

Cotosuet



Book of
Recipes

Swift Canadian Co. Limited
TORONTO WINNIPEG EDMONTON

CKBK 2183



Circa 1920 25-

“COTOSUET” RECIPES

for Making
Good Things to Eat

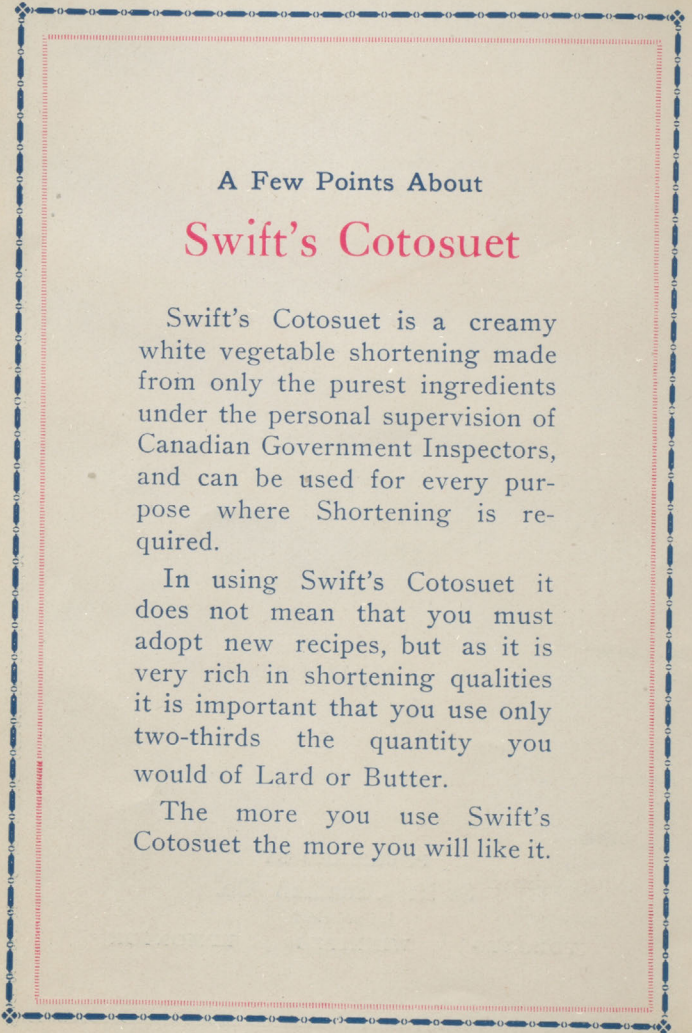


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A Few Points About
Swift's Cotosuet

Swift's Cotosuet is a creamy white vegetable shortening made from only the purest ingredients under the personal supervision of Canadian Government Inspectors, and can be used for every purpose where Shortening is required.

In using Swift's Cotosuet it does not mean that you must adopt new recipes, but as it is very rich in shortening qualities it is important that you use only two-thirds the quantity you would of Lard or Butter.

The more you use Swift's Cotosuet the more you will like it.

"Cotosuet" Recipes

EVERY one of the recipes in this book have been effected with Swift's Cotosuet.

To assure complete success use this shortening only. Sold in original sanitary tin pails and one-pound cartons.

Swift's Cotosuet differs materially from ordinary shortenings. It is largely a vegetable product, being composed of refined cotton seed oil and pure beef suet from the best native cattle.

Swift's Cotosuet is most economical and wholesome. It is very rich in shortening qualities and only requires two-thirds the quantity you would use of lard. People who cannot eat pastry made with other shortening can thoroughly enjoy that made with Swift's Cotosuet.

"Cotosuet" Recipes

TEA BISCUITS

1 quart flour
3 teaspoons baking powder
1 tablespoon "Cotosuet"
1 teaspoon salt

Sift together flour, baking powder and salt. Mix in the "Cotosuet" and milk enough to make a soft dough. Roll out and cut into biscuits. Bake in a hot oven.

NUT BREAD

2 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ tablespoon "Cotosuet"
1 cup chopped nuts
4 cups flour
3 teaspoons baking powder
2 cups sweet milk

Beat the eggs and sugar, add the milk, nuts, baking powder, and flour well beaten. Pour in greased pans, let stand for half-hour. Bake 45 minutes.

