

200 YEARS



BY APPOINTMENT

OF EXCELLENCE

Fry's

BOOK OF RECIPES

ECONOMICAL
AND SIMPLE



Made with **FRY'S** Cocoa & Chocolate

J.S. FRY AND SONS, LTD. BRISTOL.

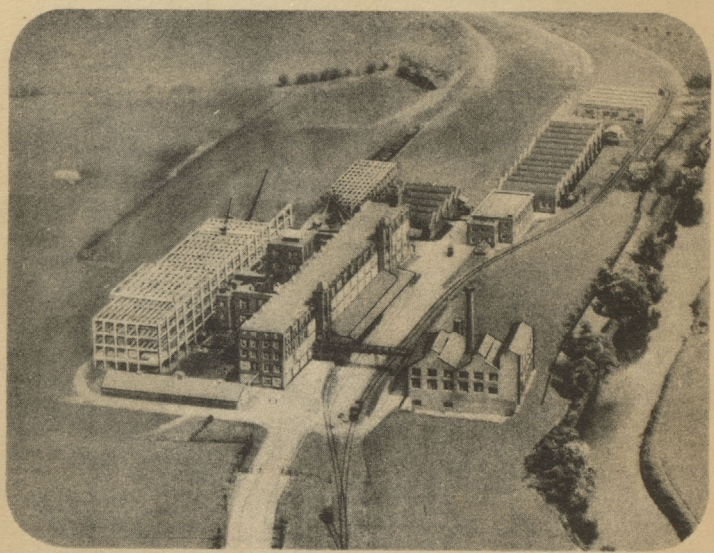
AEROPLANE VIEW

Fry's...

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Cookery
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OF

THE NEW FRY FACTORY IN A GARDEN



AT

SOMERDALE BRISTOL, ENGLAND.

*The buildings on the left are in course
of construction.*

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**A Few
Choice Recipes**

Suitable for

**FRY'S PREMIUM
CHOCOLATE**

Choix de Recettes

avec le

**CHOCOLAT FRY
PREMIUM**



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Fry's

PLAIN ICING

1 cup icing sugar.
2 tablespoonfuls of Cream or
Milk
 $\frac{1}{4}$ teaspoonful Vanilla,
1 tablespoonful Butter.

$1\frac{1}{2}$ squares $\frac{1}{2}$ lb. size (or 3
squares $\frac{1}{4}$ lb. size) of
Fry's Premium Chocolate.
Pinch of salt.

Mix cream, butter and sugar together. Melt the Chocolate in one tablespoonful of boiling water and add to above. Add salt, flavouring, and thicken with icing sugar.

HOT CHOCOLATE SAUCE

$\frac{1}{2}$ cup sugar.
 $\frac{1}{2}$ cup water.

2 squares $\frac{1}{2}$ lb. size (or 4
squares $\frac{1}{4}$ lb. size) of
Fry's Premium Chocolate.

Boil sugar and water for two minutes, add Chocolate (shredded) and mix well; boil again for one minute.

CHOCOLATE PIE

6 Egg yolks, well beaten.
2 cups granulated sugar.
4 squares $\frac{1}{2}$ lb. size (or 8
squares $\frac{1}{4}$ lb. size) of Fry's
Premium Chocolate.

2 teaspoonfuls butter.
2 tablespoonfuls flour (slightly
rounding measurements).
1 teaspoonful Cinnamon.
1 cup sweet milk.
 $\frac{1}{4}$ teaspoonful salt.

Dissolve the chocolate in milk by heating sufficiently to melt chocolate. Sift flour, sugar, salt and cinnamon together until well mixed and add to first mixture. Add yolk and butter, mix well and cook all together in double boiler until thick. Let cool to avoid softening crust and put into previously baked crusts and use three egg whites for meringue made in the usual way and delicately browned in oven. Use any standard pastry recipes for pie crust.

CHOCOLATE CUP CAKES

6 tablespoonfuls butter.
1 cup sugar.
2 squares $\frac{1}{2}$ lb. size (or 4
squares $\frac{1}{4}$ lb. size) of Fry's
Premium Chocolate (melt-
ed).

1 teaspoonful vanilla.
1 egg.
3 teaspoonfuls baking powder.
 $1\frac{1}{2}$ cups flour.
About $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ teaspoonful salt.

Cream butter and sugar together. Add vanilla and egg and beat lightly. Sift dry ingredients and add alternately with milk. Add chocolate and blend carefully. Place by spoonfuls into buttered muffin pans and bake in a moderate oven. Serve warm, if possible.

FUDGE FROSTING

Melt two squares $\frac{1}{2}$ lb. size (or 4 squares $\frac{1}{4}$ lb. size) of Fry's Premium Unsweetened Chocolate over hot water. Add two cups of sugar and one cup of milk. Heat over the direct flame, stirring while the sugar melts. When it reaches the boiling point beat vigorously and let cook to the soft ball stage, which is about 236°F. Remove from the fire, add two tablespoonfuls butter and let stand until cool, then beat until creamy and spread on cake.

