minutes longer, or until done, basting frequently with mixture of water and butter. Serve hot or cold. Serves 10.

Chicken Pot Pie

2 1/2 tablespoons Minute Tapioca
1/4 teaspoon salt
Dash of pepper
Dash of paprika
2 cups diced cooked chicken
1 1/4 cups milk or chicken stock
2 tablespoons melted butter
6 to 8 unbaked baking powder biscuits, rolled 1/4 inch thick

Combine Minute Tapioca with remaining ingredients in order given. Turn into greased casserole and bake in hot oven (425°F.) 25 minutes, stirring mixture twice during first 10 minutes of baking. Place biscuits on top of chicken mixture after it has baked 10 minutes; return to oven and bake 12 to 15 minutes longer, or until biscuits are browned. Serves 4.
Savory Meat Loaf

2 thin 2-inch slices salt pork, diced
2 tablespoons minced onion
2 pounds round beef, ground
1/2 cup Minute Tapioca
2 1/2 teaspoons salt
1/4 teaspoon pepper
2 cups strained canned tomatoes (juice and pulp)

Try out salt pork, add onion, and cook until golden brown. Add pork, onion, and drippings to other ingredients and mix thoroughly. Bake in loaf pan in hot oven (450°F.) 15 minutes; then decrease heat to moderate (350°F.) and bake 30 minutes longer, or until done. Serve hot or cold. Garnish with parsley. Serves 10.

Ham Loaf

1/2 cup Minute Tapioca
1/4 teaspoon pepper
1/4 teaspoon paprika
1 teaspoon Worcestershire sauce
1 tablespoon minced onion
1 pound lean ham, ground
1 pound lean pork, ground
2 cups milk

Combine Minute Tapioca with remaining ingredients in order given. Bake in loaf pan in hot oven (450°F.) 15 minutes; then decrease heat to moderate (350°F.) and bake 45 minutes longer, or until done. Rub mixing bowl with garlic before mixing, if desired. Serve hot or cold. Serves 10.

Shepherd’s Pie

(Using cooked meat)

2 cups meat stock or gravy
3 1/2 tablespoons Minute Tapioca
1/4 teaspoon pepper
1/4 teaspoon paprika
2 cups diced cooked meat
1/2 cup canned tomatoes
1/2 cup cooked onion
1/2 cup cooked carrots
1 tablespoon chopped parsley
2 teaspoons Worcestershire sauce
Salt
2 cups seasoned mashed potatoes
2 tablespoons melted butter

Bring stock to boil over direct heat. Combine Minute Tapioca, pepper, and paprika; add gradually to stock, bring to a full boil, stirring constantly. Add meat, tomatoes, onion, carrots, parsley, Worcestershire sauce, and salt; turn into greased baking dish. Cover top with potatoes; first spread part around edge, sealing to casserole; then spread remainder toward center, leaving opening for escape of steam. Brush with butter. Bake in hot oven (450°F.) 20 minutes, or until potatoes are browned. Serves 6.

Beefsteak and Kidney Pie

4 lamb kidneys
1 pound round steak, cut in pieces
3/4 cup sliced onions
2 tablespoons butter
3 1/2 cups boiling water
1 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon thyme
1 bay leaf
3 allspice berries
2 cups mushrooms, cut in pieces
1 1/2 tablespoons Minute Tapioca
1/2 teaspoon Worcestershire sauce
1 cup sifted flour
1 teaspoon Calumet Baking Powder
1/4 teaspoon salt
3 tablespoons butter or other shortening
6 tablespoons milk (about)

Soak kidneys in salted water 1 hour. Brown steak and onions in 1 tablespoon butter; add water, salt, and pepper. Tie thyme, bay leaf, and allspice in small cloth; add to meat; cover and simmer about 1 hour, or until nearly done. Remove bag of spices. Slice kidneys and sauté with mushrooms in remaining tablespoon butter. Add to meat mixture; then add Minute Tapioca and Worcestershire sauce and bring to a full boil, stirring constantly. Turn into greased casserole.

