

Emma's Bar and Grill

by Emma Sadgrove

I was brought up on British cooking and have always loved puddings. They are supposedly one of the few things that the British can cook.

We have certainly never been known for elegant cooking, but a good pudding can be a very satisfying finish to a meal or a substantial snack.

They are usually made with basic ingredients, and are inexpensive and fairly nutritious.

These puddings are quite easy to prepare and some can even be made up in a few minutes and put in the oven. They will take little time out of your busy schedule.

Baked Custard

- 1/2 cup sugar
- dash salt
- 1 tsp. vanilla
- 3 eggs
- 2-1/2 cups milk
- nutmeg

Blend first four ingredients together well. Gradually stir in milk. Pour the mixture into a casserole or souffle dish and gently sprinkle it with nutmeg. Place the dish in a pan about half full with hot water. Bake this at 350° for about two hours. A knife inserted near the center should come out fairly clean when the pudding is done.

Tapioca Pudding

- 1/4 cup sugar
- 2 tbsp. quick cooking tapioca
- 1/8 tsp. salt
- 2 cups milk
- 2 eggs, separated
- 1 tsp. vanilla
- 2 tbsp. sugar

In a saucepan combine the first four ingredients and egg yolks. Cook the mixture over medium heat, stirring constantly until it comes to a full boil. Remove it from heat and blend in vanilla. Beat the egg whites until stiff, and gradually add sugar as they become stiff. Fold the egg whites into the tapioca mixture and cool.

Rice Pudding

- 1 litre milk
- 1 tin evaporated milk
- 1/4 cup pearl rice (Monarch is best)
- 1/4 cup sugar
- 1 tsp. vanilla
- 1 scoop butter

Combine all ingredients in a greased casserole or souffle dish. Bake it at 300° for about 3 hours and stir occasionally to lift rice. Test to make sure that rice is done. Add extra milk if necessary or if a thinner pudding is desired.

Vanilla Pudding

- 2 cups milk
- 1/3 cup sugar
- 2 tbsp. cornstarch
- dash salt
- 2 egg yolks
- 1 tbsp. butter
- 1 tsp. vanilla

Bring the milk to a boil over medium heat. Combine sugar, cornstarch and salt in a bowl and mix with a small amount of cold milk. Pour in hot milk while stirring continually. Pour the mixture into saucepan and return to heat. Bring it to a boil for one minute, stir constantly. Beat the yolks in a small bowl and blend in about a third of the hot mixture. Blend this into the remaining mixture in the saucepan and heat again. Stir, until the mixture bubbles. Remove it from heat and beat in butter and vanilla. To avoid a skin on top, stir the pudding while it cools or cover it with plastic wrap.

Chocolate Pudding

See vanilla pudding (above) and:

Increase sugar to 1/2 cup and cornstarch to 3 tbsp. Add 1 oz. square of chocolate with milk. Omit the butter and beat well after cooking.

Butterscotch Pudding

See vanilla pudding (above) and:

Substitute 1/2 cup firmly packed brown sugar for white sugar.

Indian Meal Pudding

- 4 cups milk
- 1 cup molasses
- 1/2 cup cold water
- 1 tbsp. corn meal
- 1 tsp. ginger
- 1 egg, beaten well
- 1/2 cup seedless raisins

Scald 3 cups of the milk in a double boiler. Wet the corn meal with a little of the water and add it to the milk. Boil the mixture until it separates and curdles. Add the remaining ingredients and bake in a casserole dish at 350° for 2-1/2 hours.

The Round Corner

By Greg Whiting



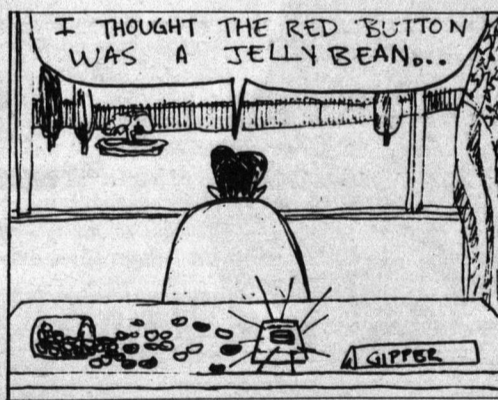
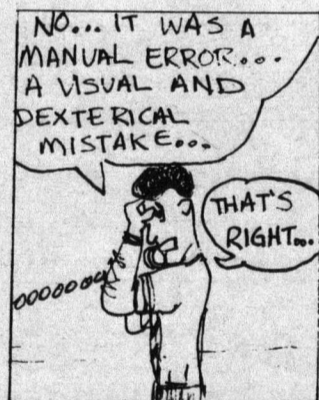
"Curse of the Pharaoh will continue after this word from our sponsor."

Women's Supplement:

Deadline for submissions Thursday March 10. We welcome any poetry, prose, and artwork!

Any ideas for Gay and Lesbian Special Feature? See Sherri at *The Gateway* by Thursday March 5.

The Real World



Michichi



Pigmented Perspectives