GLACE ORDINAIRE

$\frac{1}{4}$ cuillerée à thé de vanille.
2 cuillerées à soupe de crème
ou de lait.
1 cuillerée à soupe de beurre.
Une pincée de sel.

1 tasse de sucre à glacer
1 $\frac{1}{2}$ carrés de tablette de $\frac{1}{2}$
lb. (ou 3 carrés de tablette
de $\frac{1}{4}$ lb.) de chocolat Fry
Premium.

Mêlez le beurre et le sucre, ajoutez le lait et le chocolat dissous dans une cuillerée à soupe d'eau bouillante, puis la vanille et le sel. Vous pourrez épaissir avec du sucre à glacer.

SAUCE CHAUDE AU CHOCOLAT

2 carrés de tablette de $\frac{1}{2}$ lb.
(ou 4 carrés de tablette de $\frac{1}{4}$
lb.) de chocolat Fry Prem-
ium.

$\frac{1}{2}$ tasse de sucre.
 $\frac{1}{2}$ tasse d'eau.

Faites bouillir le sucre et l'eau pendant 2 minutes, ajoutez le chocolat (en petits morceaux) et mélangez bien, faites bouillir encore une minute.

TARTE AU CHOCOLAT

6 jaunes d'œufs bien battus.
2 tasses de sucre granulé.
4 carrés de tablette de $\frac{1}{2}$ lb.
(ou 8 carrés de tablette de
 $\frac{1}{4}$ lb.) de chocolat Fry Prem-
ium.

1 tasse de lait sucré.
2 cuillerées à thé de beurre.
2 cuillerées à soupe de farine
(arrondies).
1 cuillerée à thé de cannelle.
 $\frac{1}{4}$ de cuillerée à thé de sel.

Faites dissoudre le chocolat dans le lait en chauffant suffisamment pour faire fondre le chocolat. Tamisez la farine, le sucre, le sel et la cannelle ensemble jusqu'à ce qu'ils soient bien mélangés et ajoutez au premier mélange. Ensuite ajoutez-y les jaunes d'œufs et le beurre, mélangez bien et faites cuire au bain-marie jusqu'à ce que le mélange soit épais et laissez-le refroidir pour que la croûte ne devienne pas molle; placez le mélange dans une croûte de tarte cuite à l'avance. et prenez trois blancs d'œufs pour faire la meringue. La meringue se fait de la manière habituelle et doit être légèrement brunie au fourneau. Servez-vous d'une recette quelconque pour faire la croûte de la tarte.

GATEAU A LA CUILLER AU CHOCOLAT

- | | |
|---|--|
| 6 cuillerées à soupe de beurre. | $\frac{1}{4}$ de cuillerée à thé de sel. |
| 1 œuf. | 1 tasse de sucre. |
| 2 carrés de tablette de $\frac{1}{2}$ lb. (ou 4 carrés de tablette de $\frac{1}{4}$ lb.) de chocolat Fry Premium. | 1 cuillerée à thé de vanille. |
| | 3 cuillerées à thé de poudre à pâte. |
| | 1 $\frac{1}{2}$ tasses de farine. |
- Environ $\frac{1}{2}$ tasse de lait.

Défaites le beurre et le sucre ensemble. Ajoutez la vanille et l'œuf et battez légèrement. Tamisez les ingrédients secs et ajoutez alternativement avec le lait. Ajoutez le chocolat et mélangez soigneusement. Placez cuillerée par cuillerée dans de petits moules à muffins et faites cuire dans un fourneau modéré. Servez chaud, si possible.

GLACE AU FUDGE

Faites fondre à la vapeur 2 carrés de tablette de $\frac{1}{2}$ lb. (ou 4 carrés de tablette de $\frac{1}{4}$ lb.) de chocolat non sucré Premium Fry. Ajoutez deux tasses de sucre et une tasse de lait. Faites chauffer directement sur le feu, en agitant pendant que le sucre fond. Lorsque le mélange commencera à bouillir, battez bien et faites cuire jusqu'à ce que vous puissiez en faire une boule molle, soit environ à 236°F. Retirez du feu, ajoutez-y deux cuillerées à soupe de beurre et laissez reposer jusqu'à refroidissement puis battez le mélange jusqu'à ce qu'il soit crémeux et étalez sur les gâteaux.

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J. S. Fry & Sons Limited

BRISTOL and MONTREAL



Established 1728.



BY APPOINTMENT TO
H.M. THE KING.



Established 1728.