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening. Add milk gradually, stirring until soft dough is formed. Turn out on slightly floured board and knead 30 seconds, or enough to shape. Roll dough 1/4 inch thick; with sharp knife make slits to permit escape of steam. Fit over meat mixture in casserole. Bake in hot oven (450°F.) 30 minutes. Serves 6 to 8.
Vegetable Dishes that will please an epicure

Yes, you can use Minute Tapioca even in vegetable dishes. You get just the right body without the tiresome process of making a white sauce.

Cauliflower au Gratin

1 small cauliflower (in flowerets)
2 tablespoons Minute Tapioca
¾ teaspoon salt
½ teaspoon paprika
2 cups milk
1 cup grated American cheese
1 cup bread crumbs, buttered

Cook cauliflower in boiling, salted water 12 minutes, or until tender; drain and place in 6 small or 1 large greased baking dish. Combine Minute Tapioca, salt, paprika, and milk in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Remove from boiling water; add cheese and stir until melted. Pour over hot cauliflower; cover with crumbs and bake in moderate oven (350°F.) 20 minutes. Serves 6.

Medley of Vegetables

1½ cups sliced onions
2 cups celery, cut in strips
1½ cups carrots, cut in strips
2 cups string beans, cut in strips
¾ cup green peppers, cut in strips
1½ cups mushrooms, sliced lengthwise
4 tablespoons butter
2 cups canned tomatoes
3 tablespoons Minute Tapioca
2½ teaspoons salt
¼ teaspoon pepper

Cut vegetables in strips, ¼x1¼ inches. Melt butter in saucepan; add onions, celery, carrots, string beans, and green peppers, and cook 10 minutes, stirring frequently. Add tomatoes and mushrooms and cook slowly 20 to 30 minutes, or until vegetables are tender; then add Minute Tapioca, salt, and pepper. Cook 5 minutes, stirring occasionally. Serves 6.
These sandwich fillings are made with Minute Tapioca. Minute Tapioca holds moisture. That’s why the fillings stay moist for hours without soaking into the bread.

**Nippy Cheese Sandwich Filling**

- 2 cups strained canned tomatoes  
  (juice and pulp)
- 2 tablespoons Minute Tapioca
- 1/2 teaspoon pepper
- 1/2 teaspoon dry mustard
- 2 1/2 cups (1/2 pound) grated American cheese
- 1 1/2 cups (1/4 pound) ground dried beef
- 1/4 teaspoon Worcestershire sauce

Combine tomatoes, Minute Tapioca, pepper, and mustard in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Add cheese gradually and stir until melted. Remove from fire. Add dried beef and Worcestershire sauce and blend. Cool. Makes 2 1/2 cups filling.

**Cheese and Olive Sandwich Filling**

- 3 tablespoons Minute Tapioca
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon paprika
- 1/2 teaspoon dry mustard
- 1 cup milk
- 2 1/2 cups (1/2 pound) grated American cheese
- 1/2 cup chopped stuffed olives

Combine Minute Tapioca, salt, pepper, paprika, mustard, and milk in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add cheese slowly, stirring until melted. Remove from boiling water. Then add Worcestershire sauce and olives. Cool—mixture thickens as it cools. Makes 2 1/4 cups sandwich filling. Spread on thinly sliced white or dark bread.

**Minced Ham Sandwich Filling**

- 1 cup water
- 3 tablespoons Minute Tapioca
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 pound boiled ham, ground
- 1/4 cup chopped sweet pickle
- 1 tablespoon minced onion
- 1 tablespoon vinegar
- 1 tablespoon mayonnaise

Combine water, Minute Tapioca, salt, and pepper in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. Combine remaining ingredients in order given; add to tapioca mixture and blend. Cool. Makes 2 cups.
A Dozen Delicious Minute Tapioca Creams:

1. Butterscotch Tapioca Cream
2. Fig Fancy
3. Banana Whirl
4. Orange Mint
5. Creamy Strawberries
6. Chocolate Half-and-half
7. Coconut Crest
8. Peach Minute Tapioca
9. Rhubarb Delight
10. Chocolate Nut Sundae
11. Peanut Brittle Trifle
12. Apple Match-stick Tapioca

The recipes are on pages 14 and 15.
Of course, I've put Minute Tapioca Cream first. But as the picture on pages 12 and 13 shows, it's not just one dessert—it's the basis of a whole series of desserts.

