



"The
VELVET
touch"

RECIPES

by

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ROBIN HOOD FLOUR MILLS
LIMITED

VELVET CAKE AND PASTRY FLOUR

Clebk 1962

Dear Homemaker:

There's nothing nicer in the world than that special glow of pride you feel when your baking has turned out just right. Comments like these from your family or friends... "How do you get your pastry so light?" or "Gee, mom, you always make the best cakes"... make you want to get right back in the kitchen and start all over again.

Well, we're happy to tell you that we've collected recipes using Velvet Flour that seem to arouse enthusiastic praise like this time after time. You see, each one of the tempting treats you'll find on the following pages was tested and re-tested in Robin Hood's own kitchens to assure you of wonderful results.

But remember, your success depends on the flour you use. Velvet is specially milled for cake and pastry baking. It gives your cakes an amazingly tender texture. And your pies! Really golden-crust and light as air. We call this the 'Velvet Touch' in your baking. You'll notice the difference the very first time you use Velvet.

You can put this 'Velvet Touch' into your cookies, puddings, sauces, and gravies, too. Whatever you bake with Velvet, we're sure you'll turn out a success every time.

And if you ever have a baking problem, just drop me a line and tell me about it. I'd love to hear from you, and help you out in any way I can.

Rita Martin

Director, Home Service Department.

P.S. The following recipes were developed with Velvet Flour that was sifted once before measuring. Standard measuring cups and spoons were used. Remember, Velvet Flour is so light and fine that when it is sifted, it takes up more space than the same weight of all purpose flour. So, if you use a recipe that calls for 1 cup of sifted all purpose flour, use 1 1/4 cups of sifted VELVET Cake and Pastry FLOUR.

ROBIN HOOD FLOUR MILLS LIMITED
MONCTON • QUEBEC • MONTREAL • TORONTO • WINNIPEG • MOOSE JAW • CALGARY • VANCOUVER

Pub. 1950's

PASTRY

PLAIN PASTRY

For one 9-inch pie shell

- 1 cup sifted VELVET Cake and PASTRY FLOUR
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup cold shortening
- 2 tablespoons iced water

For one 9-inch double-crust pie

- $1\frac{3}{4}$ cups sifted VELVET Cake and PASTRY FLOUR
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup cold shortening
- 4 tablespoons iced water

SIFT together flour and salt into mixing bowl. Cut half of shortening into flour using pastry blender or two knives, until fine and mealy. Cut remaining half in until size of small peas. Drop water here and there over flour so it will be evenly distributed, tossing up mixture with a fork. Shape dough into one or two firm balls with hands. Chill 10 minutes.

LIGHTLY flour pastry cloth or bakeboard. With floured rolling pin, roll out each part in all directions from centre. Loosen pastry, re-flour board. Turn pastry over and continue rolling, until the dough is about $\frac{1}{2}$ to 1 inch larger than pie plate depending on the depth of the plate. Loosen the pastry gently from the bakeboard and fold lightly in half. Ease pastry into plate.

For one crust shell:

TRIM pastry with scissors or sharp knife, allowing $\frac{1}{2}$ inch to overlap. Tuck under, even with pie plate and flute edge. Prick bottom and sides with fork to prevent puffing during baking. Bake 8 to 10 minutes in very hot oven, 475°F.

For double-crust pie:

TRIM bottom crust even with rim and moisten edge. Roll other portion $\frac{1}{2}$ inch larger than pie plate. Cut slits for escape of steam. Lay top crust on filling. Trim, leaving $\frac{1}{2}$ inch to be tucked under bottom crust; seal. Flute edge. Bake at 425°F, hot, for 35 to 40 minutes.

VELVET CRUMBLES RECIPE

- 7 cups sifted VELVET Cake and PASTRY FLOUR

- 2 teaspoons salt
- 1 lb. cold shortening

SIFT flour and salt together. Cut half of shortening into the flour until fine and mealy, using a pastry blender or two knives. Cut remaining shortening into the above mixture until it is about the size of small peas.

THIS mixture may be stored dry in quart sealers and kept cool, using small quantities as desired. Let mixture stand at room temperature approximately 10 minutes before using.

FOR one 8-inch pie shell, use 1 cup (packed) of crumbles or $1\frac{1}{4}$ cups for one 9-inch shell. Use 2 tablespoons of water per cup.

YIELD: 4 double crust pies.

RAISIN PIE

"For year round enjoyment"

- 2 $\frac{3}{8}$ cups water
- 2 $\frac{1}{4}$ cups washed raisins
- $\frac{3}{4}$ cup granulated sugar
- 3 tablespoons VELVET Cake and PASTRY FLOUR
- $\frac{1}{3}$ teaspoon salt



HEAT water to boiling point, add raisins. Simmer for 10 minutes. Combine sugar, flour and salt. Add gradually to hot mixture. Cook, stirring constantly, until mixture is thickened and clear. Cool.

LINE a 9-inch pie plate with pastry (recipe for double-crust, page 1).

PREHEAT oven to hot, 425° F.

POUR filling into pastry-lined plate. Cover with top crust. Place pie on lowest rack in oven.

BAKE 35 to 40 minutes. Serve warm or cold.

NOTE: For orange raisin pie, use $\frac{1}{2}$ cup orange juice, 2 cups water and 1 teaspoon grated orange rind.

APPLE PIE

"First choice... with all the family"

- 5 cups thinly sliced apples
(about 5 to 7 apples)
- $\frac{3}{4}$ to 1 cup sugar
- 1 tablespoon butter
- 1 teaspoon cinnamon

PEEL, core and slice apples. Add sugar and cinnamon. Let stand.

PREHEAT oven to hot, 425° F.

LINE a 9-inch pie plate with pastry (recipe for double-crust pie, page 1). Fill with apple mixture. Dot with butter. Cover with top crust, making slits for escape of steam.

BAKE in hot oven for 35 to 40 minutes or until juice just begins to bubble through slits.

CHERRY PIE

"Juicy... an old-time favorite"

- $\frac{1}{3}$ teaspoon salt
- 4 teaspoons cornstarch
- 3 tablespoons granulated sugar
- 1 $\frac{1}{3}$ cups liquid (syrup drained from cherries plus water)
- 1 tablespoon butter
- 2 $\frac{3}{4}$ cups red, pitted cherries

COMBINE salt, cornstarch and sugar in saucepan. Stir in cherry syrup slowly. Cook over direct heat, stirring constantly, until thick. Lower heat as it thickens. Add butter and red food colouring if desired. Then stir in cherries. Cool.

LINE a 9-inch pie plate with pastry. Roll out remaining pastry and cut in half-inch strips for top (recipe for double-crust pie, page 1).

PREHEAT oven to hot, 425° F.

POUR cooled cherry filling into pastry-lined pie plate. Criss-cross strips of pastry over top. Put another strip of pastry around rim of pie. Press together and flute edge.