THE HOUSE THAT FRY BUILT

Two Hundred Years of Achievement

Two centuries ago there was a little shop in Wine Street, Bristol, Eng., "next door to the Crispin Inn," to which the bloods and dandies of the day loved to resort. Its owner was a young Quaker Doctor from Wiltshire, England, somewhat grave in aspect, but energetic in word and gesture, and with keen well-formed features, expressive at once of force and refinement of character. He traded in many sorts of goods, but his staple commodities were "chocolate nibs and cocoa," and the fragrant aroma of the roasted bean enveloped his shop like a cloud of incense. Time went on and the throng of customers grew to such an extent that in 1777 we find our enterprising trader — still phenomenally active, but now mellowed in voice and feature and a little greyer at the temples — removing to less confined premises in Bristol, which had just then been constructed. And then for another ten years we see the business growing under his fostering hand and the virtue and charm of the new delicacy and beverage, taking a firm hold on the people. Then, in 1787, full of years and civic honours, history tells us, the Quaker merchant died, not probably without a vague, prophetic feeling that he had founded a house and an industry destined to play a great part in modern commercial history.

The Quaker merchant was of course JOSEPH FRY — the founder of one of the largest industrial undertakings. But it is hard to realize, as one is conducted over Messrs. Fry's



factories at Bristol — handsome as Cathedrals, firm and solid as pyramids, covering several acres of ground, and rising eighty sheer feet into the air — that anything so fixed and so imposing could have had so modest a beginning.

The firm of J. S. FRY and SONS, Ltd. has been fortunate in the great Captains who have been at its helm during its two hundred years of history. Its founder was a man of versatile genius under whose hands almost any concern would have prospered.

Hardly less remarkable was his son and successor, Joseph Storrs Fry, who died in 1835. He was at once essayist, theologian, author, manufacturer and scientist. Mr. Francis Fry, who ruled as head of the concern till his death in 1886, developed the business into one of world-wide fame and was one of the pioneers of railways in Great Britain. Next in order came Mr. Joseph Storrs Fry, the second, and in him the Company had at its head a captain of industry who falls in no way behind his distinguished predecessors. No more sagacious brain has ever guided the growth of a great business concern. Under his guidance the firm was turned into a private limited liability company, and several of the modern factories were built up.

Next in order came Francis James Fry, son of Francis Fry and he was head of the Company from 1913-1918. He was succeeded by his son, Roderick James Fry who retired in 1925. The present chairman of the Company, Cecil R. Fry, is the son of Roderick Fry. Mr. Cecil Fry represents the sixth generation of this remarkable family who have controlled this world-wide business for two hundred years.

During the last five years the firm has acquired over 500 acres of land near the City of Bristol, and have built a model factory in a garden, with the latest and most up-to-date improvements known to the industry. With railway sidings and river transport passing right by the works the factory is served with the best possible transport facilities.

The first block of new factory buildings has been completed, and is working at full speed to take care of the enormous increased demand for the company's products. Other blocks are in course of construction and will be completed shortly. Model dwellings have also been erected on the estate for the use of the employees.

After 200 years of continuous progress the firm of Fry & Sons Ltd. are more busily engaged in extension than ever in its history.

Such is the progress of a firm whose history has been one long example of what sterling quality and modern ideas in commerce,—combined with the good will of its employees and customers,—can achieve.

The Canadian Plant is a Branch Factory of the famous English House of Fry.

The Montreal Plant represents an investment in Canada of over one million dollars in the most modern and up-to-date Machinery.

The high traditions for purity and quality which have made the Firm so well known the world over, are carefully guarded and maintained in the Canadian Works by an expert staff of Chemists and Engineers. These experts have the added benefits of the extensive research work constantly being carried on by the English Company. Purity and quality are the first considerations here as in the old Country.

Established in the Reign of King George II, **1728**

Makers to His Majesty King George V.

200 years of Excellence

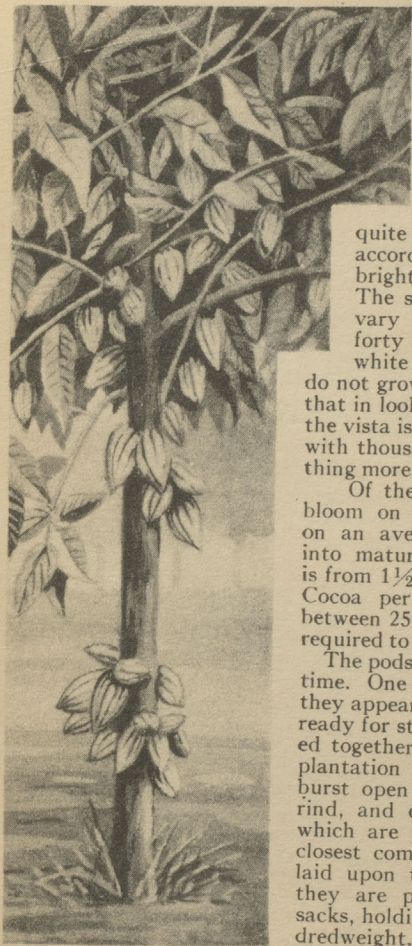
The Oldest Cocoa and Chocolate Firm in the World.

