

# CHOCOLATE . . .

*The world's favourite flavour*



## FAVOURITE COCOA AND CHOCOLATE RECIPES

*Prepared by Mary Moore*

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Mary Moore

Dear Cooks:

For weeks the rich aroma of chocolate has wafted through our kitchens! To select the perfect recipes contained in this new booklet, we tested dozens more than it contains and saved only the very best of them for you.

We think that our recipe for CHOCORANGE ROLL published for the first time in this book will win the heart of everyone who tries it.

The little TRIANON LEAVES and the CHOCOLATE ROLLED WAFERS are bound to impress your eye and palate. We know they are destined to enhance many a tea table.

FRY'S DIAMOND SWEET CHOCOLATE revives home candy making as one of the popular indoor sports. The chocolate dipping of candies, fruit centres (such as dates, raisins, ginger or combinations of them), and crunchy popcorn balls is so fascinating that your 'teen-aged youngsters will coax for more opportunities to do it.

COCOA and CHOCOLATE are energy producing foods. Remember that better-nurtured means better-natured!

We hope you will wear out this little book with constant use. When you do, write for another!

Sincerely yours,

Mary Moore

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# BEVERAGES...



## FRY'S BREAKFAST COCOA *Easily Made*

### FOR ONE CUP

Mix  $\frac{1}{2}$  to 1 teaspoonful of FRY'S COCOA with sugar to taste. Add 2 teaspoonfuls of cold milk and mix into a smooth paste. Pour on boiling milk and stir well.

### FOR THE FAMILY SERVING

Put sufficient milk into a saucepan and when warm sprinkle on  $\frac{1}{2}$  to 1 teaspoonful of FRY'S COCOA, well mixed with sugar to taste, for each cup required. Stir and bring to boil. When ready to serve give the cocoa a brisk whisking with a rotary beater.

### ● RECEPTION CHOCOLATE (for 25 people)

Six squares FRY'S UNSWEETENED CHOCOLATE (cut in pieces),  $1\frac{1}{3}$  cups sugar, 2 tablespoons cornstarch,  $\frac{1}{4}$  teaspoon salt, 1 pint cold water, 3 pints boiling water, 2 quarts whole milk, 1 teaspoon vanilla. Mix together in top of double boiler the sugar, cornstarch, chocolate, salt and cold water and stir over direct heat until the mixture boils, then cook over bottom part of double boiler for 20 minutes, stirring frequently.

Pour into larger vessel which will hold all of the remaining ingredients, and add hot water, milk and vanilla. Heat through without boiling, watching carefully that it does not scorch—an asbestos pad should be placed on heating unit. Beat with rotary beater until light and frothy—this prevents a scum forming.

### ● ICED FRY'S COCOA

Mix  $1\frac{1}{2}$  teaspoonfuls FRY'S COCOA with 3 teaspoonfuls sugar. Add 3 teaspoonfuls cold milk. Mix into a smooth paste. Pour on boiling milk (or  $\frac{1}{2}$  milk and  $\frac{1}{2}$  water brought to a boil). Stir briskly while pouring. Then fill a tall glass with chipped ice. Pour in the hot cocoa. If desired garnish with whipped cream and a sprig of mint.

OR THIS—Put about 1 inch of simple chocolate syrup (see recipe below) in a glass. Then fill up with cold milk—stir and serve.

## ● CHOCOLATE MILK SHAKE

To quickly quench a long summer thirst nothing is so gratifying as finding chocolate syrup in the ice box—ready to mix instantly with milk or water and ice to make a delicious and nourishing beverage.

FRY'S CHOCOLATE SYRUP is delicious for this purpose. Merely mix 1 tablespoon of it with 1 cup of milk or water, add a little ice if needed and stir until blended.

If you wish to make your own chocolate syrup, this recipe is recommended because it will keep well if covered and in the refrigerator.

## ● HOMEMADE CHOCOLATE SYRUP

One and one-half cups sugar, 1 tablespoon butter, 2 squares FRY'S UNSWEETENED CHOCOLATE or 4 tablespoons FRY'S BREAKFAST COCOA,  $\frac{1}{3}$  cup water,  $\frac{3}{4}$  cup cream or top milk, 1 teaspoon true vanilla, pinch of salt.

Melt the chocolate in top of double boiler and add butter, sugar and salt. Heat until sugar is dissolved. If cocoa is used mix it with the butter, sugar and salt and stir over low heat until butter melts. Finish the cooking over direct heat. Add hot water, then slowly stir in the cream, and cook over very low heat for 10 minutes. Remove from heat and when partially cooled add vanilla and mix. This can be kept in covered jar and used as needed. It makes an excellent sauce for frozen creams.

## ● CHOCOLATE EGG AND MILK SHAKE

"You can make this delicious beverage whenever you like in your own kitchen."

For an individual serving: 2 tablespoons crushed ice,  $2\frac{1}{2}$  tablespoons simple chocolate syrup (see below), 1 egg,  $\frac{3}{4}$  cup milk. Beat the whole egg until very thick and foamy then add remaining ingredients and stir very well. A few gratings of nutmeg or sprinkling of cinnamon may be put on top if desired.

## ● SIMPLE CHOCOLATE SYRUP

To  $\frac{1}{2}$  cup FRY'S COCOA add 1 cup white sugar (scant). Mix well together dry, then slowly pour over 1 cup boiling water. Boil for one minute. Cool and keep in a dry sealer in ice box for use as needed.



# CHOCOLATE CAKES

## ● FAVOURITE CHOCOLATE CAKE

"In this recipe you have chocolate cake at its perfect best, using *FRY'S BREAKFAST COCOA* or *FRY'S POWDERED BAKING CHOCOLATE*."

**CHOCOLATE CUSTARD MIXTURE**— $\frac{1}{2}$  cup *FRY'S BREAKFAST COCOA*, or *CHOCOLATE BAKING POWDER*, 1 egg yolk,  $\frac{2}{3}$  cup brown sugar,  $\frac{1}{2}$  cup sweet milk.