**Minute Tapioca Cream**

1 or 2 egg yolks  
4 cups milk  
1/3 cup Minute Tapioca  
1/2 cup sugar  
1/4 teaspoon salt  
1 or 2 egg whites  
1 teaspoon flavoring

**Double Boiler Method:** Mix egg yolk with small amount of milk in top of double boiler. Add Minute Tapioca, sugar, salt, and remaining milk. Place over rapidly boiling water and cook 10 to 12 minutes after water boils again, stirring frequently. Remove from fire. (Tapioca will be well distributed throughout, but mixture will be thin. Do not overcook.) Beat egg white until just stiff enough to hold shape. Fold hot tapioca mixture gradually into egg white. Cool—mixture thickens as it cools. When slightly cool, stir in flavoring; chill. Serve plain or with cream. Serves 7 to 9.

**Saucepan Method:** Mix egg yolk with small amount of milk in saucepan. Add Minute Tapioca, sugar, salt, and remaining milk. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. Do not overcook.) Beat egg white until just stiff enough to hold shape. Fold hot tapioca mixture gradually into egg white. Cool—mixture thickens as it cools. When slightly cool, stir in flavoring. Chill.

**To make half this recipe,** use 3 tablespoons Minute Tapioca and 1/2 other ingredients. Cook 8 to 10 minutes in double boiler, or bring quickly to a full boil over direct heat.

**Pudding is delicious** poured over fresh or canned fruits, served with a sauce, or combined with dried fruits, nuts, or coconut.

1. **Butterscotch Tapioca Cream**

   Fold butterscotch sauce into Minute Tapioca Cream. Serve in sherbet glasses. Garnish with additional butterscotch sauce, whipped cream, and pecan halves.

2. **Fig Fancy**

   Serve Minute Tapioca Cream in sherbet glasses. Pour on fig sauce made by cooking together until slightly thickened 1 cup chopped dried figs, 1/2 cup brown sugar, firmly packed, and 1 cup water.
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<tr>
<td><strong>3. Banana Whirl</strong></td>
<td>Cut oblique slices of bananas and arrange as border around sherbet glasses. Fill with Minute Tapioca Cream. Garnish with slices of maraschino cherries.</td>
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<td><strong>4. Orange Mint</strong></td>
<td>Fold whipped cream into Minute Tapioca Cream. Pile in sherbet glasses. Garnish with sections of orange and sprigs of mint.</td>
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<td><strong>5. Creamy Strawberries</strong></td>
<td>Place sliced strawberry sauce in bottom of sherbet glasses; cover with Minute Tapioca Cream. Garnish with additional sliced strawberry sauce.</td>
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<td><strong>6. Chocolate Half-and-half</strong></td>
<td>Fold chocolate sauce into part of Minute Tapioca Cream. Serve in sherbet glasses with plain Minute Tapioca Cream.</td>
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<td><strong>7. Coconut Crest</strong></td>
<td>Serve Minute Tapioca Cream in sherbet glasses. Top with bits of green mint jelly and Baker’s Coconut, plain or toasted.</td>
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<td><strong>8. Peach Minute Tapioca</strong></td>
<td>Serve Minute Tapioca Cream in sherbet glasses. Arrange slices of canned or fresh peaches as border around glasses. Garnish with whipped cream.</td>
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<td><strong>9. Rhubarb Delight</strong></td>
<td>Place sauce of cooked pink rhubarb in bottom of sherbet glasses; cover with Minute Tapioca Cream. Garnish with cooked pink rhubarb.</td>
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<td><strong>10. Chocolate Nut Sundae</strong></td>
<td>Serve Minute Tapioca Cream in sherbet glasses. Pour chocolate sauce over tapioca and top with chopped walnut or pecan meats.</td>
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<td><strong>11. Peanut Brittle Trifle</strong></td>
<td>Fold coarsely crushed peanut brittle into Minute Tapioca Cream. Serve in sherbet glasses. Top with whipped cream and finely crushed peanut brittle.</td>
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<tr>
<td><strong>12. Apple Match-stick Tapioca</strong></td>
<td>Fold 2 cups apple match-sticks (red apples, cored and cut in match-stick pieces), ½ teaspoon grated orange rind, or ½ teaspoon grated lemon rind into Minute Tapioca Cream. Serve in sherbet glasses. Garnish with apple match-sticks.</td>
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St. Clement’s Tapioca Cream