BAKE in hot oven 25 to 30 minutes.

RHUBARB CUSTARD PIE

"Tart, refreshing, year 'round delight"

- | | | | |
|---|----------------------------------|-------|----------------------------------|
| 4 | cups rhubarb, cut in 1/2" pieces | 1/3 | cup VELVET CAKE and PASTRY FLOUR |
| 2 | eggs | 1 1/2 | cups sugar |
| 1 | tablespoon milk | 1 | tablespoon butter |

(If frozen rhubarb is used, use 3/4 cup sugar)

PREHEAT oven to hot, 425° F.

LINE a 9-inch pie plate with pastry (recipe for double-crust pie, page 1). Fill with rhubarb.

MIX eggs, flour, milk and sugar together with a rotary beater and pour over rhubarb. Dot with butter.

COVER with top crust. Bake in hot oven for 40 to 45 minutes.

COCOANUT CREAM PIE

"Smooth and rich"

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|-------|------------------------|-------|-------------------------------------|
| 3 | tablespoons cornstarch | 2 | egg yolks |
| 1/2 | teaspoon salt | 1 | tablespoon butter |
| 3/4 | cup granulated sugar | 1 | cup moist shredded cocoanut |
| 2 1/2 | cups milk | 1 1/4 | teaspoons vanilla or almond extract |

LINE a 9-inch pie plate with pastry (recipe for single crust, page 1).

BAKE 8 to 10 minutes in a very hot oven, 475° F. Cool.

COMBINE cornstarch, salt and sugar in saucepan. Stir in cold milk gradually. Cook over direct heat, stirring constantly until mixture begins to thicken. Lower heat and continue to cook with stirring until filling has bubbled for one minute.

ADD part of hot mixture gradually to slightly beaten egg yolks. Blend. Return to saucepan. Cook 2 minutes over low heat. Remove from heat. Stir in butter. Cool (cover to prevent formation of skin). Add flavouring and cocoanut. When thoroughly cooled, turn into cooled baked pie shell.

TOP with meringue, page 5, or whipped cream. Cocoanut, toasted to a golden brown in a moderate oven, may be sprinkled on top.

BUTTER TARTS

"Elegant tarts to serve on fancy occasions"

- 1 cup raisins
- 2 tablespoons butter
- 1 cup brown sugar
- 1 egg, well beaten
- 1 teaspoon vanilla

POUR boiling water over raisins. Let stand for 10 minutes. Drain and immediately add remaining ingredients. Stir together well.

LINE one dozen tart tins with Velvet pastry (recipe page 1 for one pie shell).

PREHEAT oven to hot, 425° F.

DIP one tablespoon of mixture into unbaked shells.

BAKE about 12-15 minutes.

LEMON PIE

"Tangy, refreshing flavor"

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|------------------------------------|------------------------------------|
| $\frac{3}{4}$ cup granulated sugar | 2 eggs, separated |
| 4 tablespoons cornstarch | $\frac{1}{4}$ cup granulated sugar |
| $\frac{1}{4}$ teaspoon salt | 2 teaspoons butter |
| $1\frac{3}{4}$ cups water | $\frac{1}{4}$ cup lemon juice |
| 2 teaspoons grated lemon rind | |

LINE a 9-inch pie plate with pastry (recipe for one crust shell, page 1).

BAKE 8 to 10 minutes in a very hot oven, 475° F. Allow to cool.

MIX sugar, cornstarch and salt in top of double boiler. Add water gradually, then lemon rind; cook over low heat, stirring constantly, until mixture is thick and clear. Beat egg yolks and combine with $\frac{1}{4}$ cup granulated sugar. Add part of hot mixture to egg yolks and sugar and blend well. Add slowly to mixture in double boiler, stirring constantly. Cook 2 minutes. Remove from heat; add butter and lemon juice; cool.

TURN into cooled pie shell and top with meringue made from remaining egg whites beaten with $\frac{1}{4}$ cup granulated sugar and $\frac{1}{4}$ teaspoon cream of tartar. Follow meringue method, page 5.

SPREAD meringue so that it touches the outer crust all the way around to prevent shrinkage away from the edge. Arrange in smooth swirls on top.

BAKE in hot oven 5 to 6 minutes or until delicately browned. Cool at room temperature.

ORANGE MERINGUE PIE

"Fluffy and delightful for dessert"

- $\frac{1}{3}$ cup VELVET Cake and PASTRY FLOUR
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup water
- 1 tablespoon grated orange rind
- 1 cup orange juice
- 1 teaspoon lemon juice
- 2 tablespoons butter
- 3 egg yolks
- 12 marshmallows cut in quarters



LINE a 9-inch pie plate with pastry (recipe of one-crust shell, page 1). Bake 8 to 10 minutes in a very hot oven, 475° F. Allow to cool.

MIX flour and sugar, add water gradually until smooth. Cook over direct heat until mixture thickens, stirring constantly. Add rind and juice. Cook until mixture boils. Let boil one minute stirring constantly. Mix small portion with egg yolks; stir egg yolks into remaining cooked mixture and bring to a boil. Let boil 2 minutes, stirring constantly. Remove from heat. Fold in butter and quartered marshmallows and mix until they have dissolved. Cool. Turn into cooled pie shell and top with meringue made from 3 egg whites beaten with 6 tablespoons granulated sugar and $\frac{1}{4}$ teaspoon cream of tartar. (Meringue method, page 5.)

BAKE in hot oven 5 to 6 minutes or until delicately browned. Cool at room temperature.

BAKED LEMON SPONGE PIE

"A different lemon pie the family will love"

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|---------------|-------------------------|---|---|
| 2 | tablespoons butter | 1 | teaspoon grated lemon rind |
| $\frac{3}{4}$ | cup granulated sugar | 2 | tablespoons VELVET Cake and
PASTRY FLOUR |
| 2 | eggs, separated | 1 | cup milk |
| 3 | tablespoons lemon juice | | |

LINE a 9-inch pie plate with pastry (recipe for one crust shell, page 1).

PREHEAT oven to very hot, 475° F.

CREAM butter. Add sugar gradually and cream until light and fluffy. Add egg yolks and beat thoroughly. Add lemon juice and rind. Fold in flour. Stir in milk.

BEAT egg whites until stiff but not dry and fold into above mixture.

POUR into unbaked pastry shell.

BAKE in very hot oven for 10 minutes. Reduce heat to 350° F. (moderate) and bake 35 to 40 minutes or until inserted knife comes out clean.