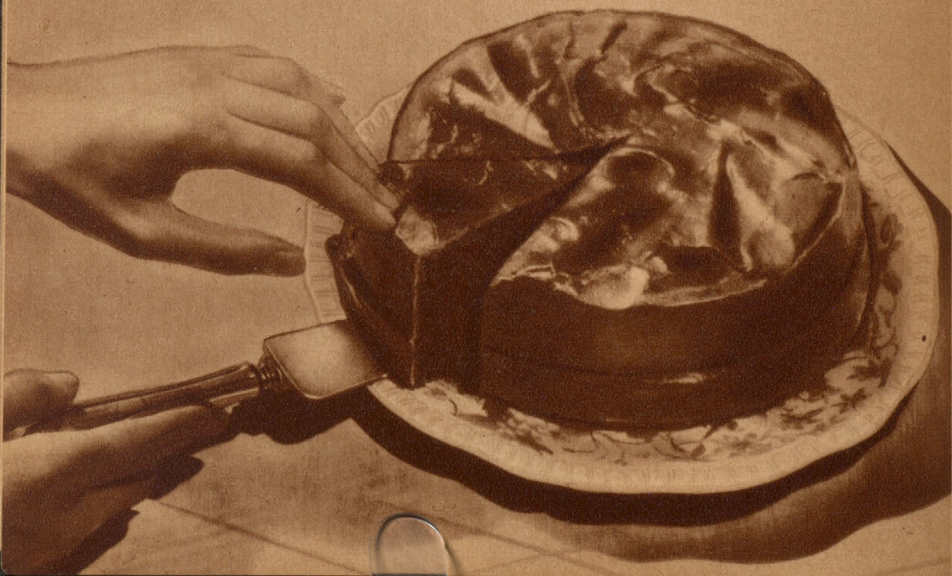
Blend together cocoa and sugar, then add egg yolk and milk, and stir well. Place over heat, and stir until mixture thickens slightly and comes to boiling point. Cool.

**CAKE BATTER**—1 cup brown sugar,  $\frac{1}{2}$  cup butter, 1 whole egg, 1 egg white (left from first mixture), 2 cups sifted flour,  $\frac{1}{2}$  cup sweet milk, 1 teaspoon baking soda, dissolved in 1 tablespoon boiling water,  $\frac{1}{2}$  teaspoon salt.

Cream butter and sugar until light and fluffy, then add yolk of egg and beat well. Add cooled chocolate custard and stir in thoroughly. Add sifted flour and salt alternately with the milk and soda dissolved in hot water, and beat well. Whip the whites of eggs until stiff and carefully fold in without allowing any of the air to escape. Bake in buttered and floured sheet pan in oven of 350 deg. Fahr. (moderate), reducing heat to 300 deg. (slow) after 15 minutes. Bake about 35 minutes in all. (The cake may be baked in layer tins.)

Frost with White Mountain Frosting, and brush with one square of Fry's Unsweetened Chocolate, which has been melted over hot water. Dip pastry brush

*Favourite Chocolate Cake and  
White Mountain Frosting*



into melted chocolate, and daub over frosting before it has set, with a lifting motion, making swirls and streaks.

**WHITE MOUNTAIN FROSTING**—1 cup sugar,  $\frac{1}{3}$  cup water, Few grains cream of tartar (about  $\frac{1}{8}$  teaspoon), 1 stiffly beaten egg white.

Stir together the sugar, water and cream of tartar and bring to boiling. From this syrup take 3 tablespoons and add to beaten egg, beating well after adding each spoonful. Boil remainder of syrup until it threads (240 deg. Fahr.). Pour gradually on egg white mixture, beating until it stiffens. Flavour with vanilla.



Chocorange Roll

## ● CHOCORANGE ROLL

"Why didn't someone think of this combination before?"

That will be your first thought after tasting this cake made up in the shape of a jelly roll—but using a chocolate sponge cake batter and in place of the old-fashioned jelly a delicate Boiled Orange Frosting for a spread. The chocolate and orange combination has a piquancy you will use in other dishes.

Four egg whites,  $\frac{3}{4}$  cup sifted sugar, 4 egg yolks, 1 teaspoon vanilla, 6 tablespoons sifted cake flour, 6 tablespoons *FRY'S BREAKFAST COCOA* or *POWDERED BAKING CHOCOLATE*,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt.

Beat the egg whites until stiff then sift in the sugar gradually. Beat the yolks until they are very thick then fold them into the whites mixture. Add the vanilla. Sift the flour, then measure it, then sift it with the cocoa, baking powder and salt three times. Sift the flour mixture into the egg mixture and mix it with a folding motion. Turn into a large baking pan which has been lined with heavy waxed paper—the pan should be about 15 inches by 10 inches—and bake for 15 minutes at 400 deg. Fahr. As soon as done cut the crisp edges from the cake, turn out on dampened linen tea towel, spread with Boiled Orange Frosting (*below*) and roll up like jelly roll. Wrap in damp cloth while it cools, to keep it in shape.

## ● BOILED ORANGE FROSTING

In top of double boiler place  $1\frac{1}{2}$  cups white sugar, 5 tablespoons orange juice (this amount comes from 1 medium sized orange—which first has been grated to

give the grated rind required below) few grains of salt, 1 tablespoon white corn syrup, 2 egg whites. Place over rapidly boiling water and beat with rotary beater steadily until mixture stands in low peaks. Add the grated rind from the orange and spread over Chocolate Sponge cake to make a Roll.

This cake can be sprinkled with sifted icing sugar before cutting if desired.

## ● SUPERIOR RED DEVIL'S FOOD

One-quarter cup butter (or other shortening if necessary), 1 cup sifted sugar, 2 eggs, yolks and whites beaten separately,  $1\frac{1}{2}$  cups sifted cake flour, 1 teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup buttermilk (or thick sour milk), 2 squares FRY'S UNSWEETENED CHOCOLATE, 1 teaspoon soda, 1 teaspoon true vanilla.