1 egg yolk
2 cups milk
3 tablespoons Minute Tapioca
3 tablespoons sugar
¼ teaspoon salt
¼ teaspoon grated orange rind
¼ teaspoon grated lemon rind
1 egg white
¼ cup fruit juice and water
2½ cup sugar
1 orange and 1 lemon, sections free from membrane and drained

Mix egg yolk with small amount of milk in top of double boiler. Add remaining milk, Minute Tapioca, sugar, and salt. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Remove from boiling water and add grated orange and lemon rinds. Beat egg white until just stiff enough to hold shape. Fold hot tapioca mixture gradually into egg white. Chill—mixture thickens as it cools. Serve in sherbet glasses, pouring small amount of sauce over each portion just before it is served. Serves 4.

For sauce, add water to juice drained from fruit to make ¼ cup. Combine liquid and sugar and boil rapidly 4 minutes. Add orange and lemon sections and boil gently 5 minutes longer. Chill.

Chocolate Tapioca Cream

1 egg yolk
4 cups milk
4 tablespoons Minute Tapioca
3 teaspoons sugar
¾ teaspoon salt
2 squares Baker’s Unsweetened Chocolate, cut in pieces
1 egg white
1 teaspoon vanilla

Mix egg yolk with small amount of milk in top of double boiler. Add Minute Tapioca, sugar, salt, chocolate, and remaining milk. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently; then beat with rotary egg beater until chocolate is blended. Remove from fire. Beat egg white until just stiff enough to hold shape. Fold hot tapioca mixture gradually into egg white. Cool—mixture thickens as it cools. When slightly cool, add vanilla; chill. Serve in sherbet glasses. Garnish with whipped cream. Sprinkle with plain or toasted coconut or grate chocolate over top. Serves 8.

Apricot Float Tapioca Cream

1 egg yolk
2 cups milk
3 tablespoons Minute Tapioca
2 tablespoons sugar
½ teaspoon salt
1 egg white
¼ teaspoon almond extract
½ cup cream, whipped
18 dried apricots
1½ cups water
½ cup sugar

Mix egg yolk with small amount of milk in top of double boiler. Add remaining milk, Minute Tapioca, sugar, and salt. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Beat egg white until just stiff enough to hold shape. Fold hot tapioca mixture gradually into egg white. Cool—mixture thickens as it cools. When slightly cool, add flavoring and cream. Chill. Serve in individual dishes with apricot sauce. Serves 6.

For sauce, soak apricots in water 2 to 3 hours. Remove apricots, add sugar to water, and cook 10 minutes, or until mixture is of consistency of thin syrup. Add apricots and simmer 5 minutes. Chill.
For years I've admired those cooks who could turn out luscious looking dessert souffles. Now I know how they do it. It's because they always use Minute Tapioca.

Prune Sponge Pudding

4 tablespoons Minute Tapioca
3 tablespoons sugar
1/2 teaspoon salt
1 1/3 cups prune juice and milk
1 tablespoon butter
1 1/2 teaspoons cinnamon
1 1/2 teaspoons grated orange rind
3 tablespoons orange juice
4 teaspoons lemon juice
1 cup finely cut cooked prunes
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Combine Minute Tapioca, sugar, salt, prune juice and milk in top of double boiler. Place over rapidly boiling water and cook 7 minutes after water boils again, stirring frequently. Add butter, cinnamon, orange rind, orange juice, lemon juice, and prunes. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350°F.) 50 to 60 minutes, or until firm. Serve warm or cold. Serves 6.