MERINGUE

"Fluffy, tender topping for open pies and tarts"

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|---|------------------------------|---------------|--------------------------|
| 3 | egg whites | $\frac{1}{4}$ | teaspoon cream of tartar |
| 6 | tablespoons granulated sugar | | |

ALLOW egg whites to stand at room temperature for at least 30 minutes. Egg whites beat up to greater volume if not too cold. Beat egg whites and cream of tartar until frothy but not stiff. Gradually beat in sugar, one teaspoon at a time. Continue to beat until mixture is glossy and stands in soft peaks. Pile meringue on cooled filling in pie. With spatula spread toward edge so that it touches crust all around. (This sealing prevents meringue from shrinking away from edge.) Then spread lightly over centre surface. Pile remaining meringue on top then swirl it or put it up in peaks. Bake in a hot oven, 425° F., for 5 to 6 minutes or until delicate brown. Let cool at room temperature away from draughts.

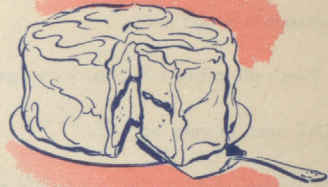
- NOTES**
1. Sudden chilling causes beads of moisture to form on top and tends to cause meringue to fall.
 2. The meringue may be baked in a slow oven, 300° F., until lightly browned, if desired.

CAKES

VELVET SPECIAL LAYER CAKE

"For every day - and parties too."

- 1/2 cup shortening (part butter)
- 1/2 teaspoon vanilla
- 1 cup granulated sugar
- 2 eggs, beaten
- 2 cups sifted VELVET Cake and PASTRY FLOUR
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup milk



PREHEAT oven to moderate, 375° F. Grease well and flour lightly two 8-inch layer cake pans, or line bottom of pans with waxed paper.

CREAM shortening until fluffy. Add flavouring. Add sugar gradually, beating until creamy. Add beaten eggs and beat again until light.

SIFT flour; then measure. Resift with salt and baking powder. Add flour mixture to creamed mixture alternately with milk, beginning and ending with dry ingredients. Mix just until blended—do not beat after flour has been added. Turn into prepared pans.

BAKE in moderate oven for 25 to 30 minutes. Let stand 5 minutes before removing from pan. Frost when cold.

Seven Minute Frosting

- 1 egg white
- 1 tablespoon light corn syrup
- OR 1/4 teaspoon cream of tartar
- 3/4 cup granulated sugar
- 3 tablespoons water
- 1/2 teaspoon vanilla

COMBINE all ingredients, except flavouring, in the top part of a double boiler and beat with rotary beater until blended. Place over rapidly boiling water and continue beating for seven minutes, or until the frosting is fluffy and will hold its shape. Remove from boiling water. Add flavouring and beat 1 minute longer.

BANANA CAKE

"A light coloured cake, moist and delicious."

- 1/3 cup butter or shortening
- 1 teaspoon vanilla
- 1 cup granulated sugar
- 2 eggs
- 2 cups sifted VELVET Cake and PASTRY FLOUR
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cup mashed bananas
(2 large or 3 small)
- 1/3 cup sour milk or buttermilk

PREHEAT oven to moderate, 350° F.

CREAM butter or shortening until fluffy; add vanilla. Add sugar gradually, beating until creamy. Add eggs one at a time, beating well after each addition.

SIFT flour, baking powder, soda and salt together. Mash bananas well and combine with sour milk. Add flour mixture to creamed mixture alternately with milk and bananas, beginning and ending with dry ingredients. Do not beat—stir only enough to combine thoroughly. Pour into paper-lined or greased and lightly floured 9-inch square cake pan.

BAKE 45 to 50 minutes. Let stand 5 minutes; turn out. Frost when cold with same butter icing as used for "Southern Coconut Cake", page 8.

VELVET ONE-EGG CAKE

"Economical, easy to prepare, very good!"

½ cup shortening (part butter)	½ teaspoon salt
1 teaspoon vanilla	3 teaspoons baking powder
1¼ cups granulated sugar	1 cup milk
1 egg, separated	
2¼ cups sifted VELVET Cake and PASTRY FLOUR	

PREHEAT oven to moderate, 350° F. Grease well and flour lightly a 9-inch square cake pan or line bottom with waxed paper.

CREAM shortening until very soft and fluffy. Add vanilla. Add 1 cup of sugar, gradually, creaming thoroughly after each addition. (Reserve ¼ cup of sugar.)

SEPARATE egg yolk from white. Add yolk to shortening and sugar mixture and beat well.

SIFT flour, then measure. Resift with baking powder and salt.

BEAT egg white until stiff, gradually adding ¼ cup of sugar.

ADD flour mixture and milk alternately to creamed mixture, beginning and ending with dry ingredients. Fold in stiffly beaten egg white. Pour batter into pan.

BAKE in moderate oven, for 50 minutes.

LET stand 5 minutes before removing from pan. Frost when cool.

Butterscotch Fudge Frosting

1 cup brown sugar	¾ cup sifted icing sugar
⅓ cup milk	½ teaspoon vanilla
1 tablespoon butter	

MIX brown sugar and milk in saucepan. Heat, stirring frequently, until sugar is dissolved. Allow mixture to boil two minutes. Add butter. Remove from heat and let syrup cool until lukewarm. Beat syrup until creamy (it should still be soft and spreadable). Gradually beat in the icing sugar. Add vanilla and continue beating until cold and of right consistency to spread.

NOTE: 1. If frosting is too soft, add more icing sugar.

2. If frosting has been boiled too long, fudge will become hard. Milk or cream may be added gradually to bring icing to the right consistency.

VELVET ORANGE CAKE

"Fresh orange cake - the one-bowl way."

2 cups sifted VELVET Cake and PASTRY FLOUR	½ cup softened butter or shortening
1 cup granulated sugar	1 tablespoon grated orange rind
¼ teaspoon salt	½ teaspoon lemon extract
1 teaspoon baking powder	½ cup orange juice
½ teaspoon baking soda	2 eggs, unbeaten

PREHEAT oven to moderate, 350° F. Grease well and lightly flour or line bottom with waxed paper—one 8-inch or 9-inch square pan or two 8-inch layer pans.

SIFT flour then measure. Resift with salt, sugar, soda and baking powder into mixing bowl. Add softened butter, orange rind and juice and lemon extract.

BEAT vigorously for 2 minutes (150 strokes per minute by hand or low speed with electric mixer). Add eggs and beat 2 minutes. Pour into pan.

BAKE in moderate oven for 35 to 40 minutes. Layers will take 30 to 35 minutes. Let stand 5 minutes before removing from pan. Frost, when cool, with Orange Frosting, page 8.

SOUTHERN COCOANUT CAKE

"Add a tropical touch to dinner"

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|---|------------------------------|
| 2 cups sifted VELVET Cake
and PASTRY FLOUR | 1 cup milk |
| 1 cup finely granulated sugar | 1 teaspoon almond flavouring |
| ½ teaspoon salt | 2½ teaspoons baking powder |
| ½ cup softened shortening | 2 eggs, unbeaten |
| | 1 cup cocoanut |

PREHEAT oven to moderate 350° F.