THE HISTORY OF COCOA AND CHOCOLATE

There is a certain atmosphere of romance about the fruit of the cocoa tree which is shared in the same degree by no other table delicacy. Its discovery is due to Cortez and Pizarro, who found it largely in use among the Mexicans and Peruvians. It first became known in about 1656, under the name of Chocolata, but it remained a costly luxury for many years, known only to people of moderate means by the intoxicating aroma investing the fashionable rendezvous in which it was served.

The Valley of the Amazon was the original home of the cocoa plant, where it grew in wild profusion. Today, large quantities of cocoa are produced in West Africa, Guayaquil, Para and Bahia, the West Indies, Ceylon and other tropical countries.

The Mexicans called it Choclatl but the joyous enthusiasm of Europe and its discovery was well expressed by Linnaeus, who named the plant Theobroma, or "food of the Gods." The tree itself is an evergreen, which grows to a height of from 15 to 20 feet, with drooping bright green leaves, in shape oblong, 8 to 20 inches long, and pointed at the ends. The flower and fruit which it bears



at all seasons of the year grow off the trunk and thickest parts of the branches, with stalks only an inch long. The fruit is five celled, without valves, from 7 to 9 inches long, and 3 to 4 inches in breadth, of an oval-pointed shape, tough and

quite smooth, the colour varying, according to the season, from bright yellow to red and purple. The seeds contained in each pod vary in number from twenty to forty embedded in a soft pinky-white acid pulp. "The branches

do not grow low," says one writer, "so that in looking down a piece of ground, the vista is like a miniature forest hung with thousands of golden lamps—anything more lovely cannot be imagined."

Of the thousands of flowers that bloom on one tree during the year, on an average only twenty develop into mature pods, the average yield is from $1\frac{1}{2}$ to 2 pounds of commercial Cocoa per tree. This means that between 250 and 300 million trees are required to meet the world's demands.

The pods do not all ripen at the same time. One or two are cut from a tree as they appear to the eye of the expert as ready for stripping. These are gathered together in heaps, after which the plantation hands, men and women, burst open the pods, strip away the rind, and extract the nuts or beans which are packed in the pod in the closest compass. The nuts are then laid upon trays to dry, after which they are packed for exportation in sacks, holding from one to two hundredweight.

**A
Selection
of
Choice
Tested
Recipes**



How to Make a Cup of Perfect Cocoa

You can make an excellent cup of cocoa quickly and economically by using a small teaspoonful of FRY'S BREAKFAST COCOA. Add an equal quantity of sugar and then pour boiling water into the cup, stirring well all the time; then add your milk, and you have one of the tastiest and most sustaining food beverages.

But if you prefer a richer drink, take a heaped teaspoonful to a breakfast cup. Mix this with the sugar and a little warm milk into a smooth paste, then pour on to it boiling milk and water. Or better still boiling milk alone, stirring all the time, with a whisk if possible. It should now be boiled up again for a minute. By doing this the finest qualities of the Cocoa are brought out.

To Make a Quart of FRY'S Breakfast Cocoa

1½ flat Tablespoons of Fry's Breakfast Cocoa.

1½ flat Tablespoons of sugar.

1 quart of water or 1 pint milk and 1 pint water.

Add sugar to Cocoa, then pour on sufficient boiling water, or water and milk, to make a thick liquid. Add remainder of water or milk and stir slowly and put back into saucepan to boil for a minute or two. Do not use an iron saucepan.

Fry's Iced Breakfast Cocoa.

1½ teaspoons of Breakfast Cocoa.

4 teaspoons sugar.

½ cup boiling water.

½ cup ice cold milk.

Pinch of salt.

BREAKFAST COCOA

Mix cocoa, sugar and salt together with the boiling water and replace in saucepan to boil for a minute or two. Leave until cold then add ice cold milk with vanilla to taste. Stir well.

Fry's Premium Chocolate

For a delicious Chocolate Drink—

Take half of a square of Fry's Premium Chocolate (each square equals 1 oz.) for a breakfast cup and scrape fine; mixing same with an equal quantity of sugar. Mix in boiling milk and water (half and half) and stir well, allowing chocolate to boil for several minutes.

When Fry's Premium Chocolate is bought in $\frac{1}{4}$ lb. cakes, each square equals $\frac{1}{2}$ oz.

ICED CHOCOLATE—For two Cups

- 1 square of Fry's Premium Chocolate (each square equals 1 oz.)
- 4 to 5 teaspoonsful of sugar.
- Pinch of salt
- 1 cup of boiling water.
- 1 cup of ice cold milk.