Coconut Tapioca Soufflé

1/2 cup Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt
2 cups milk
2 tablespoons butter
1 teaspoon vanilla
1 1/2 cups Baker's Premium Shred Coconut, chopped
3 egg yolks, beaten until thick and lemon-colored
3 egg whites, stiffly beaten

Combine Minute Tapioca, sugar, salt, and milk in top of double boiler. Place over rapidly boiling water and cook 8 to 10 minutes after water boils again, stirring frequently. Add butter, vanilla, and 3/4 cup coconut. Cool slightly while beating eggs. Add egg yolks and mix well. Fold into egg whites. Turn into greased baking dish. Place in pan of hot water and bake in moderate oven (350°F.) 30 minutes, then sprinkle with remaining 3/4 cup coconut and bake 20 to 30 minutes longer, or until soufflé is firm. Serve hot with cream or lemon sauce. Serves 8.

For Vanilla Tapioca Soufflé, use above recipe, increasing vanilla to 2 teaspoons and omitting coconut. Bake in moderate oven (350°F.) 50 to 60 minutes, or until soufflé is firm. Serve hot.
If you like fruit but are tired of the same old ways of serving it, you'll surely want to try these gay, fruited desserts, made with Minute Tapioca.

Raspberry Tapioca Sunset

2 cups water  
½ cup Minute Tapioca  
1 cup sugar  
¼ teaspoon salt  
1 ½ cups crushed red raspberries  
1 tablespoon lemon juice  
½ cup cream, whipped

Combine water, Minute Tapioca, sugar, and salt in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. Do not overcook.) Add berries and lemon juice. Cool, stirring occasionally—mixture thickens as it cools. Pour ⅔ of this mixture into parfait glasses; chill. When remaining tapioca is cold, fold in cream; pile in glasses. Garnish with berries. Serves 8.

Chantilly Orange Tapioca

1 ½ cups water  
½ cup Minute Tapioca  
½ cup sugar  
¼ teaspoon salt  
1 cup orange juice  
1 tablespoon grated orange rind  
½ cup cream, whipped

Combine water, Minute Tapioca, sugar, and salt in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. Do not overcook.) Add orange juice and rind. Cool, stirring occasionally—mixture thickens as it cools. Chill; fold in cream. Pile lightly in sherbet glasses. Just before serving, garnish with very fine ¼-inch shreds of orange rind. Serves 6.
Fresh Berry Minute Tapioca

2 cups sliced or crushed berries, sweetened
2 1/2 cups fruit juice and water
4 to 5 tablespoons Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt
1 to 3 tablespoons lemon juice

Sweeten berries and let stand 1/2 hour. Drain; add water to juice to make 2 1/2 cups. Combine fruit juice and water, Minute Tapioca, sugar, and salt in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. Do not overcook.) Add fruit and lemon juice. Cool, stirring occasionally—mixture thickens as it cools. Chill. Serve in parfait or sherbet glasses. Serves 6 to 8.

Use strawberries, raspberries, blueberries, or other fresh berries in the above recipe. Vary lemon juice according to acidity of berries. Use 4 tablespoons Minute Tapioca for thinner pudding.

Canned Fruit Minute Tapioca

2 1/2 cups canned fruit juice and water
4 tablespoons Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt
1 to 1 1/2 cups prepared canned fruit
1 to 3 tablespoons lemon juice

Combine fruit juice and water, Minute Tapioca, sugar, and salt in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. Do not overcook.) Add fruit and lemon juice. Cool, stirring occasionally—mixture thickens as it cools. Chill. Serve in sherbet glasses with plain or whipped cream. Serves 6 to 8.

For Apricot, Plum, or Prune Tapioca, use 1 1/2 cups diced canned fruit and 1 tablespoon lemon juice.

For Pineapple or Raspberry Tapioca, use 1 cup canned crushed pineapple or canned red raspberries and 1 tablespoon lemon juice.

For Peach Tapioca, use 1 1/2 cups diced canned peaches and 2 tablespoons lemon juice in this recipe.