SIFT flour, sugar and salt into mixing bowl. Add softened shortening, milk and almond flavouring. Beat vigorously for 2 min. (150 strokes per minute by hand or low speed with electric mixer.) Stir in baking powder. Add eggs and beat 2 min. Stir in cocoanut.

POUR into paper-lined or greased and lightly floured 9 x 13 inch cake pan.

BAKE 40 to 45 minutes. Let stand 5 minutes and turn out.

FROST with butter icing when cold.

Butter Icing

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|---------------------------|--------------------------------------|
| ¼ cup soft butter | 1 teaspoon vanilla or almond extract |
| 2 cups sifted icing sugar | 3 tablespoons cream or top milk |

CREAM butter until fluffy. Add 1 cup sifted sugar gradually and cream thoroughly. Add flavouring and 1 tablespoon cream. Beat thoroughly. Add remaining sugar and cream alternately, continuing to beat well.

ORANGE CHIFFON CAKE

"Light as angel food... Rich as butter cake"

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|--|----------------------------|
| 1¼ cups sifted VELVET Cake
and PASTRY FLOUR | ½ cup orange juice |
| 2 teaspoons baking powder | 3 egg yolks |
| ½ teaspoon salt | ½ teaspoon lemon extract |
| ¾ cup fine granulated sugar | 1 teaspoon orange rind |
| ¼ cup corn oil | 3 egg whites |
| | ¼ teaspoon cream of tartar |

PREHEAT oven to moderate, 350° F.

BLEND all ingredients (except egg whites and cream of tartar) until smooth.

BEAT egg whites with cream of tartar until very stiff. Fold egg whites into first mixture, blending carefully.

BAKE in 8-inch tube or 8-inch square pan, ungreased, for about 40 minutes.

SUSPEND inverted cake pan so that surface of cake does not touch anything and allow to cool completely before removing from the pan.

FROST when cool with orange frosting.

Orange Frosting

- | | |
|-------------------------------|----------------------------|
| 2 tablespoons butter | 2 cups sifted icing sugar |
| ¼ teaspoon lemon extract | 3 tablespoons orange juice |
| ½ teaspoon grated orange rind | |

CREAM butter until fluffy. Add lemon extract and orange rind. Add sifted icing sugar alternately with orange juice. Beat until creamy and smooth.

FAVOURITE CHOCOLATE CAKE

"Everyone's favourite is chocolate"

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|----------------------------------|---|
| 1/3 cup granulated sugar | 2 eggs, well beaten |
| 1/3 cup cocoa | 2 cups sifted VELVET Cake
and PASTRY FLOUR |
| 1/2 cup boiling water | 1/2 teaspoon salt |
| 1/2 cup shortening (part butter) | 1 teaspoon baking soda |
| 2 teaspoons vanilla extract | 3/4 cup buttermilk or sour milk |
| 1/4 teaspoon lemon extract | |
| 1 cup granulated sugar | |

PREHEAT oven to low, 325° F.

COMBINE 1/3 cup sugar, cocoa and water and boil 2 minutes, stirring until smooth; set aside to cool.

CREAM shortening until fluffy; add flavourings. Add sugar gradually, beating until creamy. Add beaten eggs and beat again until light. Add cooled cocoa syrup and beat well.

SIFT flour, salt and soda together.

ADD flour mixture to creamed mixture alternately with buttermilk beginning and ending with dry ingredients. Mix just until blended—do not beat after flour has been added.

TURN into paper-lined or greased and lightly floured 9-inch square pan.

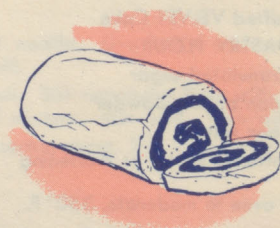
BAKE 1 hour. Let stand 5 minutes and turn out.

FROST with chocolate icing when cold, page 10.

VELVET JELLY ROLL

"Delicate and feathery light"

- 3 eggs
- 1 cup granulated sugar
- 1 1/2 teaspoons vanilla
- 1 1/2 cups sifted VELVET Cake
and PASTRY FLOUR
- 2 teaspoons baking powder
- 1/4 teaspoons salt
- 1/2 cup milk
- 1 tablespoon butter



PREHEAT oven to hot, 400° F.

GREASE shallow cake pan 14 x 10 x 3/4 inch. Line bottom with waxed paper to within 1/2 inch of edge. Grease again and lightly flour.

BREAK eggs into deep bowl and beat with a rotary beater until fluffy and lemon coloured (about 4 minutes). Add sugar gradually, beating after each addition. Add vanilla.

SIFT and measure flour; add baking powder and salt. Pour back into sifter.

HEAT milk in double boiler and add butter.

SIFT dry ingredients over egg and sugar mixture; fold in lightly; do not stir or beat. Fold in hot milk and butter just until liquid is blended. Pour batter into prepared cake pan, spreading evenly.

BAKE for about 15 minutes. Spread a sheet of waxed paper on a damp cloth and sprinkle with icing sugar. Turn cake out on above; remove waxed paper on which cake was baked. Cut off crisp edges and immediately spread with jelly or jam. Roll up lightly, holding waxed paper against cake. Wrap in waxed paper and damp cloth and cool on a cake rack. Remove cloth and waxed paper and sprinkle with a little more icing sugar.

NOTE: When spreading cake with jelly or jam, leave about one inch uncovered at far end as the rolling presses out enough jelly or jam to cover it.

SPICE MERINGUE CAKE

"Perfect blending of spices and baked-in topping"

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|---|----------------------------|
| 2 cups sifted VELVET Cake
and PASTRY FLOUR | 1 cup brown sugar (packed) |
| ½ teaspoon salt | ⅓ cup softened shortening |
| ¼ teaspoon ginger | ¾ cup milk |
| ¼ teaspoon mace | 3 teaspoons baking powder |
| ¼ teaspoon nutmeg | 2 eggs |
| ¾ teaspoon cloves | ½ cup brown sugar |
| ¾ teaspoon cinnamon | ¼ cup chopped nuts |

PREHEAT oven to moderate, 350° F.

SIFT flour, salt, spices and 1 cup brown sugar into mixing bowl. Add softened shortening and milk. Beat vigorously for 2 minutes, (150 strokes per minute by hand or low speed with electric mixer). Stir in baking powder. Add 1 whole egg and 1 egg yolk and beat 2 minutes.

POUR into paper-lined or greased and lightly floured 9-inch square cake pan.

BEAT 1 egg white until stiff but not dry. Add ½ cup brown sugar slowly, beating well after each addition. Spread this meringue on top of cake batter and sprinkle with nuts.

BAKE 40 to 50 minutes. Serve warm.

N.B. If small eggs are used, use 2 egg whites for meringue.