Cream the shortening very well, then gradually sift in the sugar while creaming. Sift together the flour (which should be sifted before measuring without fail) baking powder and salt. Now beat the eggs, the yolks and whites separately, and add the yolks to the butter mixture, and then sift in the flour mixture alternately with the buttermilk a small amount at a time. Melt the chocolate in top of double boiler and add the boiling water to it, then add the soda to them and stir until thick. Cool slightly, then add to cake batter. Mix well then fold in beaten whites and vanilla. Butter and very lightly flour the cake pans—using either layer cake tins or oblong pans about 8" x 12" x  $1\frac{1}{2}$ "—bake at 350 deg. Fahr. for layer cakes 25 minutes—for sheet cake about 30 minutes.

Spread top with Marshmallow Frosting (see under *Frostings and Fillings* section).

*Superior Red Devil's Food*  
Marshmallow Frosting and Melted Chocolate





## ● MOCHA TORTE

This is one of the famous Viennese confections that attract European travellers to Vienna restaurants like bees to honey.

It is actually a rich batter baked on 3 layer cake tins, these layers each being split once to make 6 and then spread with rich Chocolate frosting, between each layer, and on top and garnished in a variety of ways.

## ● BATTER FOR MOCHA TORTE

Beat 4 egg yolks stiff, gradually adding  $\frac{1}{3}$  cup sugar while beating, then sift in  $\frac{1}{2}$  cup flour. Then carefully fold in the stiffly beaten whites.

Spread the mixture thinly over 3 (or 2 if you do not have 3) buttered layer cake tins and bake at 325 deg. Fahr. (a rather slow oven) until crisp and golden.

Remove cakes from pan and split and separate layers with waxed paper, and put in ice box to soften some. They are quite crisp when fresh and must be softened by standing in cold place. When cold spread with

## ● CHOCOLATE FILLING FOR MOCHA TORTE

Cream  $\frac{1}{2}$  cup sweet butter until fluffy, gradually sifting in 4 cups icing sugar, then add 2 squares *FRY'S UNSWEETENED CHOCOLATE* which have been melted and 3 tablespoons strong coffee. Beat well then fold into it  $\frac{1}{4}$  cup cream which has been whipped stiff. Spread between layers and on top of torte. If you have a pastry tube trim top with fluted whipped cream. Decorate top with flowers made from cut up candied cherries and strips of angelica.

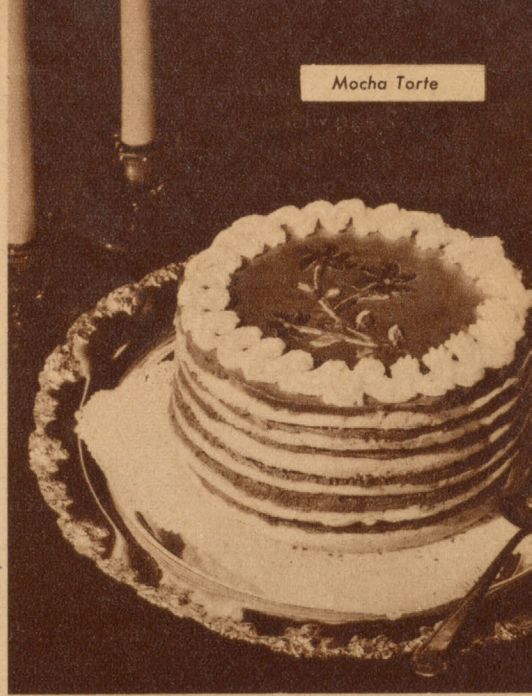
## ● MARBLE CAKE

*Using One Cake Batter*

A revival of an old-fashioned favorite—but by a modern efficient method.

One-half cup shortening (all butter or half butter and half good shortening), 1 cup sugar,  $\frac{1}{2}$  cup milk, 2 cups sifted flour (pastry flour is preferable in this recipe), 3 egg whites (see note below for using yolks in frosting), 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla, 2 squares *FRY'S UNSWEETENED CHOCOLATE* or 4 tablespoons *FRY'S BREAKFAST COCOA*.

Cream the shortening very well, until it is soft and creamy, and sprinkle in the sugar gradually while constantly creaming. Sift the flour, baking powder





and salt together. Add the vanilla to the milk and sift in the dry ingredients alternately with the milk. Whip the whites until stiff and fold carefully into the batter.

If you are using *UNSWEETENED CHOCOLATE* melt it by putting it in bowl large enough to hold half the batter, and stand this bowl in larger vessel containing boiling water and move chocolate about bottom and sides of bowl until it melts. Remove from heat and pour half the batter into the bowl of melted chocolate and stir just long enough to mix them—not enough to lose any of the air beaten into the cake.

If you are using *FRY'S BREAKFAST COCOA* separate the batters by pouring half into a bowl and over one half sprinkle through a sifter the 4 tablespoons Breakfast Cocoa and stir just enough to mix it in.

Now using a large spoon, ladle one spoonful of the white batter into a buttered and lightly floured tube pan—over it ladle a spoonful of the dark batter, turn the pan around and repeat this on the other side, and repeat turning the pan around each time piling up the layers checker fashion, until both batters are used up. Then take a thin knife and dipping it  $\frac{3}{4}$  way down into the batter in the pan pull it through the batter, making one complete circle without touching the bottom or sides of the pan itself—the movement drags the dark batter into little attractive points into the white batter, giving, a pleasant appearance when baked and cut.

Bake at 375 deg. Fahr. for about 25 minutes.

When cake is baked invert on wire cake cooler and when cool cover with the frosting suggested for Chocolate Nut Diamonds—using 2 yolks of the yolks left over in place of the 1 egg required in the Chocolate Nut Diamonds Frosting. (See next page.)

# COOKIES and Small Cakes

## ● CHOCOLATE NUT DIAMONDS

This little confection caught on like wild fire—we had to carry it over into this edition of the *Chocolate Cook Book* because of popular demand.

Two squares *FRY'S UNSWEETENED CHOCOLATE* (or 4 tablespoons *FRY'S BREAKFAST COCOA*),  $\frac{1}{2}$  cup butter, 2 eggs, 1 cup chopped walnuts,  $\frac{3}{4}$  teaspoon baking powder,  $\frac{3}{4}$  cup flour, 1 cup sugar, 1 teaspoon vanilla,  $\frac{1}{2}$  teaspoon salt.