For Pear Tapioca, use 1 1/2 cups diced canned pears and 3 tablespoons lemon juice in this recipe.

For Cherry Tapioca, use 1 1/2 cups canned seeded red cherries.

Fruit Mazurka

2 cups water
1/4 cup pineapple juice
1/4 cup maraschino cherry juice
4 tablespoons Minute Tapioca
1/2 cup sugar
1/4 teaspoon salt
1 1/4 cups canned crushed pineapple
6 maraschino cherries, cut in eighths
1/2 cup broken walnut meats
1 cup cream, whipped

Combine water, fruit juices, Minute Tapioca, sugar, and salt in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. Do not overcook.) Add pineapple and cherries. Cool, stirring occasionally—mixture thickens as it cools. Chill; fold in nuts and cream just before serving. Serves 10.

Strawberry Fluff

2 cups water
1/3 cup Minute Tapioca
3/4 cup sugar
1/4 teaspoon salt
2 cups crushed strawberries
1 tablespoon lemon juice
1 egg white

Combine water, Minute Tapioca, sugar, and salt in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. (Mixture will be thin. Do not overcook.) Add berries and lemon juice. Beat egg white until just stiff enough to hold shape. Fold tapioca mixture gradually into egg white. Chill, stirring occasionally—mixture thickens as it cools. Pile into sherbet or parfait glasses. Garnish with whipped cream and top with strawberries, whole or halved. Serves 8.
These pies have a new secret—they’re thickened with Minute Tapioca. The juice is clear and stays in the pie—no wandering on the plate, or into the crust.

### Pie Crust

- 2 1/2 cups sifted flour
- 1/4 teaspoon Calumet Baking Powder
- 1/2 to 1 teaspoon salt
- 3/5 cup cold shortening
- 1/3 cup cold water (about)

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening until pieces are about the size of small peas. Add water, a small amount at a time, mixing lightly with fork. Handle as little as possible. Wrap in waxed paper and chill thoroughly before rolling. Roll out on slightly floured board. Bake pastry in hot oven (450°F.). Makes enough pastry for one 9-inch two-crust pie, or fifteen 3 1/2-inch tart shells. Use 1/2 recipe for one pie shell only. Always use cold ingredients in pastry making.

### Delicious Rhubarb Pie

- 1 1/2 tablespoons Minute Tapioca
- 1 1/4 cups sugar
- 1/4 teaspoon salt
- 1 teaspoon grated orange rind
- 1 tablespoon melted butter
- 4 cups cut rhubarb
- 1 recipe Pie Crust

Combine ingredients and let stand about 15 minutes. Line a 9-inch pie plate with pastry rolled 1/8 inch thick, allowing pastry to extend 1 inch beyond edge. Fold edge back to form standing rim. Fill with rhubarb mixture. Moisten edge of pastry with cold water; arrange lattice of pastry strips across top. Flute rim with fingers. Bake in hot oven (450°F.) 15 minutes; then decrease heat to moderate (350°F.) and bake 30 minutes longer.
Fresh Fruit Pies

For rhubarb, plum, grape, cherry, strawberry, raspberry, blackberry, blueberry, or huckleberry pie: Combine 3 1/2 cups prepared fruit, 1 1/2 to 2 1/2 tablespoons Minute Tapioca, 1 to 1 1/4 cups sugar, 1/4 teaspoon salt, and 1 tablespoon melted butter. Let stand 15 minutes, or while pastry is being made. Use as filling for 9-inch pie.

Canned Fruit Pies

For canned peach, plum, pineapple, cherry, or berry pie: Combine 2 1/2 cups canned fruit (drained), 1 cup fruit juice, 2 1/2 tablespoons Minute Tapioca, sugar to sweeten, 1/4 teaspoon salt, and 1 tablespoon melted butter. Let stand 15 minutes, or while pastry is being made. Use as filling for 9-inch two-crust or criss-cross pie. Minute Tapioca in fruit pies keeps the juice in the pie and prevents it from running out into the oven.