VELVET DEVIL'S FOOD CAKE

"Rich, moist cake... made with unsweetened chocolate"

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|---|---|
| 2 cups sifted VELVET Cake
and PASTRY FLOUR | 1 cup sour milk |
| 1½ cup granulated sugar | 1 teaspoon vanilla |
| 1 teaspoon baking powder | 2 eggs, unbeaten |
| ½ teaspoon salt | 2 squares unsweetened chocolate, melted |
| ½ cup softened butter or shortening | ½ teaspoon soda |
| | 1 tablespoon vinegar |

PREHEAT oven to moderate, 350° F.

SIFT flour, sugar, baking powder and salt into mixing bowl.

ADD softened butter, sour milk and vanilla. Beat vigorously for 2 minutes, (150 strokes per minute by hand or low speed with electric mixer). Add eggs and beat 2 minutes. Add melted chocolate and fold in well. Add soda dissolved in vinegar and beat a few seconds.

POUR into paper-lined or greased and lightly floured 8" square cake pan.

BAKE 55 to 60 minutes. Let stand 5 minutes; turn out. Frost when cold.

Chocolate Butter Icing

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|----------------------------|---------------------------------|
| ¼ cup soft butter | 2 tablespoons cocoa |
| 3 cups sifted icing sugar | 4 tablespoons cream or top milk |
| ½ teaspoon vanilla extract | |

CREAM butter until fluffy. Add cocoa. Beat well. Add 1 cup sifted sugar gradually and cream thoroughly. Add flavouring and 2 tablespoons cream. Beat thoroughly. Add remaining sugar and cream alternately continuing to beat well.

COOKIES

CHOCOLATE CHIP CRUNCH COOKIES

"Thin, crisp, crunchy cookies"

- 1 cup shortening (part butter)
- 1 cup brown sugar, lightly packed
- $\frac{2}{3}$ cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon salt
- $2\frac{1}{2}$ cups sifted VELVET Cake and PASTRY FLOUR

- 1 teaspoon soda
- 1 cup chocolate chips
- 1 cup nuts, chopped



CREAM shortening and sugars. Add eggs and vanilla. Mix well.

SIFT flour. Measure. Resift with salt and soda. Blend into sugar mixture. Add nuts and chocolate chips. Mix thoroughly. Drop by teaspoonsful on greased cookie sheet.

BAKE in moderate oven, 350° F., for 15 minutes.

YIELD: 7 dozen.

HOLIDAY FRUIT COOKIES

"Rich with fruit and nuts . . . a favourite both with children and grownups"

- 3 tablespoons butter
- 4 tablespoons shortening
- $\frac{1}{2}$ teaspoon vanilla or lemon extract
- $\frac{1}{2}$ cup sugar
- 1 egg, well beaten
- 2 tablespoons milk

- $1\frac{1}{2}$ cups sifted VELVET Cake and PASTRY FLOUR
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ cup raisins or chopped candied fruit or chopped nuts

PREHEAT oven to moderate, 375° F.

CREAM butter and shortening until fluffy. Add vanilla. Gradually add sugar, mixing until creamy. Add beaten egg and milk. Beat well.

SPRINKLE flour taken from $1\frac{1}{4}$ cups over cut fruit. Sift remaining flour with salt, baking powder and nutmeg. Add gradually to creamed mixture. Mix well. Then add fruit.

CHILL dough and drop teaspoonfuls on greased cookie sheet, $2\frac{1}{2}$ inches apart. Decorate with chopped nuts or chopped candied fruit.

BAKE 10 to 12 minutes.

YIELD: 3 dozen cookies.

BROWNIES

"An old favourite"

- 2 squares (2 oz.) unsweetened chocolate, melted

- $\frac{1}{2}$ cup shortening or butter
- $\frac{1}{2}$ teaspoon vanilla
- 1 cup sugar
- 2 eggs, unbeaten
- $\frac{3}{4}$ cup sifted VELVET Cake and PASTRY FLOUR

- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup walnuts, chopped



PREHEAT oven to moderate, 350° F. Grease an 8-inch square cake tin or line the bottom with waxed paper.

MELT chocolate over hot water. Cream shortening and vanilla. Add sugar gradually and cream until light and fluffy. Add eggs, one at a time, beating well after each addition. Add melted chocolate and blend. Fold in flour sifted with salt. Add nuts. Spread in pan.

BAKE in moderate oven for 45 minutes.

SUGAR COOKIES

"Crispy, thin and flavourful"



$\frac{3}{4}$ cup soft shortening (part butter)

$2\frac{2}{3}$ cups sifted VELVET Cake
and PASTRY FLOUR

$1\frac{1}{2}$ teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon nutmeg

1 teaspoon vanilla

1 cup granulated sugar

2 eggs, well beaten

SIFT together flour, baking powder, salt and nutmeg.

CREAM shortening and butter until fluffy. Add vanilla. Gradually add sugar, mixing until creamy. Add beaten eggs. Beat well. Add dry ingredients, combining thoroughly. Chill dough for 2 hours at least (preferably overnight).

PREHEAT oven to moderate, 375° F.

ROLL out chilled dough on lightly floured bakeboard or pastry cloth. For crisp cookies roll $\frac{1}{16}$ inch thick. For softer cookies roll $\frac{1}{8}$ to $\frac{1}{4}$ inch thick. Using floured cookie cutter, cut out cookies close together. Arrange on greased cookie sheet, leaving space between cookies to allow for spreading.

BAKE 10 minutes. Remove from sheet and cool on rack.

YIELD: 85 to 90 cookies.

LEMON SLICES

"Tangy, refreshing... a favourite"

PASTRY

1 cup sifted VELVET Cake
and PASTRY FLOUR

1 tablespoon baking powder

1 tablespoon butter

1 tablespoon shortening

1 egg

SIFT flour and baking powder together. Cut in butter and shortening. Moisten with egg, slightly beaten. Press mixture into greased and lightly floured 8-inch square pan.

FILLING

1 large apple, grated

1 lemon, juice and grated rind

1 teaspoon butter

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

1 egg, beaten

BOIL together until thickened. Spread over pastry.

PREHEAT oven to moderate, 350° F.

TOPPING

1 egg

$\frac{3}{4}$ cup granulated sugar

1 tablespoon melted butter

2 cups shredded cocoanut

BEAT egg and add sugar gradually; combine thoroughly. Add melted butter and cocoanut. Spread evenly over top of filling.

BAKE 25 minutes. Cut in squares when cool.

YIELD: 20 cookies.

VELVET DATE SQUARES

*"An old favourite - called Matrimonial
Cake in the West"*

1¾ cups Quick Robin Hood Oats
1¾ cups VELVET Cake
and PASTRY FLOUR
¾ cup butter
¼ teaspoon soda
1 cup brown sugar

FILLING

2 cups dates, chopped
½ cup sugar
1 cup water
1 teaspoon lemon juice

COMBINE ingredients for filling. Simmer until thick, stirring occasionally to prevent burning. Cool.