Melt chocolate in top of double boiler, add the eggs beaten with the sugar; sift in dry ingredients, then add walnuts and melted butter last. Mix well, and spread thinly on pan 8" x 16" or 2 pans 8" x 8", spreading to about  $\frac{1}{4}$ " thickness. Bake in oven of 350 deg. Fahr. and then allow to cool. Leave in pan for

### **FROSTING (for Chocolate Nut Diamonds or Marble Cake)**

Melt 2 squares *FRY'S UNSWEETENED CHOCOLATE* in top of double boiler, and add to it 1 cup icing sugar, 1 egg beaten (or 2 yolks), 2 tablespoons butter, 1 teaspoon vanilla. Remove from heat at once, and when Chocolate Nut Diamonds are cool, spread thinly with frosting. Let cool thoroughly in pans before cutting into diamond shapes with sharp knife.

**NOTE:** If *FRY'S BREAKFAST COCOA* is used add it with the sugar in both batter and frosting recipes.

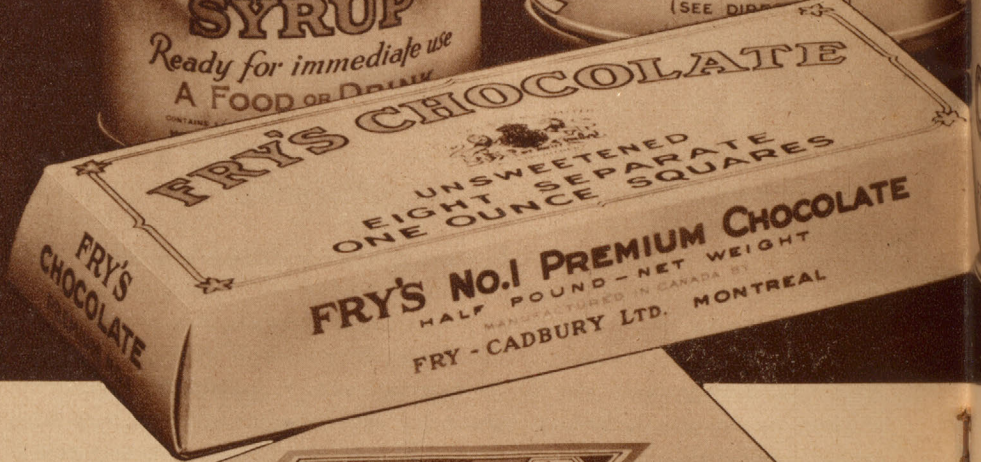
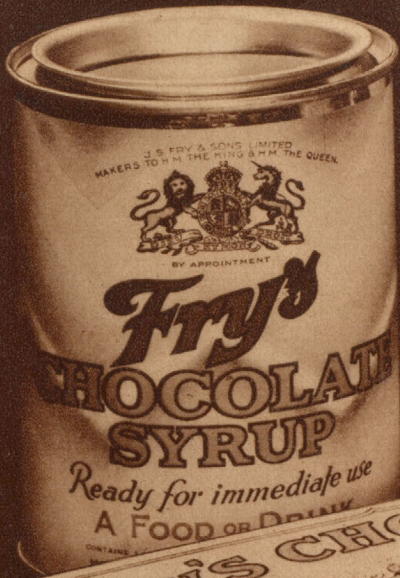
## ● TRIANON LEAVES

Here you have a little morsel of a cookie that on rare occasions some clever hostess might equal in goodness.

If you have a good grinder they are surprisingly simple to make and will give your tray of assorted small cakes for a bridge tea a sensational quality.

One-half cup plus 1 tablespoon of fruit sugar (9 tablespoons)—granulated sugar may be used without much harm being done—4 egg whites, 2 teaspoons flour, 1 teaspoon baking powder,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{3}$  lb. almonds. Blanch the almonds by bringing to boiling point in just enough water to cover, then drain and plunge in cold water, drain and slip off skins. Dry the almonds and add to the sugar in frying pan. To caramelize the sugar stir the sugar and almonds over low heat until sugar becomes medium brown. Then pour out onto greased pan to cool, then put through fine knife of meat chopper—this reduces the caramelized sugar and almonds to almost a powder. Beat egg whites until they are stiff but not dry. Then sift over them the mixed flour, salt and baking powder, and fold them in. Then sprinkle over powdered nuts and sugar and fold them in. Drop onto buttered cookie sheet and shape into leaves about 3" long by  $1\frac{1}{2}$ " wide—bake at 300 deg. Fahr. (slowly) until golden. Cool, then spread top with *FRY'S UNSWEETENED CHOCOLATE*—having chocolate come to within  $\frac{1}{4}$ " of edge all round.

These will elicit applause from your most inarticulate guests.



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Since 1728 . . . for over 200 years . . .

The name FRY'S has been synonymous with cocoa and chocolate of rare quality. The products illustrated here are the highest refinement of an art upon which the House of Fry has worked, literally, for centuries. Chocolate, the world's favourite flavour, comes to you at its best in these delicious and healthful foods.

FRY-CADBURY LTD. MONTREAL



Chocolate Crispie Clusters

## • CHOCOLATE CRISPIE CLUSTERS

You do not have to be a cook, nor own an oven, nor have much time either to make these for quickly planned bridge party or afternoon tea.

Melt a bar of **CADBURY'S BOURNVILLE CHOCOLATE** (or **FRY'S DIAMOND SWEET CHOCOLATE**) over boiling water in top of double boiler. Then add 2 cups of either Rice Krispies, Corn Flakes, Bran Flakes, Puffed Wheat or Puffed Rice or crumbled Shredded Wheat. Stir with teaspoon until every grain is coated with the chocolate, then form into little clusters—about 1 heaping teaspoon to each cluster—and place on waxed paper. These will harden as they cool. Do not place in refrigerator.

## • CHOCOLATE ROLLED LACE WAFERS

In England the rolled wafer is commonly seen in fancy pastry shops, but Canadian housewives in general have not mastered the knack of making them.

They are such tasty little morsels and quite simply done that we recommend this recipe—because it has such a few ingredients—and appears so professional when done.