Apricot Pie

1 1/2 tablespoons Minute Tapioca
1/4 cup sugar
1/4 teaspoon salt
1 tablespoon melted butter
2 cups cooked dried apricots, drained
1/2 cup canned crushed pineapple, drained
1 cup apricot juice
1/2 cup pineapple juice
1 recipe Pie Crust

Combine Minute Tapioca, sugar, salt, butter, fruit, and fruit juices; let stand 15 minutes, or while pastry is being made. Line 9-inch pie plate with about 1/2 of pastry, rolled 1/8 inch thick, allowing pastry to extend 1 inch beyond edge. Fold edge back to form standing rim. Fill with apricot mixture. Moisten edge of pie with cold water and arrange lattice of pastry strips across top. Flute rim with fingers. Bake in hot oven (425°F.) 10 minutes; then decrease heat to moderate (350°F.) and bake 30 minutes longer. Cool. Serve with or without whipped cream. For a gala dessert, top with a scoop of vanilla ice cream.

Cranberry Meringue Pie

1 1/4 cups sugar
3/4 cup water
4 cups cranberries
4 tablespoons Minute Tapioca
1/2 teaspoon salt
2 tablespoons butter
1/2 recipe Pie Crust
2 egg whites
4 tablespoons sugar

Boil sugar and water 5 minutes; add cranberries and boil, without stirring, until skins break (about 5 minutes). Cool. Add Minute Tapioca, salt, and butter, and let stand 15 minutes. Line a 9-inch pie plate with pastry rolled 1/8 inch thick. Fill with cranberry mixture. Bake in hot oven (450°F.) 15 minutes; then decrease heat to moderate (350°F.) and bake 25 minutes longer. Beat egg whites until foamy throughout; add sugar, 2 tablespoons at a time, beating after each addition until sugar is blended. Then continue beating until mixture will stand in peaks. Pile lightly on filling. Bake in moderate oven (350°F.) 15 minutes.

There are three essentials in making a successful meringue: the foamy stage to which the whites are beaten, the thorough beating, and the moderate temperature.

Minute Tapioca Pecan Tarts

1/2 cup water
3 1/2 tablespoons Minute Tapioca
1/3 cup sugar
1/4 teaspoon salt
1 cup dark corn syrup
3 eggs, slightly beaten
2 tablespoons butter
1/2 cup coarsely chopped pecan meats
8 unbaked 3 1/2-inch tart shells

Combine water, Minute Tapioca, sugar, salt, and corn in saucepan and mix well. Bring mixture quickly to a full boil over direct heat, stirring constantly. Remove from fire. Add corn syrup, eggs, and butter, and stir until blended. Cool, stirring occasionally—mixture thickens as it cools. Place about 1 tablespoon nuts in bottom of each unbaked tart shell; fill with tapioca mixture and bake in hot oven (425°F.) 20 minutes, or until browned. Cool. Serve plain or with whipped cream.
I've already told you of dozens of grand desserts. But I can’t resist adding two of my favorite baked puddings. They are just too good to omit.

**Red Plum Puff Pudding**

- 8 large, fresh red plums, halved and seeded
- ⅓ cup water
- 2 ½ tablespoons Minute Tapioca
- ¾ cup sugar
- ⅛ teaspoon salt
- ½ cup sifted Swans Down Cake Flour
- 6 tablespoons sugar
- 2 egg yolks, beaten until thick and lemon-colored
- 2 egg whites
- ½ teaspoon salt
- ¼ teaspoon cream of tartar

Bring to a boil plums and water. Combine Minute Tapioca, sugar, and salt; add gradually to fruit mixture and boil briskly 1 minute. Pour into greased baking dish and keep hot.

Sift flour once and measure. Add sugar gradually to egg yolks, beating until light. Beat egg whites and salt until foamy; add cream of tartar and beat until stiff enough to hold up in peaks, but not dry. Fold egg yolk mixture into egg whites; then fold in flour, a small amount at a time. Stir hot tapioca-fruit mixture; turn batter over mixture. Bake in moderate oven (325°F.) 50 minutes, or until cake is baked. Serve warm. Serves 8.