HOME-MADE BREAD

For four loaves of bread measure four quarts flour, add 1 tablespoon salt to your flour and sift it. Make a hollow in the centre of your flour, pour into it $1\frac{1}{2}$ pints of slightly warmed milk, 1 tablespoon Cotosuet, 1 cake yeast, 1 tablespoon sugar, and $\frac{1}{4}$ teaspoon baking soda.

Stir mixture slowly with a spoon until all the flour is gathered in, sift a little flour on bread board and a little over the dough, lift the mixture from the mixing bowl and knead it well.

When it is a compact mass and seems somewhat elastic to the touch, knead more briskly with a rotary motion until a satiny sponginess results. Divide into four loaves and give each a few turns on the board. Grease the bread pans and put in the loaves. Cover with a blanket and let rise in a warm place for four hours, when they will almost have doubled in size.

Bake in a slow oven forty or fifty minutes.

"Cotosuet" Recipes

MOLASSES COOKIES

- | | |
|---------------------------|---|
| 1 cupful of molasses | 1/2 cupful of "Cotosuet" |
| 1/2 cupful sugar | 1/2 teaspoonful salt |
| 1 cupful of water | 1 teaspoonful ginger |
| 1 teaspoonful of cinnamon | 2 cupfuls of sifted flour, or |
| 2 teaspoons baking powder | sufficient to make a moderately stiff dough |

Mix together sugar, "Cotosuet," salt, ginger and cinnamon; add molasses and water; add baking powder and flour. Bake in medium oven.

Above recipe will make from 12 to 15 good sized cookies.

Keep in a stone jar closely covered to remain moist and fresh.

SUGAR COOKIES

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|--------------------------|---------------------------------|
| 2 cupfuls sugar | 1 cupful milk |
| 1/2 cupful "Cotosuet" | 5 cupfuls flour |
| 1 level teaspoonful salt | 4 level teaspoons baking powder |
| 2 eggs | |

Flavor with lemon, vanilla or caraway seeds. Cream together with sugar, "Cotosuet" and salt. Add the eggs, well beaten, milk, flour, baking powder and flavoring.

Mix and roll out thin. Bake quickly in hot oven.

These cookies should be kept in the air to remain hard.

PIE CRUST

- | | |
|--------------------------|----------------------|
| 5 tablespoons "Cotosuet" | 1/2 teaspoonful salt |
| 5 cupfuls flour | |

Put all together in mixing bowl. Chop the "Cotosuet" through flour, leaving lumps the size of a pea. Wet with sufficient cold water to make a soft dough. Handle as little as possible.

"Cotosuet" Recipes

FRUIT TARTS

$\frac{1}{2}$ lb. "Cotosuet"
1 lb. flour

$\frac{1}{4}$ teaspoonful salt
Cold water

Add salt to flour and work in half the "Cotosuet" with a silver knife. Stir this in the water, making a soft dough. Toss on a floured board, pat, roll and fold two or three times. Spread on the other half of the "Cotosuet," fold and roll again. Then with a floured cake cutter the size of your tart tins, cut your pastry. Line the floured tins, fill with any fruit desired. Cut strips of pastry, lay crosswise of the pan, pressing firmly at the edges. Brush pastry over with a mixture of yolk of egg and milk and bake in a quick oven.

DOUGHNUTS—PLAIN AND COCOA

$\frac{3}{4}$ tablespoon "Cotosuet"
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{1}{2}$ cup milk
2 cups flour

2 tablespoons cocoa
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla

Cream "Cotosuet." Add sugar gradually and well-beaten egg. Beat thoroughly, add milk. Sift one cup flour with baking powder, salt, and cocoa, and add to first mixture. Add flour to make dough stiff enough to roll out. Add vanilla. Put one-half of mixture on floured board, knead slightly, and roll out to about $\frac{1}{4}$ -inch thickness. Shape with doughnut cutter, fry in "Cotosuet" (as it is tasteless), take out on skewer or fork, and drain. Add trimmings to remaining dough, roll, shape, and fry, as before; repeat until dough is all used. Cocoa may be omitted and doughnuts be made plain; or cocoa and vanilla omitted, grated cheese added, thereby making cheese doughnuts which are delicious. Recipe as given makes about sixteen doughnuts.