Allow the chocolate to melt in the cup by the application of gentle heat, add the sugar, salt and boiling water and put back in saucepan to boil for 3 or 4 minutes. Put aside to cool then when ready to serve add the ice cold milk with a teaspoonful of vanilla or a little cinnamon to flavor.

Some people prefer this taken through a straw.



ICED CHOCOLATE

Chocolate Cakes

- 1¼ cups Flour.
 6 tablespoonsful sugar.
 6 tablespoonsful butter.
 ½ cup Fry's Baking Chocolate or Break-
 fast Cocoa.
 1 Egg.
 ½ Teaspoon Baking Powder.

Method: Beat butter and sugar to a cream, add egg and flour. Beat well. Mix cocoa with two tablespoonsful of milk over gentle heat and then stir into the mixture. Add a little essence of Vanilla. If too stiff, add a little water. Lastly, add the baking powder. Bake in moderate oven for about three-quarters of an hour.

Cocoa Apple Sauce Cake

- 1 tablespoon Cocoa.
 1 teaspoon Cinnamon.
 ½ teaspoon Cloves.
 2 cups flour.
 1 cup raisins.
 1 cup sugar.
 ½ cup sour cream.
 1 cup hot sour apple sauce.
 1¼ teaspoon soda.

Method: Mix together the cocoa, spices, flour and raisins. In a separate bowl put the sugar, cream and hot apple sauce into which the soda has been stirred. Beat in the flour mixture, and bake in a well-lined loaf or tube tin for forty-five minutes. Frost with sour cream icing.



CHOCOLATE CAKES

Chocolate Swiss Roll

- 2 eggs.
 $\frac{1}{2}$ cup sugar.
 $\frac{1}{2}$ cup butter.
 1 cup flour.
 $\frac{1}{2}$ cup Fry's Baking Chocolate or Breakfast Cocoa.
 Pinch Baking Powder.

Method: Cream the butter and sugar; add the cocoa, then the eggs well beaten and very slowly the sifted flour. Add a pinch of baking powder and spread thinly in a greased baking tin; bake in a moderate oven; spread with either jam or chocolate layer, and roll.

Chocolate Layer Cake

- $\frac{1}{3}$ cup butter.
 1 cup light brown sugar.
 2 eggs.
 $\frac{1}{2}$ cup fresh or sour milk.
 1 teaspoonful vanilla.
 $2\frac{1}{4}$ cups flour.
 $1\frac{1}{2}$ teaspoonful baking powder.
 $\frac{1}{2}$ teaspoonful soda.
 $\frac{1}{2}$ teaspoonful salt.
 $\frac{1}{8}$ teaspoonful cinnamon.
 6 tablespoonsful Fry's Baking Chocolate or Breakfast Cocoa.

Method: Grease and flour pan; mix and sift dry ingredients, flour, baking powder, soda, salt, cinnamon and cocoa. Cream butter, add sugar gradually separate eggs, beat yolks until thick and lemon colored, add to butter and sugar and beat vigorously. Add dry ingredients



CHOCOLATE
SWISS ROLL



AFTERNOON TEA
FINGERS

alternately with milk and flavouring. Beat egg whites until stiff and dry. Fold in, turn into greased and floured layer pans. Bake in moderate oven 35-40 minutes. Spread cocoa cream filling between layers and cover top with cocoa or a boiled frosting.

Afternoon Tea Fingers

- 1 cup self-raising flour.
- $\frac{3}{4}$ cup fruit sugar.
- $\frac{1}{2}$ cup Fry's Baking Chocolate or Breakfast Cocoa.
- 1 egg.

Method: Mix the egg with half a teacupful of milk, beat well, add to the dry ingredients and bake in a shallow oblong tin. Cut into finger shape when cold.



CHOCOLATE LAYER
CAKE
(SEE PAGE 10)

Chocolate Macaroons

- 1 cup Fry's Baking Chocolate or Breakfast Cocoa.
- Whites of 2 eggs.
- $1\frac{1}{2}$ cups ground almonds.
- $\frac{1}{2}$ cup sifted sugar.

Method: Whisk the whites of eggs stiffly. Mix the cocoa, sugar and almonds, and add the whites gradually to form a stiff paste, place in small heaps on wafer paper and bake in a moderate oven.

Cocoa Rock Cake

- 2 cups flour.
- $\frac{1}{4}$ cup butter.
- $\frac{1}{4}$ cup lard.
- $\frac{3}{4}$ cup fine sugar.
- $\frac{1}{8}$ cup Fry's Baking Chocolate or Breakfast Cocoa.
- 1 teaspoonful baking powder.
- 3 tablespoonsful milk.

Method: Rub lard and butter into flour, add sugar, cocoa and baking powder, mix well, then add milk gradually. Place on baking tin in rough heaps with fork. Bake in moderate oven for 20 minutes.