PREHEAT oven to moderate, 375° F. Lightly grease a 9 x 9 inch pan.

SIFT soda with flour. Combine with brown sugar. Work in butter with fingertips (part shortening may be used but butter gives better flavour and browning). Blend in oats.

PAT half of this mixture into pan. Spread cooled date filling on top. Pat remaining mixture on top.

BAKE in moderate oven for 45 minutes. Cut in squares when cool.

VELVET NUT SNACK

"Walnut squares, deliciously rich"

PASTRY

1¼ cups sifted VELVET Cake
and PASTRY FLOUR

½ cup brown sugar
½ cup softened butter or shortening

PREHEAT oven to moderate, 350° F.

SIFT flour and brown sugar together. Add softened butter and combine thoroughly.

PAT mixture to ¼ inch thickness on a 13 x 9 inch greased and lightly floured cookie sheet.

BAKE 10 minutes or until delicately brown.

TOPPING

1 egg
1 cup brown sugar
1 teaspoon vanilla
¼ teaspoon salt

2 tablespoons VELVET Cake
and PASTRY FLOUR
½ teaspoon baking powder
1 cup coconut
¾ cup chopped walnuts

BEAT egg and add brown sugar gradually, beating well after each addition. Add all remaining ingredients and mix thoroughly. Spread evenly over browned pastry.

BAKE 15 to 20 minutes. Cut in squares when cool.

YIELD: 3½ dozen cookies.

DATE SURPRISES

"A surprising flavour combination - attractive for a tea plate!"

½ cup butter	½ lb. dates
½ cup strong cheese, freshly grated	1 egg, slightly beaten
1½ cups sifted VELVET Cake and PASTRY FLOUR	½ cup nuts, chopped
	½ cup granulated sugar

CREAM butter. Add grated cheese. Add flour gradually. Mix well. Chill for one hour.

FORM dates into small balls by rolling between palms of hands. Cover with a small amount of dough and roll between palms.

PREHEAT oven to 400° F., hot. Grease baking sheets.

ROLL balls in slightly beaten egg and place on waxed paper. Roll in nuts mixed with the sugar.

BAKE on greased baking sheets in hot oven for 15 to 20 minutes or until lightly browned.

YIELD: 3 dozen.

VELVET PARTY PEANUT COOKIES

"Thin and crisp... they keep for weeks"

½ cup butter	1½ cups Robin Hood Oats
½ cup shortening	½ teaspoon salt
1 cup brown sugar	1 cup salted red-skinned peanuts
1 egg	
1 cup sifted VELVET Cake and PASTRY FLOUR	

PREHEAT oven to 375° F., moderate. Grease cookie sheets.

CREAM together the butter and shortening. Gradually cream in the brown sugar. Add the egg and beat well. Stir in the flour, salt, oats and peanuts. Mix well together.

DROP by teaspoonfuls on prepared cookie sheet.

BAKE in a moderately hot oven until delicately browned, about 12 to 15 minutes. Let set a moment or two. Then remove to wire rack to cool.

YIELD: 5 dozen.

VELVET HERMITS

"Spicy and rich with fruit"

1 cup shortening (part butter)	1 teaspoon baking powder
1 teaspoon vanilla	1 teaspoon cinnamon
1½ cups brown sugar, packed	½ teaspoon nutmeg
3 eggs, well beaten	¼ teaspoon cloves
2¾ cups sifted VELVET Cake and PASTRY FLOUR	1 cup seedless raisins
½ teaspoon salt	1 cup chopped dates
½ teaspoon baking soda	½ cup chopped walnuts

PREHEAT oven to moderate, 375° F.

CREAM shortening until fluffy. Add flavouring. Add brown sugar gradually, beating until creamy. Add eggs and beat again until light.

SIFT flour, salt, soda, baking powder and spices. Add flour mixture gradually to creamed mixture and stir until blended. Add fruit and nuts. Chill, then drop batter from teaspoon on greased baking sheet, at least 2½ inches apart.

BAKE 12 to 15 minutes.

YIELD: 5 dozen cookies.

PUDDINGS and DESSERTS

VELVET UPSIDE-DOWN CAKE

"Handsome dessert to serve at table"

- | | | | |
|----|---|---|-------------------------|
| 3 | tablespoons butter | 3 | teaspoons baking powder |
| ½ | cup brown sugar | ¼ | cup softened shortening |
| 1½ | cups sifted VELVET Cake
and PASTRY FLOUR | ½ | teaspoon lemon extract |
| ¾ | cup granulated sugar | ½ | cup milk |
| ¼ | teaspoon salt | 2 | eggs, unbeaten |

PREHEAT oven to moderate, 350° F. Grease an 8-inch square cake pan.

MELT butter in cake pan and sprinkle with brown sugar. Heat until mixture bubbles. Remove from heat and arrange peaches or pineapple slices in a pattern in the sugar mixture. A few maraschino cherries may be placed here and there for added attraction.

SIFT flour, sugar, salt and baking powder into mixing bowl. Add softened shortening, lemon extract and milk. Beat vigorously for 2 minutes (150 strokes per minute by hand or low speed with electric mixer). Add eggs and beat 2 minutes.

POUR batter over fruit in prepared pan and bake 45 to 50 minutes. Turn out on a flat plate, fruit side up, while still hot. Serve plain or with cream.

FRUIT RINGS

"Excellent with lemon sauce"

BISCUIT DOUGH

- 2 cups sifted VELVET Cake and PASTRY FLOUR
- 2 tablespoons granulated sugar
- ½ teaspoon salt
- 3 teaspoons baking powder
- ¼ cup shortening
- ½ cup milk

FILLING

- 2 tablespoons melted butter
- ½ cup brown sugar
- ¼ teaspoon cinnamon
- ¼ cup currants
- ½ cup chopped dates

PREHEAT oven to hot, 450° F.

SIFT flour, sugar, salt and baking powder into mixing bowl. Cut shortening into flour mixture, using a pastry blender or two knives. Add milk to make a slightly soft dough. Roll lightly on a floured board, to a rectangular shape, about ½ inch thick. Brush biscuit dough with melted butter.

COMBINE brown sugar, cinnamon and fruit, and sprinkle over dough. Roll up (as for jelly roll), pinch edges together and cut in sections. Place sections (cut side down) in greased muffin pans.

BAKE 12 to 15 minutes. Serve hot with sauce, lemon or brown sugar.

YIELD: 8 servings.

NOTE: Fruits in season, such as strawberries, raspberries, blueberries or black currants, may be substituted for the currants and dates.

