Selected Recipes

Pop-Overs.—Sift into a bowl one cupful

Pop-Overs.—Sift into a bowl one cupful of flour and a saltspoonful of salt. Beat one egg very light, add to it one cupful of sweet milk. Stir this gradually so that it will not be lumpy, into the flour, give it two or three vigorous beatings and pour it into heated gem pans that have all been well greased. Fill them about half full and bake them in a very quick oven.

The Shelly Bun.—One cup of yeast, one cup of sugar, one cup butter, three cups of sweet milk; mix the night before, leaving out butter and sugar; have a soft sponge. In the morning add butter, sugar and a pinch of soda; let it rise again until very light; knead it very lightly and put into tins. Let them stand until they are very light. Bake in a moderate oven till the tops are brown; while hot rub the tops with butter—this makes the crust tender and smooth. Some add English currants, some suet. and smooth. Some add English currants, some suet.

orange Marmalade.—Cut one dozen of large oranges into very thin slices, cutting crosswise. Have the peel on, but remove the core. Put into a porcelain kettle, add two quarts of cold water and stand in a cool place over night. Boil very slowly for two hours, then add six pounds of granulated sugar and boil slowly until clear. Put in small glass jars and cover with paraffine wax before putting on tops.

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