Chocolate and Nut Fruit Cakes

- 2 eggs.
- $\frac{2}{3}$ cup of sugar.
- $1\frac{1}{2}$ squares chocolate.
- $\frac{1}{2}$ cup English walnuts (broken).
- $\frac{1}{2}$ cup candied cherries, cut in halves.
- $1\frac{1}{2}$ teaspoons vanilla.
- 1 cup flour.
- Pinch of salt.
- 1 tablespoon of butter melted with the chocolate.

Method: Melt the chocolate and add the butter. Beat the eggs, add sugar gradually, then the flavouring, chocolate and butter. Sift flour and salt and add it to the butter mixture, reserving a little of it to sprinkle over the fruit and nuts, which should be added last. Drop in small spoonfuls on a buttered sheet and bake in a moderate oven.

Date Filling for Chocolate Cake

Take half package of dates; barely cover with water, add one cup sugar and stir well.

Cook all ingredients together in a double boiler until thick enough to spread without running off the cake. Have cake cold and the filling hot.



CHOCOLATE AND
NUT FRUIT CAKES

An Inexpensive Cake Icing

- 1 tablespoon butter.
- 3 dessertspoons Fry's Baking Chocolate or Breakfast Cocoa.
- 1 tablespoon cornstarch.
- 1 cup white sugar.
- 1 cup hot water.

Method: Mix the cocoa, cornstarch and sugar, and add to the melted butter together with the hot water. Boil slowly until thick. Cool before using.

This recipe with an additional half cup of sugar and one cup of hot water, makes a delicious pudding sauce.

Chocolate Fudge Icing

- 1 cup brown sugar.
- 1 square Fry's Premium Chocolate.
- 3 tablespoons cream.
- 1 tablespoon butter.
- 1 teaspoon vanilla.

Method: Melt the chocolate. Then add the other ingredients and boil for exactly $2\frac{1}{2}$ minutes (no longer). Take from fire and beat to right consistency for spreading.

Fondant Icing

- 1 cup granulated sugar.
- $\frac{1}{4}$ cup water.
- $1\frac{1}{2}$ squares Fry's Premium Chocolate.
- 1 teaspoon vanilla.

Method: Cook sugar, chocolate and water until it shreds, pour on buttered platter to cool slightly, add vanilla and beat until thick.



CHOCOLATE FUDGE
ICING

Butter Frosting

1 cup icing sugar.

1 tablespoon butter (Work together).

Add two tablespoons milk and beat, add one-half teaspoon vanilla.

Hot Chocolate Sauce

$\frac{1}{2}$ cup sugar.

$\frac{1}{2}$ cup water.

4 squares Fry's Premium Chocolate.

1 teaspoon vanilla.

Method: Boil sugar and water together five minutes, add chocolate, cook until smooth. Add vanilla. Serve with pudding or ice cream.

Chocolate Mould (Plain)

$\frac{1}{4}$ cup cornstarch.

$\frac{1}{4}$ cup sugar.

1 pint milk.

$\frac{1}{2}$ cup Fry's Baking Chocolate or Breakfast Cocoa.

A few drops vanilla essence.

Method: Heat up pint of milk; mix dry ingredients with a little cold milk into smooth paste, stir quickly into the boiling milk, and cook for 10 minutes. Pour into a wet mould and let stand, preferably over night. If this is required in a great hurry, custard powder may be used instead of cornstarch



HOT CHOCOLATE
SAUCE

Chocolate Milk Jelly



CHOCOLATE
MILK JELLY

- 1 pint milk.
- The rind of 1 lemon.
- $\frac{1}{2}$ oz. gelatine.
- $\frac{1}{3}$ cup Fry's Baking Chocolate or Breakfast Cocoa.
- $\frac{1}{4}$ cup lump sugar.
- $\frac{1}{2}$ cup hot water.

Method: Put the milk in a pan to boil, adding the lemon rind and sugar. Do not let it burn or boil over. Mix the cocoa smoothly, watching that it is free from lumps. Melt the gelatine in the hot water, and when dissolved, strain into the milk. Flavour with vanilla or cinnamon and strain into a wet mould.

Cocoa Mould Blanc Mange

- 3 dessertspoonsful cornstarch.
- $1\frac{1}{2}$ dessertspoonsful Fry's Baking Chocolate or Breakfast Cocoa.
- 1 pint milk (or milk and water).
- Pinch of Salt.
- Sugar and vanilla flavouring to taste.



COCOA MOULD
BLANC MANGE

Method: Well mix cornstarch and cocoa together, then add sufficient milk (cold) slowly until quite smooth, thick and creamy. Bring remainder of milk with salt, sugar and vanilla added, to the boil and pour onto the mixture. Return to the saucepan and boil for ten minutes exactly (not less) stirring well all the time. Pour into a wet mould and when cold turn out and serve.