LEMON SAUCE (Approximately 1¼ cups sauce)

- | | | | |
|----|----------------------------|---|-------------------------|
| ½ | cup granulated sugar | 1 | cup warm water |
| 1½ | tablespoons cornstarch | 1 | tablespoon butter |
| ¼ | teaspoon salt | 2 | tablespoons lemon juice |
| 1 | teaspoon grated lemon rind | | |

COMBINE sugar, cornstarch, salt and lemon rind in saucepan. Gradually add warm water, stirring constantly. Cook slowly over low heat for 5 minutes, stirring constantly. The sauce should be clear and slightly thickened. Remove from heat and stir in butter and lemon juice.

VELVET CHEESE CAKE

"Elegant...truly delicious"

- | | |
|--|--|
| 1¾ cups sifted VELVET Cake
and PASTRY FLOUR | 1 tablespoon lemon juice |
| 1½ teaspoons baking powder | 1 teaspoon grated lemon rind |
| ½ teaspoon salt | 2¾ cups (1½ lb.) cottage
cheese, sieved |
| ⅓ cup sugar | ½ cup cream |
| ⅓ cup butter | ¼ cup sifted VELVET Cake
and PASTRY FLOUR |
| 1 egg | ½ teaspoon salt |
| ¼ cup butter | 4 egg whites |
| 1 cup sugar | |
| 4 egg yolks | |

PREHEAT oven to moderate, 325° F.

SIFT flour, baking powder, salt and sugar together. Cut in the ⅓ cup butter until particles resemble small peas. (Reserve ½ cup of mixture for topping.) Beat egg, sprinkle over flour mixture, tossing lightly with fork until blended. Press into bottom and sides of 9 x 9 x 2 inch pan.

CREAM ¼ cup butter, add sugar gradually, creaming well. Blend in 4 egg yolks, one at a time. Beat for 1 minute. Add lemon juice and grated lemon rind; mix well. Blend in cottage cheese, cream, ¼ cup flour and salt.

BEAT egg whites until stiff but not dry. Fold gently but thoroughly into cheese mixture.

BAKE 80 to 90 minutes. Cool, away from draft. Serve plain or with crushed pineapple.

CHERRY COBLER

"Quick, easy to make, with a wonderful flavour"

- 1 cup granulated sugar
- 2 tablespoons cornstarch
- ¼ teaspoon cinnamon
- 2½ cups red, pitted cherries
and juice (1 20-oz. can)
- 2 tablespoons butter
- ¼ teaspoon almond extract
- Few drops of red food colouring

BATTER

- | | |
|--|---------------------------------|
| 2 cups VELVET Cake
and PASTRY FLOUR | 1½ tablespoons granulated sugar |
| 2 teaspoons baking powder | ¼ cup shortening |
| ¼ teaspoon salt | 1 egg, beaten |
| | ½ cup and 2 tablespoons milk |

COMBINE sugar, cornstarch and cinnamon in saucepan. Stir in fruit juice and butter. Cook over direct heat, stirring constantly, until mixture boils. Add cherries. Remove from heat. Add flavouring and food colouring. Pour into ungreased casserole (about 1½ quart size).

PREHEAT oven to hot, 400° F.

TO MAKE batter, sift flour, then measure. Resift with baking powder and salt. Add sugar. Cut in shortening using pastry blender or two knives, until mixture resembles coarse meal. Combine beaten egg and milk and add to dry ingredients, stirring lightly with a fork just until blended. Spoon immediately over hot filling.

BAKE in hot oven for 30 minutes.

YIELD: 6 servings.



QUICK BREADS

DATE AND NUT LOAF

"Extra moist and tasty"

- | | |
|--|--|
| 2¼ cups sifted VELVET Cake
and PASTRY FLOUR | 1 cup chopped dates or
seedless raisins |
| 4 teaspoons baking powder | 1 tablespoon grated orange rind |
| ½ teaspoon salt | 1 egg, well beaten |
| ½ cup granulated sugar | 1 cup milk |
| ¾ cup broken nut meats | 2 tablespoons melted butter or shortening |

PREHEAT oven to moderate, 350° F. Grease an 8 x 5 x 3 inch loaf tin thoroughly.

SIFT together flour, baking powder and salt into mixing bowl. Add sugar, nuts, dates or raisins and orange rind. Mix well. To beaten egg add milk and melted butter or shortening. Add to flour mixture. Mix just until blended. Turn into greased loaf tin and allow to stand for 20 minutes.

BAKE for 55 to 60 minutes. Turn out on rack and cool for several hours before slicing.

TEA BISCUITS

*"For Crusty sides - bake 1" apart; soft sides -
bake close together"*

- | | |
|---|-------------------------------|
| 2½ cups VELVET Cake
and PASTRY FLOUR | ½ teaspoon salt |
| 3 teaspoons baking powder | 4 tablespoons shortening |
| | ½ cup plus 2 tablespoons milk |

PREHEAT oven to very hot, 450° F.

SIFT flour, then measure. Resift with baking powder and salt into bowl. Cut in shortening with pastry blender or two knives until mixture resembles coarse meal: Add milk all at once, stirring lightly with a fork just until liquid has been absorbed. Turn onto lightly floured bakeboard and knead gently 10 times.

GENTLY roll out with floured rolling pin to ½ inch thickness. Cut out, using floured biscuit cutter. Place on ungreased baking sheet. Gently knead remaining dough together 2 or 3 times. Pat to ½ inch thickness and cut. Do not reroll.

BAKE in hot oven 12 to 15 minutes.

YIELD: 12 biscuits (using 2¼-inch cutter).

ORANGE BISCUITS

"Quick and tempting..."

- | | |
|--|---------------------|
| ½ cup orange marmalade | 1 teaspoon salt |
| 2 tablespoons soft butter | ¼ cup shortening |
| 2¼ cups sifted VELVET Cake
and PASTRY FLOUR | ½ cup milk |
| 3 teaspoons baking powder | ½ teaspoon cinnamon |
| | ¼ cup sugar |

PREHEAT oven to hot, 425° F.

PREPARE 12 greased muffin tins by mixing 2 teaspoons of orange marmalade and ½ teaspoon butter in each.

SIFT flour, baking powder and salt together; cut in shortening, until mixture is fine. Add milk, stirring until flour is moistened. Turn onto lightly floured board and knead lightly 20 seconds.

ROLL out to a 10 x 12 inch oblong. Sprinkle with cinnamon and sugar. Roll lengthwise, jelly roll fashion, sealing the edge. Cut into 12 1-inch pieces. Place cut side down in prepared muffin cups.

BAKE 18 to 20 minutes. Invert and let stand one minute before removing pan.

YIELD: 12 biscuits.

MUFFINS

"Not a cake, not a biscuit, but a happy combination of both"

- 2¼ cups sifted VELVET Cake
and PASTRY FLOUR
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup granulated sugar
- 1 egg, beaten
- ¾ cup milk
- 4 tablespoons melted shortening



PREHEAT oven to hot, 400° F. Thoroughly grease muffin tins. (This recipe makes 8 medium muffins or 12 small muffins.)

SIFT flour, then measure. Resift with baking powder and salt into large mixing bowl. Add sugar.