"Cotosuet" Recipes

CORN MUFFINS

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|---------------------------|-------------------------|
| 1 cup corn meal | ¼ cup molasses |
| 1 cup flour | 1 cup milk |
| 2 teaspoons baking powder | 1 egg |
| 1 teaspoon salt | 1 tablespoon "Cotosuet" |

Stir together thoroughly the corn meal, flour, baking powder, and salt, add gradually the milk and molasses, beat well. Then add eggs and "Cotosuet." Bake in jam pans.

APPLE FRITTERS

- | | |
|------------------|-----------------------|
| 1 egg | ½ cup flour |
| 1 teaspoon sugar | ¼ teaspoon salt |
| ¼ cup cold water | 1 teaspoon "Cotosuet" |

Mix all ingredients, beat until smooth. Whip the white of one egg to a stiff froth. Stir into batter and set in a cool place for at least two hours before using. Peel and core the apples and cut into ¼-inch slices. Dip in batter and fry in hot "Cotosuet."

APPLE DUMPLINGS

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|-----------------------------|---------------------------|
| 1 cup flour | 4 medium sized apples |
| 1 teaspoonful baking powder | 4 tablespoons sugar |
| 1 level teaspoonful of salt | 4 tablespoons milk |
| 1 tablespoon "Cotosuet" | ½ teaspoonful of cinnamon |

Sift the flour, baking powder, salt and add the "Cotosuet." Then add the milk, toss on floured board, roll out into thin layer.

Wipe, core and pare apples, place on dough (enough to each apple), fill centre with sugar and cinnamon. Draw dough up around apples to cover. Steam or bake until apple is tender. Serve with cream and sugar, or a sweet sauce.

"Cotosuet" Recipes

SPICE CAKE

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|---------------|-------------------------|---------------|--------------------|
| 1 | tablespoon "Cotosuet" | $\frac{1}{2}$ | teaspoon cinnamon |
| 1 | cup sugar | $\frac{1}{2}$ | teaspoon salt |
| 2 | cups flour | $\frac{3}{4}$ | cup milk |
| 2 | teaspoons baking powder | | Yolks of five eggs |
| $\frac{1}{2}$ | teaspoon nutmeg | | |

Mix cream "Cotosuet" and sugar thoroughly, add the eggs well beaten. Sift together three times flour, baking powder, spices and salt. Add alternately the milk or water. Bake in a moderate oven.

MOCCA CAKE

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|---------------|----------------------------------|----------------|----------------------------|
| 1 | cup granulated sugar | $2\frac{1}{2}$ | teaspoonfuls baking powder |
| $\frac{3}{4}$ | cup milk | | Whites of three eggs |
| 1 | heaping tablespoonful "Cotosuet" | 2 | tablespoons of cocoa |
| 2 | cups flour | $\frac{1}{2}$ | teaspoonful of salt |
| 1 | teaspoonful vanilla | | |

Cream sugar and "Cotosuet," then add yolks of eggs well beaten. Mix and sift flour, baking powder, cocoa and salt, and add alternately with the milk. Add whites of eggs well beaten, and the vanilla. Turn into layer cake tins and bake in a moderately hot oven.

PLAIN LAYER OR WHITE CAKE

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|---------------|---------------------|----------------|----------------------------|
| 1 | cup of sugar | 1 | cup milk |
| $\frac{1}{4}$ | cupful "Cotosuet" | $2\frac{1}{2}$ | teaspoonfuls baking powder |
| $\frac{1}{2}$ | teaspoonful of salt | $2\frac{1}{2}$ | cupfuls flour |
| 1 | teaspoonful vanilla | | |
| 2 | eggs | | |

Cream the sugar, "Cotosuet," salt and flavoring thoroughly, beat the yolks of the eggs and add, then the milk, flour and baking powder.

Beat the whites of the eggs stiff and add last.

The above recipe makes a delicious white cake if the whites of four eggs beaten stiff are used in place of the yolks of two that recipe calls for.