One-half cup strained honey,  $\frac{1}{2}$  cup shortening, (or half butter and half good shortening) 1 cup sifted flour,  $\frac{2}{3}$  cup sugar,  $1\frac{1}{2}$  tablespoons **FRY'S BREAKFAST COCOA**.

Heat the honey to boiling point and allow to melt in it the shortening, then add the remaining dry ingredients sifted together, and stir until smooth and well blended. Drop by teaspoonfuls, 4" apart, on the cookie sheet or back of buttered pan. Bake at 350 deg. Fahr. for about 15 minutes—until they bubble up well. If baked for any less time the cookies will be chewy rather than crisp. Remove from the oven and cool slightly on the pan, until they can be loosened with a spatula or broad knife without clinging to it. *They will get too crisp to roll!* When this happens stand them back in the oven for a few minutes until they are pliable again.

To roll place handle of wooden spoon at one edge and lap cookies over it and rolling with both hands turn until cookie is entirely rolled on handle of spoon. Then slip out spoon and place cookie on sheet of wax paper to cool.

## ● CHOCONUT ICE BOX COOKIES

One cup butter (or half butter and half good shortening)  $1\frac{1}{2}$  cups sugar,  $\frac{2}{3}$  cup FRY'S BREAKFAST COCOA or POWDERED BAKING CHOCOLATE, 2 eggs, 1 cup fresh chopped walnuts, (chop them rather finely or they will "drag" when sliced) 3 cups cake flour,  $\frac{1}{4}$  teaspoon salt, 2 teaspoons baking powder.

Cream the butter and add the sugar gradually, then add the slightly beaten eggs and chopped nuts. Sift together the flour, baking powder, salt and cocoa and add this to the first mixture. Form into long rolls about  $2\frac{1}{2}$ " in diameter, wrap in waxed paper and put in ice box to chill and harden overnight.

When ready to bake cut in  $\frac{1}{8}$ " slices with sharp knife and bake on greased baking sheet at 375 deg. Fahr. for 10 or 12 minutes.

This mixture will keep well—it does not have to be baked all at one time.

## ● CATERERS' CHOCOLATE MACAROONS

These are the genuine article you will find on trays of assorted fancy cakes that have been prepared by caterers for large receptions and weddings.

One-half pound of commercial almond paste (it is inexpensive—about 35 cents for a pound which is enough for two batches). Break it up on a large grater, put it in a bowl and add the unbeaten white of 1 egg and work it with the hands until it is pasty. Then work in gradually 1 cup of fruit sugar, add 2 squares FRY'S UNSWEETENED CHOCOLATE melted in top of double boiler, and lastly work in the unbeaten whites of 2 more eggs, one at a time. Beat the mixture thoroughly with the hand. Shape the mixture into small rounds, standing them a little apart on a cookie sheet covered with heavy waxed paper. Sprinkle each macaroon with granulated sugar or for fancy effect and flavor shredded blanched almonds. Bake at 350 deg. Fahr. for 15 minutes.

## ● CHOCOLATE BURRS

*A Novel Chocolate Confection*

One-half cup granulated sugar, 1 egg, 1 square FRY'S UNSWEETENED CHOCOLATE, melted,  $\frac{1}{3}$  cup milk,  $\frac{1}{2}$  teaspoon salt,  $1\frac{1}{2}$  teaspoons baking powder,  $1\frac{1}{2}$  cups pastry flour,  $\frac{1}{2}$  teaspoon vanilla, 1 tablespoon grated orange rind,  $\frac{1}{3}$  cup chopped nuts. Beat egg and sugar, add melted chocolate. Add sifted dry ingredients alternately with the milk, then add vanilla, rind and nuts. Drop by spoonfuls into hot fat and dry  $2\frac{1}{2}$  minutes at 375 deg. Fahr. to 380 deg. Fahr.

Sprinkle with icing sugar before serving if desired.



# CHOCOLATE DESSERTS

## ● DE LUXE CHOCOLATE BREAD PUDDING

One tablespoon butter, 2 cups whole milk, 2 cups bread crumbs, 2 squares *FRY'S UNSWEETENED CHOCOLATE* grated, 3 eggs, the yolks and whites separated, 1 cup sugar. Heat the milk almost to boiling point then add the grated chocolate to it, and the butter and sugar and yolks which have been creamed together. Pour into buttered pudding dish and stand in larger dish containing water and bake at 350° Fahr. until just set.

Make a meringue of the white by beating them with 6 tablespoons sugar until they are very fine and thick, then add 1 teaspoon vanilla, and spread over pudding and return to oven, reducing heat to about 275° to bake meringue slowly until it is golden.

Highly recommended for special occasions.

## ● CHOCOLATE JELLY

Three tablespoons *FRY'S BREAKFAST COCOA* or *POWDERED BAKING CHOCOLATE*, 1 level tablespoon gelatine, ¼ cup boiling water, ¼ cup cold water, 1 teaspoon vanilla, ⅓ cup sugar, 1⅓ cups rich milk, few grains salt. Soak the gelatine in the cold water for 5 minutes. Mix together the cocoa, sugar and boiling water and heat until it thickens, stirring all the time, then add the soaked gelatine to this and stir, off the heat, until gelatine is dissolved. Pour in the milk, stirring, and the salt and cool, then chill in refrigerator. Serve with either whipped cream or plain cream.

If you are having guests and want to prepare as much of the meal as possible in the morning, make this jelly and pour into tall serving glasses and let cool in them. With the addition of a little whipped cream they are ready to carry to the table at dessert time.

## ● CHOCOLATE SPONGE

This is merely glorified Chocolate Jelly, which see above. When you have the chocolate jelly mixture ready to chill, but still slightly liquid fold into it the beaten white of an egg, and ½ cup cream stiffly whipped. Blander in flavour and lighter in texture, this requires no whipped cream topping.

## ● CHOCOLATE WAFFLES

Tempted at first to omit this we changed our minds after dropping in on a party where they were being made by the entire company of guests in the kitchen. Needless to

Chocolate Jelly  
and  
Chocolate Sponge





say the party was a success.

