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Paul Thompson.

# Perfect Puddings

By A. Louise Andrea

## The Secret of Success In Pudding Making

WHEN planning your luncheon or dinner, consider the dessert in its relation to the rest of the meal, and not as a mere haphazard sweet dish. Generally speaking, when the dessert course is reached, hunger has been appeased; hence light dessert, served in small quantities, rounds out the repast with satisfaction. But when the meat or main dish is not

until there is no sound the next time you listen.

It is a simple matter to avoid having tough steamed puddings, or those of too close a texture, by substituting bread crumbs for part of the flour. The usual home-made plum pudding will prove agreeably moist if a little grated carrot is added. Also, an endless variety of fresh fruits may be used in delicious fruit puddings.

### Steamed Huckleberry Pudding

3 tablespoons Mazola 1/2 teaspoon salt  
2 cups flour 4 tablespoons sugar  
4 teaspoons baking powder 1/2 cup (about) milk  
1 basket huckleberries

Sift flour, sugar, baking powder and salt into mixing bowl. Add Mazola to half the milk, and stir this into the flour with a knife, adding balance of milk gradually to form a soft dough. Turn this out on floured board, toss to and fro to coat with flour. Then roll out in circular piece about a half-inch thick. Wash berries, drain and place in a saucepan having a tight-fitting cover. Add just enough water to show through berries and set over fire until boiling hot. Lay rolled pastry on top of berries, (should be large enough to cover berries), cover saucepan tightly and steam 12 to 15 minutes, taking care that fruit does not scorch. To serve, place a hot platter on top of saucepan and turn pudding out on it. Serve hot with butter and sugar or a hard sauce. Any kind of seasonable fruits may be substituted for the huckleberries.



Banana Soufflé with Currant Sauce

abundant, your dessert "helps out," and should be of more substantial nature. A baked apple dumpling, or some nutritious pudding to which whipped cream may be added is excellent.

### When should the dessert be prepared?

Desserts to be served cold at dinner may be made up in the forenoon, thereby lessening work and fluster at the time of preparing and cooking the balance of the meal.

Wholesome materials insure nutritious, easily-digested and pleasing desserts. Among the most necessary of these materials is Mazola, the pure vegetable oil that has won such wonderful popularity as a cooking and salad oil.

Mazola is perfect for shortening. Being already a fluid, it mixes thoroughly without having to be melted. And without the tedious process of "creaming in."

### How to prepare and cook your pudding

When preparing your moulds for steamed puddings, both the mould and its cover should be oiled with Mazola, and then sprinkled with soft bread crumbs. Then fill the mould three-quarters full with the pudding mixture, leaving ample space for the pudding to swell or rise during the cooking. Now, take a piece of white paper considerably larger than the top of the mould, and oil it with Mazola. After filling the mould place this paper, oiled side down, across the top of mould. Then put on cover and tie it securely. The paper completes the seal, so that water will not boil into the pudding.

Set the filled mould in a wire rack in a saucepan of boiling water, cover the saucepan and keep boiling

actively and continuously until the pudding is done. The boiling water in the saucepan should come up as high on the outside of the mould as the pudding is on the inside. As the water evaporates during cooking, replenish with boiling water, so that the temperature is not lowered.

To know when your steamed pudding is cooked, open the mould and listen to the pudding. If there is any sound return the cover and continue boiling



### Banana Soufflé

2 tablespoons Mazola 4 tablespoons flour 1/2 cup milk  
1 tablespoon powdered sugar 4 bananas Pinch of salt  
3 eggs 1/2 teaspoon each vanilla and lemon extract

Heat Mazola in small saucepan, add flour and stir 2 minutes over fire, add salt and milk and stir quickly until mixture coats the saucepan; remove from fire and cool. Add the yolks, unbeaten and one at a time, stirring in each one thoroughly before adding next. Press bananas through a sieve and add to cooked mixture, together with flavorings, then fold in the stiffly beaten egg whites. Turn into a Mazola-oiled baking dish and bake in moderate oven 40 minutes; dust top lightly with powdered sugar and serve.

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