"Cotosuet" Recipes

STRAWBERRY SHORT CAKE

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|---------------------------------|-------------------------------|
| 2 cups flour | 2 teaspoons of sugar |
| 1 teaspoon salt | 1 cup milk |
| 4 teaspoonfuls of baking powder | 1 heaping teaspoon "Cotosuet" |

Mix dry ingredients, sift twice, work in "Cotosuet" with knife and add milk gradually. Place on floured board, divide into two parts. Roll out and bake in two round layer cake tins. Spread with fresh or canned fruit. Use whipped cream on top if desired, dotting with whole fruit.

CHOCOLATE LAYER CAKE

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|------------------------------------|------------------------------|
| 1 cup granulated sugar | ½ cup milk |
| 1 heaping tablespoonful "Cotosuet" | 2 teaspoonfuls baking powder |
| 2 eggs | 1 teaspoonful salt |
| 2 cups of flour | 1 teaspoonful of vanilla |

Cream "Cotosuet" and sugar, then eggs well beaten. Add milk alternately with flour mixed and sifted with the salt and baking powder; turn into floured layer cake tins and bake in a moderately hot oven, 20 minutes.

QUEEN LAYER CAKE

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|-------------------------------|-----------------------------------|
| 2 tablespoons "Cotosuet" | ½ teaspoon lemon flavoring |
| 2 cups sugar | 3 teaspoons baking powder |
| 1 cup milk | Whites of five eggs, well beaten. |
| ½ teaspoon vanilla flavouring | |
| 3 cups flour | |

Cream the "Cotosuet," beat in the sugar gradually, sift together baking powder and flour three times, add the "Cotosuet" and sugar alternately with the milk and flavoring, add the egg whites last. Bake in three layers.

"Cotosuet" Recipes

QUEEN LAYER CAKE ICING

2½ cups granulated sugar	½ cup fine cut citron peel
1 small cup boiling water	½ cup fine cut candied cherries
Whites of three eggs	2 tablespoons lemon juice
1 cup chopped raisins	
1 cup chopped walnuts	

Stir the sugar and water until dissolved let boil without stirring until it will form a ball in cold water. Pour upon the whites well beaten, beat until cold, then add the fruit and spread upon cake.

PLAIN ICING

1 cup sugar

5 tablespoons water

Boil until it hairs. Pour on platter until cold. Chocolate icing can be made by the same recipe, adding ten ounces of chocolate, cherry icing can also be made by adding 5 drops of cherry fruit coloring.

CARAMEL ICING

1¾ cups light brown sugar

1 teaspoon vanilla
flavoring

1 tablespoon "Cotosuet"

3 tablespoons milk

Cook three minutes after boiling, stir until thick, when it will be ready to spread on cake.

CHOCOLATE ICING

½ teaspoonful "Cotosuet"

1 square unsweetened
chocolate (melted)

½ cup milk—hot

½ teaspoonful salt

1½ cups icing sugar

Mix all ingredients until smooth and it is then ready to spread on cake. Use this also for filling.

LEMON PIE FILLING

Yolks of two eggs

Juice 1 orange

1 cup sugar

1 teaspoon "Cotosuet"

1½ cups cold water

2 tablespoons flour or corn
starch

Juice of 1 lemon

Boil in double boiler until thick.

"Cotosuet" Recipes

CHRISTMAS CAKE

$\frac{1}{2}$ lb. "Cotosuet"	1 lb. of citron, sliced thin
1 lb. light brown sugar	1 wine glass brandy or sherry
7 eggs	2 teaspoonfuls cinnamon
$2\frac{1}{2}$ cups of flour	1 teaspoonful mace
3 lbs. of currants	1 teaspoonful soda
2 lbs. seeded raisins	2 tablespoons of milk
$\frac{1}{2}$ lb. nuts	

Cream "Cotosuet" and sugar thoroughly separate the eggs and beat the yolks and whites separately. Add the creamed "Cotosuet" and sugar, then milk, fruit, nuts, then the flour mixed and sifted with the mace, cinnamon and soda.

Line three fruit cake tins with well greased paper. Fill only three-fourths full, bake in a slow oven 3 to 4 hours. If oven becomes too hot, put in a pan of cold water, which will reduce the temperature.