BEAT egg until foamy. Add milk and melted shortening (cooled slightly). Pour into dry ingredients and stir quickly just until dampened. Do not overmix. The batter will look quite lumpy. Immediately spoon batter into muffin tins, filling ¾ full.

BAKE in hot oven for 20 minutes. Remove muffins from tins immediately after taking from oven and serve hot.

FRUIT MUFFINS

MAKE as above, adding ½ to ¾ cup seedless raisins, chopped dates or currants to the dry ingredients. If a tart fruit such as blueberries or cranberries is used, roll in sugar before adding to muffin mixture.

PANCAKES

"Thin batter cakes, flipped over - maple syrup does the rest!"

- | | |
|---|---------------------------------|
| 2 cups sifted VELVET Cake
and PASTRY FLOUR | 2 tablespoons sugar |
| 3 teaspoons baking powder | 1 egg, beaten |
| ½ teaspoon salt | 1½ cups milk |
| | 3 tablespoons melted shortening |

PUT griddle iron or heavy frying pan on very low heat to pre-warm.

SIFT flour. Measure into sifter with baking powder and salt. Sift together into mixing bowl. Add sugar.

BEAT eggs until foamy. Add milk and melted shortening. Pour into dry ingredients all at once. For thick, fluffy pancakes, beat gently leaving batter slightly lumpy. For thinner, crisper pancakes add ¼ cup more milk and beat until smooth.

TEST griddle iron for temperature by dropping water on the surface. If the drops break into small beads and evaporate quickly the griddle is hot enough. Grease lightly for first cakes only. Drop batter from tablespoon onto hot griddle and spread evenly into 4-inch circles. Cook on one side until top is puffed and full of bubbles and underside is golden brown. Turn and cook other side.

WAFFLES

"Crisp and delicious with butter and syrup"

- | | |
|---|---------------------------------|
| 2 cups sifted VELVET Cake
and PASTRY FLOUR | 2 egg yolks, beaten |
| 4 teaspoons baking powder | 1⅓ cups milk |
| ½ teaspoon salt | 6 tablespoons melted shortening |
| | 2 egg whites, beaten |

HEAT waffle iron.

SIFT together into mixing bowl, flour, baking powder and salt. Beat egg yolks, add milk and cooled, melted shortening. Add to dry ingredients. Beat with a spoon or rotary beater just until smooth.

FOLD in stiffly beaten egg whites. Drop by spoonfuls on hot waffle iron. Bake until steam is no longer visible. Do not raise cover during baking. Serve at once with butter and syrup.

YIELD: 8 waffles (approximately).

YORKSHIRE PUDDING

"As English as roast beef - they go together"

¼ cup hot meat dripping	½ teaspoon salt
1¼ cups sifted VELVET Cake and PASTRY FLOUR	1 cup milk
	2 eggs, beaten

WHEN roast is done remove from oven and keep warm. Heat oven to 450° F. (Very hot oven.) Pour ¼ cup hot meat dripping from roast pan into bake dish 8 x 8 x 2 inch or 10 x 6 x 2 inch. Place in oven to heat. Pan and dripping should be piping hot before pouring in batter.

SIFT flour, then measure. Resift with salt into bowl.

BEAT eggs until foamy. Add milk. Gradually stir into dry ingredients. Then beat with rotary beater for 2 minutes. Pour into hot bake dish and bake in very hot oven for 25 to 30 minutes. Cut in slices and serve at once.

YIELD: Approximately 6 servings.

NOTE: For individual Yorkshire Puddings, pour batter into twelve piping hot muffin tins each containing 1 teaspoon hot dripping. Bake for 20 minutes in very hot oven.

FRUIT SHORTCAKE

"The traditional biscuit base for a Strawberry Shortcake"

2½ cups sifted VELVET Cake and PASTRY FLOUR	2 tablespoons sugar
3 teaspoons baking powder	6 tablespoons shortening
½ teaspoon salt	1 egg, well beaten
	½ cup milk

PREHEAT oven to hot, 425° F.

SIFT flour, then measure. Sift together flour, baking powder and salt into mixing bowl. Add sugar. Cut shortening into dry ingredients with pastry blender or two knives (using scissor-like motion) until mixture is mealy.

COMBINE beaten egg and milk. Add to dry ingredients all at once, stirring lightly with a fork. Mix only until soft dough is formed. Turn onto lightly floured bakeboard or pastry cloth and knead gently 10 seconds.

FOR INDIVIDUAL SHORTCAKES :

GENTLY roll or pat out to ¼" thickness. Using 3-inch biscuit cutter, cut out 12 circles. Place six on greased baking sheet. Brush with melted butter. Place remaining circles on top. Bake in hot oven for 15 minutes to 20 minutes.

FOR ONE LARGE SHORTCAKE :

GREASE an 8-inch round pan. Divide dough in half. Pat or roll each out to fit pan. Place one circle in pan, brush with melted butter. Place other circle on top. Bake in hot oven, 20 to 25 minutes.

WHILE still warm, remove top half of shortcake, spread bottom half with sweetened fruit. Replace top and add more fruit and sweetened, flavoured whipped cream.

YIELD: 6 servings.

SAUCES

WHITE SAUCES

MEDIUM WHITE SAUCE

- | | |
|---|-----------------|
| 2 tablespoons butter | 1 cup milk |
| 2 tablespoons VELVET Cake
and PASTRY FLOUR | ¼ teaspoon salt |

MELT butter in saucepan. Add flour and salt and cook over low heat one minute. Add milk and cook over low heat, stirring constantly. Continue cooking until mixture is thick and smooth and there is no taste of raw starch.

MEDIUM White Sauce may be used as a base for cream soups or as a sauce for vegetables.

CHEESE SAUCE

ADD ½ cup strong cheese, freshly grated, to the cooked White Sauce and stir over low heat just until cheese melts.

THICK WHITE SAUCE

- | | |
|---|-----------------|
| 3 tablespoons butter | 1 cup milk |
| 4 tablespoons VELVET Cake
and PASTRY FLOUR | ½ teaspoon salt |

THE method of preparation is the same as for medium White Sauce. This sauce may be used as a base for Croquettes.

BROWN GRAVY

- | | |
|---------------------------------------|---|
| ¼ cup fat and drippings from roast | 2 cups liquid, e.g., vegetable
cooking water |
| ¼ cup VELVET Cake
and PASTRY FLOUR | Salt and pepper |

RETURN fat and drippings to roasting pan or skillet. Add flour and blend; brown over low heat. Add liquid and cook until thick, stirring constantly. Season with salt and pepper to taste.

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See "NOTES"

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Robin Hood

VELVET

CAKE AND

PASTRY

VITAMIN ENRICHED

FLOUR

Robin Hood Flour Mills Limited

5 LBS. WHEN PACKED
Bleached - Maturing agents added