One-quarter cup FRY'S BREAKFAST COCOA or POWDERED BAKING CHOCOLATE, 2 cups sifted flour, 4 teaspoons baking powder, 1 teaspoon salt,  $\frac{1}{2}$  cup sugar,  $1\frac{1}{2}$  cups milk, 2 eggs, separated,  $\frac{1}{3}$  cup melted butter,  $\frac{1}{4}$  teaspoon vanilla. Mix and sift all the dry ingredients together. Beat the yolks, add the milk to them and sift in the dry ingredients. Beat until smooth. Add the melted butter then fold in the stiffly beaten white.

Bake on hot waffle iron and serve with either powdered sugar, or butter and maple syrup or they make a delicious sandwich if cut in half—the lower half covered with vanilla ice cream or orange sherbet and covered with the upper half, and sprinkled with powdered sugar.



## ● CHOCOLATE BLANC MANGE PUDDING

For a guaranteed Chocolate Blanc Mange see our recipe for filling for Chocolate Meringue Pie.

When served as a pudding pass cream at the table.

## ● MODERN CHOCOLATE ICE CREAM

To those who have discovered this method of making ice cream it is indispensable—because it is fast, simple and delicious.

Five tablespoons FRY'S CHOCOLATE SYRUP, 1 egg beaten separated,  $\frac{1}{2}$  pint whipping cream. Beat the yolk and white separately, then put them together and add the chocolate syrup to them. Beat the cream stiff and fold it into the egg and chocolate mixture and pour into trays of mechanical refrigerator to freeze.

This can be frozen in hand-turned freezer.

## ● CHOCOLATE MOUSSE

*A Frozen Dessert*

Whip two cups of cream until very thick, sprinkle gradually over it  $\frac{2}{3}$  cup fruit sugar, and pour slowly into this 4 squares FRY'S UNSWEETENED CHOCOLATE which has been melted and cooled a little—while stirring add 1 teaspoon vanilla and  $\frac{1}{4}$  teaspoon salt.

This may be frozen by pouring into tray of mechanical refrigerator and allowing to harden without further stirring, or packed into ice cream mould and covered and packed around with 4 parts ice and 1 part salt and allowed to stand for 4 or 5 hours.

Delightful if moulded in melon shaped mould, turned out on oval platter and decorated around base with whole walnuts and whole maraschino cherries.

# CHOCOLATE PIES . . .

## ● CHOCOLATE PLUME CREAM PIE WITH COCOA PASTRY

As you have guessed this is an entirely new idea in pies—wherever it is tried it is a sensation both in appearance and flavor.

## ● COCOA PASTRY

One cup pastry flour, 1 tablespoon *FRY'S BREAKFAST COCOA* or *POWDERED BAKING CHOCOLATE*,  $\frac{3}{4}$  teaspoon salt, 3 tablespoons butter, 2 tablespoons lard, ice water. Sift together the flour, Cocoa, and salt and into them work the lard with the finger tips. Add just enough ice water to make paste cling together and roll out on lightly floured board. Spread with butter, fold up into eight layers and roll out again. Place on pie plate, trim edges, prick well with fork, bake at 550 deg. Fahr. for 5 minutes, then reduce heat to 400 to finish.

When cool fill with

## ● CREAM FILLING

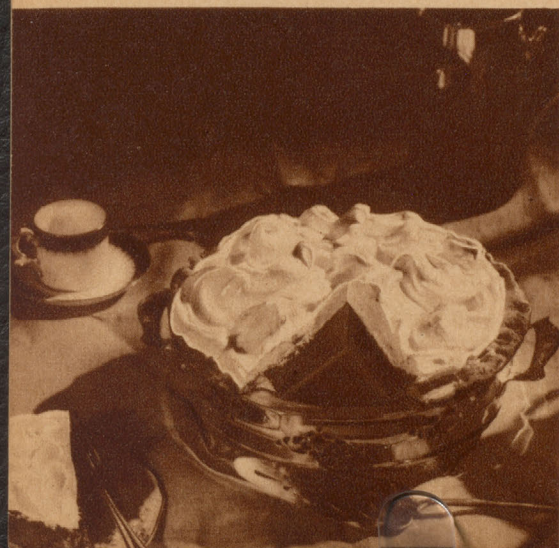
Three-quarters cup sugar,  $\frac{1}{3}$  cup flour,  $\frac{1}{8}$  teaspoon salt, 2 eggs, yolks and whites separated, 2 cups scalded milk, 1 teaspoon vanilla. Mix flour, sugar and salt and moisten them with the egg yolks. Slowly pour the hot milk over this stirring constantly until mixture is smooth. Place over hot water and stir until it thickens. Cover and let cook 15 minutes, stirring frequently. Cool slightly and fold the stiffly beaten whites. Pour into baked Cocoa Pastry shell, let cool and spread thinly with whipped cream. Over this pour a broad thin stream of *FRY'S UNSWEETENED CHOCOLATE* which has been melted and cooled a little, to look like long plumes.

If you do not care to use whipped cream on the pie sprinkle grated *FRY'S UNSWEETENED CHOCOLATE* directly over the warm Cream Filling. It will melt slightly and gives an attractive pebbled effect.

## ● CHOCOLATE MERINGUE PIE SUPREME

The new bride or steady girl friend that will make this pie and set it before "her man", will have him at her fingertips for life. It is unbeatable.

Three squares *FRY'S UNSWEETENED CHOCOLATE*,  $1\frac{1}{2}$  cups sugar,  $3\frac{1}{2}$  tablespoons cornstarch, 2 tablespoons butter, 1 teaspoon vanilla,  $1\frac{1}{2}$  cups hot milk,  $\frac{1}{4}$  cup cold milk, 4 eggs,  $\frac{1}{2}$  teaspoon salt. Melt the chocolate in top of double boiler, then add the hot milk to it.



Mix the sugar and cornstarch together, cream the butter into them and stir in the cold milk. When very smooth stir into the milk and chocolate mixture and stir over boiling water until it thickens. Cover and let cook 40 minutes, stirring frequently. (This long cooking insures no trace of cornstarch taste).

Beat the yolks and put the whites in a separate bowl. Stir a little of the cooked mixture into the yolks, mix well then return all to double boiler and cook 2 more minutes—then add salt. Beat well with rotary beater, then pour into previously baked rich plain pie crust.