CHRISTMAS PUDDING

$\frac{1}{4}$ lb. flour	2 oz. finely cut citron
$\frac{1}{4}$ lb. sugar	$\frac{1}{2}$ grated nutmeg
$\frac{1}{4}$ lb. stale bread crumbs	1 cup "Cotosuet"
1 cup scalded milk	1 teaspoonful cinnamon
4 eggs	$\frac{1}{2}$ teaspoonful cloves
$\frac{1}{2}$ lb. seeded raisins, cut in pieces and floured	$\frac{1}{2}$ teaspoonful mace
$\frac{1}{4}$ lb. currants	2 teaspoonfuls salt
$\frac{1}{4}$ lb. chopped figs	2 teaspoonfuls baking powder
$\frac{1}{4}$ cup wine or brandy	

Mix and cream "Cotosuet" and sugar. Add yolks of eggs, well beaten, soak bread in scalded milk, when cool add to the first mixture. Then add fruit and wine, then the well sifted flour, nutmeg, cinnamon, cloves mace and the whites of eggs beaten stiff. Turn into a greased mould, cover and steam for five hours.

"Cotosuet" Recipes

STEAMED FRUIT PUDDING

3 cups flour	1 level teaspoon "Cotosuet"
$\frac{1}{2}$ teaspoonful soda	1 cup chopped raisins
1 teaspoonful salt	1 cup milk
$\frac{1}{2}$ teaspoonful nutmeg	1 cup molasses
1 teaspoonful	baking powder

Mix and sift dry ingredients. Add molasses and milk, combine mixtures. Add raisins. Turn into buttered mould, cover (use a small piece of paraffin paper for top of pudding so that the moisture will not drop back on the pudding). steam 3 hours.

CHOCOLATE NUT FUDGE

1 cupful milk	2 cupfuls sugar
2 ozs. chocolate	1 tablespoon "Cotosuet"
1 cup walnuts	1 teaspoonful vanilla extract
Pinch of salt	

Put "Cotosuet," milk, sugar, salt and chocolate into saucepan, and stir and boil until it forms a soft ball when tested in cold water, or 240 degrees F. Remove from fire, add extract and nuts, allow to stand a minute and beat until creamy. Pour into greased tin and mark off into squares.

SALAD DRESSING

1 tablespoon "Cotosuet"	$\frac{1}{4}$ teaspoon salt
1 egg	$\frac{1}{4}$ cup sugar
1 teaspoon mustard	1 tablespoon flour
$\frac{1}{4}$ teaspoon white pepper	1 cup sweet milk

Dissolve flour in small portion of milk. When thoroughly mixed add all other ingredients and mix well together. Cook on a slow fire for five minutes. When cool add $\frac{1}{4}$ cup vinegar. This dressing is excellent for all kinds of salads.

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Table of Weights and Measures

1 teaspoonful	60 drops
3 teaspoonfuls	1 tablespoonful
4 tablespoonfuls, 1 wine glass ...	$\frac{1}{4}$ cupful
8 tablespoonfuls	1 gill
16 tablespoonfuls	1 cupful
2 gills	1 cupful
2 cupfuls	1 pint
2 pints	1 quart
4 quarts	1 gallon
2 tablespoonfuls "Cotosuet"	1 ounce
2 tablespoonfuls salt	1 ounce
2 tablespoonfuls sugar	1 ounce
4 tablespoonfuls flour	1 ounce
1 tablespoonful liquid	$\frac{1}{2}$ ounce
$2\frac{1}{2}$ cupfuls currants	1 pound
2 cupfuls crumbs	1 pound
$2\frac{3}{4}$ cupfuls powdered sugar ..	1 pound
2 cupfuls granulated sugar	1 pound
$2\frac{3}{4}$ cupfuls brown sugar	1 pound
1 cupful water	$8\frac{1}{3}$ ounces
1 quart flour	1 pound
16 ounces	1 pound

NOTE:—Use these measurements for recipes in this book. Always level with knife after heaping full. Sift flour and other like materials before measuring.

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Swift's
"Cotosuet" Shortening