**For Golden Puff Pudding,** use recipe for Red Plum Puff Pudding (above). Substitute 4 cups sliced fresh peaches for 8 large, fresh red plums, halved and seeded. Increase the Minute Tapioca to 3 tablespoons and the sugar to ¾ cup. Add 2 tablespoons lemon juice.

**For Blueberry Puff Pudding,** use recipe for Red Plum Puff Pudding (above). Substitute 2 cups blueberries and 2 cups sliced apples for 8 large, fresh red plums, halved and seeded. Increase Minute Tapioca to 3 tablespoons and sugar to ¾ cup. Add 2 tablespoons lemon juice.

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**Baked Apple Tapioca**

- 3 cups water
- 2 tablespoons lemon juice
- 3 tart apples, pared and sliced
- ½ cup Minute Tapioca
- 1 cup light brown sugar, firmly packed
- 1 teaspoon salt
- ¼ teaspoon mace
- 3 tablespoons melted butter

Combine water and lemon juice and pour over apples in greased shallow baking dish. Cover and bake in moderate oven (375°F.) 15 minutes, or until apples are partially cooked. Mix together Minute Tapioca, sugar, salt, and mace. Sprinkle over apples, mixing thoroughly. Add butter. Continue baking 10 minutes. Then stir well and bake 5 minutes longer. Serve with cream. Serves 6 to 8.
and since, I must admit, the only technic I know of in connection with tapioca concerns the eating of it, I resign—and am turning this page over to experts.

Miss Dice-about-town

1. There are two easy methods of making Minute Tapioca Cream—in a double boiler or in a saucepan. If using a double boiler, be sure that the water in the bottom of the double boiler is boiling vigorously during the entire cooking period. Time the cooking accurately by the clock. If using a saucepan, be sure to bring the mixture to a full boil, then remove from the fire at once.

2. A choice of 1 or 2 eggs is given in the recipe for Minute Tapioca Cream. You get a richer and more creamy pudding with 2 eggs.

3. By mixing the egg yolk with a small amount of milk in the top of double boiler or saucepan before adding the other ingredients, a more uniform blend is obtained.

4. For a smooth creamy pudding, the egg white should be beaten only until it holds its shape. It will float on top in lumps if beaten until stiff and dry.

5. Minute Tapioca Cream, when correctly made, will be thin when removed from the stove. It thickens on cooling to just the proper texture and consistency. It is not necessary to add more tapioca or cook it longer.

6. Stir Minute Tapioca Cream occasionally while cooling to insure a light fluffy pudding.

7. Use Minute Tapioca in clear soups for an attractive garnish. Use Minute Tapioca in cream soups because of its excellent thickening quality.

8. Use Minute Tapioca in beaten-egg mixtures, such as omelets and soufflés. Minute Tapioca has the power to absorb moisture and hold ingredients together. It strengthens the delicate cell walls which enclose the air in omelets and soufflés and helps to hold them high, light, and moist, so that they do not fall.

9. Use Minute Tapioca in meat loaves and croquettes. It acts as a binder and keeps them moist, tender, and shapely. They do not fall apart.

10. Try Minute Tapioca in sandwich fillings. The filling will stay moist for hours but won't soak into the bread.

11. Use Minute Tapioca in fruit or berry pies. It takes up and holds the juice and prevents it from soaking into the crust and running over the plate.

All measurements are level.

Fold hot tapioca mixture gradually into beaten egg white. See how thin the mixture is when hot.

A bowl of Minute Tapioca Cream—ready to serve! Light, creamy and just the right texture.
Marvelous Meals with Minute Tapioca
Basic Recipe for Shortbread Cookies

1 cup brown sugar
1 teaspoon vanilla
Pinch of soda
2 cups butter
1 egg
Flour to thicken, about 4 cups

Cream butter and sugar well together. Add beaten egg, then so dissolved in one teaspoon of water, and vanilla. Then work flour to thicken—about four cups, kneading until all the ingredients are thoroughly blended. Roll to inch thickness and cut into desired shapes; or form into long rolls, chill and slice as for ice-box cookie. Bake at 350°F until a golden brown