Beat 8 tablespoons sugar with the leftover whites until very stiff and pile this high on the chocolate filling. Put in oven of 275 deg. Fahr. (very slow) and bake at least ½ hour until meringue is golden. Serve cold but do not stand in ice box.

# CHOCOLATE FROSTINGS and Fillings

## • MARSHMALLOW AND CHOCOLATE BITTERSWEET FROSTING

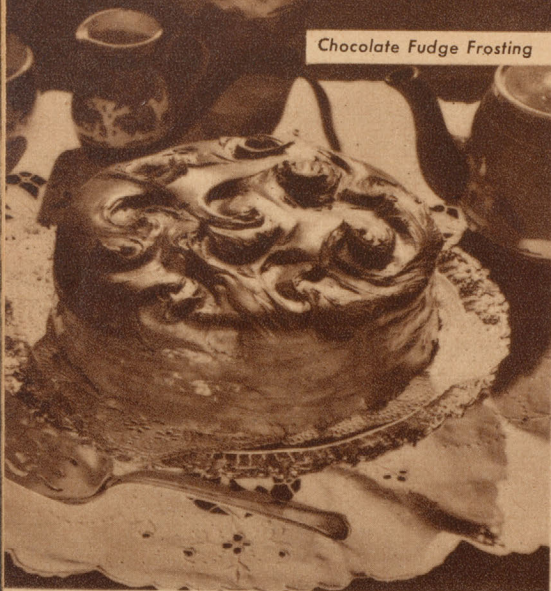
**MARSHMALLOW FROSTING**—One unbeaten egg white, 1½ cups sugar, 5 tablespoons cold water, 1½ teaspoons light corn syrup (or ⅛ teaspoon cream of tartar), 1 teaspoon vanilla. Put egg whites, sugar, water and corn syrup in upper part of double boiler. Beat with rotary beater until thoroughly mixed and place over rapidly boiling water, and beat constantly (rather slowly will do) with rotary beater and cook 7 minutes or until frosting will hold its shape a little. Add ¾ cup marshmallows cut in quarters and let stand for ½ minute, then stir about 5 times and spread on cake.

**MELTED CHOCOLATE for bitter-sweet effect**—You will need about 3 squares of melted chocolate to cover this frosting. Before starting frosting put to melting 3 squares

*Chocolate Butter Frosting*



Chocolate Fudge Frosting



FRY'S UNSWEETENED CHOCOLATE so that they are ready when the frosting is spread. Let the chocolate spread generously over the whole top of the cake and drip a little down the sides. Do not stand in ice box to harden.

### ● CHOCOLATE BUTTER FROSTING

Three tablespoons FRY'S BREAKFAST COCOA or POWDERED BAKING CHOCOLATE, 2 tablespoons butter, 1 cup icing sugar, pinch of salt, cream to moisten.

Melt the butter just enough to soften it, then add the cocoa

and allow to cook over very low heat for one minute. Remove from heat, cool a little, add sifted icing sugar and cream to make of consistency to spread.

This frosting hardens to a pleasant consistency as the butter in it chills.

### ● CHOCOLATE FUDGE FROSTING

One-half cup FRY'S BREAKFAST COCOA or POWDERED BAKING CHOCOLATE, 2 egg whites, unbeaten, 1½ cups granulated sugar, 5 tablespoons cold water, 1 teaspoon vanilla, 1½ teaspoons light corn syrup (or ⅛ teaspoon cream of tartar). Put all ingredients except vanilla in top of double boiler and mix well with rotary beater. Place over rapidly boiling water, beating constantly (slowly will do) for 7 minutes or until frosting will stand up in peaks and hold its shape. Remove from heat, add vanilla, beat about 10 strokes, let cool a little and spread.

### ● FLUFFY CHOCOLATE ICING

Two cups sugar, ⅔ cup hot water, 1 teaspoon vanilla, whites 2 eggs, 3 squares FRY'S UNSWEETENED CHOCOLATE, melted.

Beat whites very stiff. Dissolve sugar in boiling water and cook without further stirring until the syrup will drop a thread from tip of spoon (244 deg. Fahr.). Pour slowly into stiffly beaten whites, while stirring add melted chocolate and vanilla, beat until it will hold its shape. Spread on cake, working quickly, making long parallel strokes with your knife, to form the frosting into ridges.

### ● INSTANT CHOCOLATE FROSTING

using Chocolate Syrup

Two tablespoons FRY'S CHOCOLATE SYRUP, 2 cups sifted icing sugar, ¼ cup boiling water. Add the boiling water to the chocolate syrup and stir until blended, then sift in the icing sugar, until frosting is of desired consistency to spread.

In place of some of the boiling water melted butter may be used to make a richer frosting.

## ● CHOCOLATE CREAM FILLING

This filling is delicious for spreading between layers when Superior Red Devil's Food is baked in layer tins. It is also the best to be found for spreading between white layer cakes that are frosted with our frosting recommended for Chocolate Nut Diamonds. (See Page 11).

Two tablespoons flour,  $\frac{1}{3}$  cup sugar,  $\frac{1}{4}$  teaspoon salt,  $1\frac{1}{2}$  squares FRY'S UNSWEETENED CHOCOLATE cut in small pieces, 1 cup scalded milk, 1 egg yolk slightly beaten, 1 teaspoon vanilla.

Combine flour, sugar, salt and chocolate. Add milk gradually, stirring constantly. Return to double boiler and cook until thickened, stirring constantly. Pour small amount of mixture over beaten yolk, then stir well and return to remaining mixture in double boiler and cook 2 minutes longer. Remove from heat, add vanilla and spread between layers. This may also be used for chocolate meringue tarts or for filling fancy French pastry desserts.

## ● INSTANT CHOCOLATE FILLING

Take 4 tablespoonfuls Fry's Hot Chocolate Powder and thoroughly stir in enough fresh cream to make into a smooth paste. The filling is then ready to serve and is delicious.