If liked less stiff, extra milk can be used in mixing dry ingredients, and success with colour is ensured if cornstarch and cocoa are mixed with the cold milk separately and then together.

Chocolate Trifle

- 8 small sponge cakes.
- Slices of pineapple.
- 1 pint custard.
- $\frac{1}{3}$ cup sugar.
- 3 tablespoons Baking Chocolate or Breakfast Cocoa.
- 1 pint milk.

Method: Split 8 sponge cakes, spread with thin slices of pineapple, place in a deep glass dish, soak in the pineapple juice, pour over custard, made with ordinary custard powder, add sugar, Fry's Cocoa and milk. Decorate with pineapple.

Chocolate Custard

- 1 Custard powder.
- $\frac{1}{3}$ cup sugar.
- 3 tablespoons Fry's Baking Chocolate or Breakfast Cocoa.
- 1 pint milk.

Method: Take any good custard powder and mix the sugar and Fry's Cocoa with the quantity calculated for a pint of custard. Make in the usual liquid custard method.

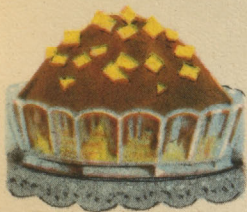
Chocolate Fancies

- $\frac{1}{4}$ teacup of Fry's Baking Chocolate or Breakfast Cocoa.
- $\frac{3}{4}$ teacup of ground almonds.
- 1 egg.
- 1 teacup of icing sugar.
- A handful of glace cherries.
- $\frac{1}{4}$ cup shelled walnuts.
- A few drops vanilla flavoring.

Smooth the lumps out of the sugar and rub through a fine sieve. Chop walnuts very fine and add to them the cocoa and almonds then mix with sugar.



CHOCOLATE
CUSTARD



CHOCOLATE TRIFLE
(SEE PAGE 16)



**CHOCOLATE
BREAD PUDDING**

Slightly whisk the white of egg, and add gradually to this the dry ingredients, and also a few drops of vanilla. Mix to a stiff paste, and then work until quite smooth. Now divide the mixture into the desired number of portions, and roll small balls in the palm of the hand. Press into each a glace cherry, and then brush over the sides with the yolk of egg to glaze them. Place on top of browning shelf in a cool oven for about a quarter of an hour to dry.

Chocolate Bread Pudding

- 2 cups stale bread crumbs.
- 4 cups scalded milk.
- $\frac{2}{3}$ cup sugar.
- $\frac{1}{4}$ teaspoonful salt.
- 2 eggs.
- 1 teaspoonful vanilla.
- 6 tablespoonsful Fry's Baking Chocolate or Breakfast Cocoa.

Method: Soak bread in milk 30 minutes. Mix sugar, cocoa, salt, add to the above mixture, then add vanilla. Beat eggs slightly, add and mix thoroughly. Turn into buttered baking dish and bake one hour in moderate oven. Serve if desired with chocolate sauce.

Chocolate Meringue Pudding

- 1 Pint milk.
- $\frac{1}{2}$ teacup (bare measure) cornstarch.
- 4 eggs.
- Few drops vanilla.
- $\frac{1}{2}$ teacup sugar.
- $\frac{3}{4}$ teacup Fry's Baking Chocolate or Breakfast Cocoa.

Place cornstarch in a basin and add sufficient milk to make into a smooth paste. Put the milk and cocoa into a saucepan and bring to the boil, stirring all the time. Add half of the sugar, and stir in the cornstarch. Cook until the mixture thickens, and then simmer for ten minutes, place aside to cool for a little, then add the yolks of eggs and one white, and a few drops of vanilla essence. Butter souffle tin and turn the mixture into it, and steam for about 40 minutes, or the pudding can be baked in a moderate oven for about 30 minutes. When the pudding is nearly cooked, beat the whites of three eggs to a stiff froth, and mix with the remaining sugar. Turn the pudding out when done on to a hot dish, cover it with the meringue mixture, sprinkle sugar over it, then put back into the oven to set the meringue and color it. Serve at once.

Chocolate Rice Pudding

- 1 dessertspoonful Fry's Baking Chocolate or Breakfast Cocoa.
- 1 pint milk.
- $\frac{1}{4}$ cup rice.
- Sugar to taste.
- Pinch of Salt.

To make a delicious chocolate rice pudding. Take one dessertspoonful of Fry's Baking Chocolate or Breakfast Cocoa and make drinking cocoa with this mixture in the ordinary way with one pint of milk. To this add $\frac{1}{4}$ cup of rice, sugar to taste and a pinch of salt. Turn into a dish and cook gently for about one and one-half hours. (More milk to be added if preferred). For ordinary chocolate rice milk, boil up in saucepan instead of placing in pie dish.



CHOCOLATE RICE
PUDDING

Chocolate Filling

- 1 square Fry's Premium chocolate.
- 1 egg yolk.
- 6 tablespoons sugar.
- 1½ cups boiling water.
- 2 tablespoons flour.

