

## Desserts

### Perfection Sherbet

- $\frac{1}{4}$  cup Cowan's Perfection Cocoa or 2 squares  
Cowan's Supreme Chocolate
- 4 cups water
- $1\frac{1}{2}$  cups sugar
- Whites of 2 eggs
- $\frac{1}{4}$  teaspoonful salt

The cocoa, sugar and salt should be mixed with 1 cup of water and then boiled for 5 minutes; then add 3 cups of water. Churn the whole in a freezer for 5 minutes until it begins to harden, then add the whites of the eggs, which have been beaten stiff, and close the freezer, churning for 10 minutes longer. A good plan in most of these recipes that require Cowan's Cocoa Syrup is to have a stock of it on hand, kept in a cool place.

### Chocolate Russian Cream

- 2 squares Cowan's Supreme Chocolate or  $\frac{1}{4}$  cup  
Cowan's Perfection Cocoa
- $\frac{1}{4}$  egg yolks
- $\frac{1}{4}$  teaspoonful salt
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup cold water
- 2 cups milk
- 2 tablespoonsful granulated gelatine
- 1 cup cream

The chocolate or cocoa should first be melted in the usual way and then sugar, eggs and milk poured into the mixture. The whole is then cooked in a double boiler until the mixture thickens. The gelatine should be soaked in cold water. Dissolve the egg mixture, strain and then cook, and when this begins to harden fold in the cup of cream, whipped.

**NOTE.**—One square of Supreme Chocolate weighs one ounce. The 25c. size has eight squares; the 10c. size has three squares.