# HOMEMADE *Chocolate Candies*

## ● PROFESSIONALS' FUDGE

Three cups granulated sugar,  $\frac{3}{4}$  cup top milk or thin cream,  $2\frac{1}{2}$  squares FRY'S UNSWEETENED CHOCOLATE. Put sugar, broken up chocolate, and top milk or cream in saucepan and stir constantly until chocolate is melted. Bring to boiling point and let boil without stirring, until when a drop of the mixture is tried in cold water it forms a jelly like mass. Pour out on marble slab or enamel table and work with a spatula until of consistency that it may be kneaded with the hands. Then knead, using the hands until it is creamy. Put on slightly buttered pan, press evenly using backs of fingers, and when slightly cool cut into squares. Fudge made in this way is always more creamy than when beaten.





**A CUP OF FRY'S  
IS A CUP OF  
FOOD**

### • 'TEEN-AGERS' FUDGE

Two tablespoons *FRY'S BREAKFAST COCOA*, 2 tablespoons butter, 1 cup granulated sugar, 1 cup brown sugar,  $\frac{1}{8}$  teaspoon salt, 1 teaspoon vanilla, 1 cup whole or rich milk (the more cream added to the milk the richer the fudge will be.) Mix together the sugars, cocoa and salt, then add the milk and butter. Bring to boiling point and let boil gently, while slowly stirring until it will form a soft ball when drop of mixture is tried in cold water (236 deg. Fahr.

if you have a candy thermometer). Remove from fire, add vanilla, then let stand for 3 minutes. Then beat with spoon until fudge shows ridges, when spoon is drawn through it, that will hold their shape.

Pour into buttered pan, level off and mark top into squares.

If desired chopped nuts or raisins or dates may be added to this fudge. Since these will chill mixture quickly they should be added just before it is stiff enough to hold its own shape and poured into pan immediately.

### • CHOCOLATE BUTTER TOFFEE

Three tablespoons *FRY'S BREAKFAST COCOA*,  $\frac{1}{3}$  cup butter, 2 cups brown sugar, 3 tablespoons corn syrup, 1 tin sweetened condensed milk,  $\frac{1}{16}$  teaspoon salt, (2 cups nuts if desired). Melt the butter over low heat, add sugar and cocoa and stir until liquid, then add corn syrup and condensed milk and cook over low heat *stirring constantly*, for about 20 minutes, or until syrup forms a hard ball when tested in cold water (250 deg. Fahr. if you have a candy thermometer). Add salt and nuts if used, and pour onto buttered shallow pan to cool. Mark deeply into squares.

**NOTE:** This mixture must be constantly but slowly stirred or it will scorch.

### • CHOCOLATE MARSHMALLOWS

*Easily made by Amateurs.*

**MARSHMALLOW CENTRES**—Two teaspoons gelatine,  $\frac{3}{4}$  cup cold water, 2 cups granulated sugar,  $\frac{1}{4}$  teaspoon cream tartar,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon vanilla (or oil of peppermint). Mix sugar and cream of tartar and add  $\frac{1}{2}$  cup cold water and salt and boil until soft ball stage (syrup forms soft ball when tested in cold water—or thermometer registers 238 deg. Fahr.). Pour  $\frac{1}{4}$  cup of the cold water in bowl and sprinkle the gelatine over it and let stand until it softens. Stir the softened gelatine quickly through the hot syrup, and pour out on dish but do not scrape pan. When partially cool add flavouring and beat until creamy. Cover dish with waxed paper or damp cloth to exclude air and let marshmallow stand until stiff enough to cut into squares or oblongs for centres.

**CHOCOLATE DIPPING**—Melt small pieces of *FRY'S DIAMOND SWEET CHOCOLATE* in top of double boiler. Remove from heat and drop centres one at a time into chocolate seeing that all sides are coated. Drop onto waxed paper to cool and harden. (See *hints for chocolate dipping*).

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## ● DOUBLE DECKER DAINTIES

**PART ONE**—One cup brown sugar, ½ cup milk, 1 cup chopped walnut meats, few grains salt. Put sugar and milk in saucepan, bring to boiling point, and let boil rapidly until mixture will form soft ball when tried in cold water—238 deg. Fahr. Remove from heat, add nut meats and salt and turn into buttered flat tin to cool.

**PART TWO**—One cup white sugar, ¼ cup milk, 1 square *FRY'S UNSWEETENED CHOCOLATE*. Put sugar and milk in saucepan, and bring to boiling point. Add chocolate and stir until chocolate is melted. Then boil until mixture will form a soft ball when tried in cold water. Remove from heat and beat until creamy. Pour over **PART ONE** and cool and cut in squares.

This may be dipped in *FRY'S DIAMOND SWEET CHOCOLATE* when cool and cut in squares. See dipping directions.

## ● CHOCOLATE DIPPING

*FRY'S DIAMOND SWEET CHOCOLATE* is the ideal chocolate for dipping fondant centres, marshmallows, fruits such as dates, raisins, cherries, or ground mixtures of them and figs; for making popcorn balls chocolate coated; for dipping little cakes to make "petit fours" for your afternoon tea table.

The Chocolate Butter Toffee and Double Decker Dainties to be found in this booklet make ideal centres for dipped chocolates.

## ● HINTS ON CHOCOLATE DIPPING

Melt chocolate in top of double boiler, never letting any steam or water get into it.

Do not let the chocolate get hotter than 100 deg. Fahr. when melting—this means water over which dipping chocolate is melted should not boil—merely be hot enough to steam.

Dipping chocolate should be cooled to 83 deg. Fahr. before the centres are dipped.

*The more the chocolate is beaten while melting and worked with by the hand on the dipping slab (preferably marble or enamel) the glossier the finished chocolate will be.*

Too much heat, too hot room, damp weather, and putting chocolates in ice box all tend to make chocolate streaked with gray.

•••

Dilute Fry's Chocolate Syrup with equal amount of boiling water to make a delicious Chocolate Sauce for Steamed or Baked Cottage Pudding.

•••

Chocolate is a healthy food—good for children and adults alike. Combined as it is in the majority of recipes with milk or sugar or both it makes a perfect food to produce the energy required to keep us strong and fit.



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for

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● You don't have to coax young people to drink FRY'S COCOA — they love the real, chocolaty flavour and will clamour for it daily.

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