Beat the egg and sugar together, add flour and grated chocolate, add boiling water, mix well then boil till it thickens.

Chocolate Dish

- 3 tablespoonsful Fry's Baking Chocolate or Breakfast Cocoa
- 3 eggs.
- ¼ pint cream.
- 3 tablespoonsful of fine sugar.
- 3 sheets white gelatine

Beat chocolate and sugar together with the yolks of eggs. Dissolve the gelatine sheets and add this with the beaten-up white of an egg. Stir the mixture until it begins to get stiff. The dish is put into a glass bowl in layers with whipped cream.



CHOCOLATE JAZZ
PUDDING

Chocolate Jazz Pudding

- 4 tablespoons butter.
- ¼ cup sugar.
- ⅓ cup flour.
- 1 teaspoonful Fry's Baking Chocolate or Breakfast Cocoa.
- 1 egg.
- ¼ teaspoon baking powder.
- Little milk.
- Essence vanilla.

Method: Cream the butter and sugar together, add the egg, flavouring, flour and baking powder, and milk, and divide the mixture into three basins, colour one pink, add the chocolate to another. Put in alternate spoonfuls in a buttered mould; steam one hour. Turn out and serve with custard or fluff sauce.

Chocolate Eclairs

$\frac{1}{2}$ pint milk.

$\frac{1}{4}$ lb. butter.

Pinch of salt.

Boil the mixture than add $\frac{1}{2}$ lb. flour. Remove from the fire and mix in four eggs.

Dress in a buttered pastry pan 4" long, size of a finger. Cook in a hot oven for 10 minutes. When cold, fill up with French cream and cover top with chocolate icing.

Cocoa Sponge Cake

Whip five eggs with $\frac{1}{2}$ cup sugar, then mix 1 cup flour, $\frac{1}{2}$ cup Fry's cocoa and 4 tablespoons melted butter. Cook in a very slow oven.



CHOCOLATE
ECLAIRS

THE FOOD VALUE OF COCOA AND CHOCOLATE

Cocoa is a concentrated food in addition to being a beverage.

A pint of cocoa made with one-third milk, half an ounce of Cocoa and one ounce of sugar has a fuel value of 320 calories and is equivalent in energy giving power to a quarter of a pound of beef or four eggs. Cocoa increases the digestive power for other foods taken with it, this increase is particularly evident with milk.

FUEL VALUE OF FOODSTUFFS

Taken from Bulletin 28 of the United States Department of Agriculture (excepting Chocolate)

	Calories per lb.		Calories per lb.		Calories per lb.
Cabbage.....	121	Milk.....	314	Oatmeal.....	1811
Cod Fish.....	209	Eggs.....	594	Sugar.....	1815
Apples.....	214	Beef Steak.....	960	Cocoa.....	2258
Potatoes.....	302	Bread (aver- age white)...	1180	Eating Chocolate ..	2538

During the war, Chocolate was recognized as a most valuable concentrated food and was an important part of the soldier's "comfort kit."

Capt. Scott, for his visit to the South Pole, took with him Fry's Cocoa and Chocolate and spoke highly of its value as a sustaining food.

Milk Chocolate has even greater food value than has plain chocolate. It is highly probable that Milk Chocolate is the most nutritious of all sweetmeats. It is not generally recognized that when we purchase one pound of high class Milk Chocolate, such as Fry's "Hello Daddy," we obtain three quarters of a pound of chocolate and two pounds of milk.

"I ate a little chocolate from my supply, well knowing the miraculous sustaining powers of the simple little block" (from W. Isaacs by F. Marion Crawford).

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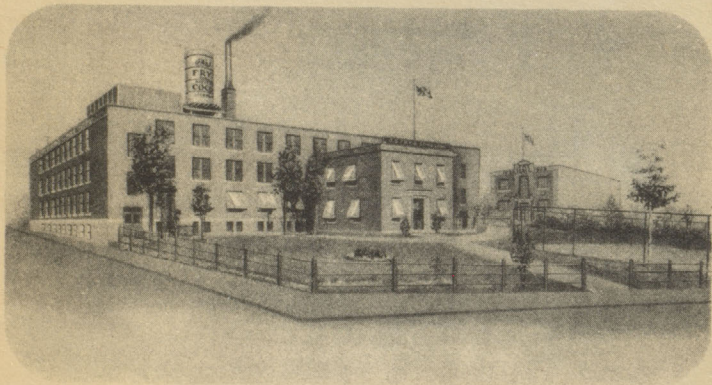
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CANADIAN FACTORY

OF THE

HISTORIC HOUSE OF FRY



AT MONTREAL

*The Building on the right is the Dining and Recreation Hall
for Employees, built to celebrate the 200th Anniversary
of the House of Fry.*

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