



The CANADIAN COOKING SCHOOL

Prepared by - - - *Anna Lee Scott*

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A complete Cookery Arts Course in 12 Lessons dealing with all the fundamentals of this Important Subject. Thoroughly practical to the beginner as well as to the experienced Cook who is interested in the newer, better, more economical methods.

LESSON 10
FILLINGS AND FROSTINGS

The butter cakes and some of the mock sponge cakes, frequently call for special fillings to be put between layers of cake, and for frostings for the top. There are several types of both fillings and frostings—and many kinds of each type:

(a) Cream or Custard type. Liquid is milk or fruit juice. Thickening agent flour or cornstarch, with or without egg (this type may be used as filling for cooked pie shells).

(b) Fruit purees—sieved fresh or cooked fruit pulp, sweetened, (e.g. fig, date, raisin, apricot). Also useful for filling tarts or putting cookies together in pairs.

(c) Frosting (either cooked or uncooked)—with or without addition of fruits and nuts.

(d) Whipped cream—thick cream, whipped stiff, lightly sweetened and flavoured, and (on occasion) coloured. (Sometimes stiffened with gelatine).

General Directions for Filling

1. Make filling thick enough to spread easily and hold its shape under weight of upper cake layers when cold. (Observe proportion of thickening material in recipes in this lesson and in the Easy-Way Cook Book).
2. The cake must be cold and the filling cooled, with only slight warmth to make spreading easy—if too warm, or if the cake is warm, the filling will soak into crust of cake. Put fillings between bottom surfaces of the two cake layers when possible.
3. Drop filling by spoonful over surface of cake, then smooth quickly to an even layer all over; if it is a little stiff, dip your spatula or knife in hot water. Filling layer should be about 1-4 inch thick, allow filling to "set," before putting on upper layer of cake.

Custard-Type Fillings

Usings two or three times the amount, these cake fillings may be used for filling pie and tart shells. They may be topped with meringue or whipped cream, when suitable.

These recipes include cream fillings—plain, with coconut and with delicate fruits; a chocolate cream filling, delicious and delicate cream filling and orange fillings; and the dried-fruit fillings may be used for tempting little tarts.

1. Mix the sugar thoroughly with flour. (Mixing a starchy material like flour with as much or more sugar, separates all the tiny starch grains and prevents them from forming lumps, if kept in motion while cooking).
2. Gradually stir in liquid—hot or cold, and stir constantly over hot water while filling cooks until it thickens smoothly. Remember—don't stop stirring for one moment before that, or lumps will form; the time will be shorter if liquid is added hot. Cook, stirring occasionally until no flavour of flour is evident.
3. Beat egg and stir hot filling into it slowly. Never add egg to filling—the sudden plunge into hot mixture would cook egg in thick particles or "curdle it," instead of thickening the mixture evenly.
4. Return mixture to double boiler and stir a few moments until egg has thickened, then remove at once from the heat (over-cooking will curdle the egg).
5. After removing from heat, stir in butter; where fruit juices as lemon or orange are to be added as flavouring, stir them in at same time. If we add

acid fruits to mixture before starch material like cornstarch or flour has been fully cooked, the acid has the effect of thinning the mixture.

6. When partially cool, add flavourings such as vanilla and other extracts.

EXAMPLES OF CUSTARD-TYPE FILLINGS

Cream Filling

1 cup milk
1-3 cup sugar
4 1-2 tablespoons flour
2 egg yolks
1-2 teaspoon salt
1-2 teaspoon vanilla

Instead of using 4 1-2 tablespoons flour and 2 egg yolks, you may substitute 1-3 cup flour and 1 egg.

Scald the milk in top of a double boiler, mix together the sugar, flour and salt and stir in the hot milk slowly; return to the double boiler and stir and cook till thick; then stirring occasionally. Beat the egg yolks thoroughly, pour in a little hot mixture, stirring well, then stir back into double boiler; stir and cook for a few moments until egg thickens. Cool slightly and add the vanilla. Cool before using.

Good for cake, tarts or pie fillings.

Variation of Cream Filling
COCOANUT CREAM FILLING—Stir in 1-2 cup shredded coconut, when filling is cooked.

Good for cake, tarts or pie fillings.

CHOCOLATE CREAM FILLING—Cut up 3-4 square chocolate and put into double boiler with the cold milk; scald together, then beat till smooth with double Dover beater. Use 2 tablespoons more sugar than in plain cream filling.

Good for cakes, tarts or pie fillings.

FRUIT FILLING—To cream filling add 2 tablespoons drained crushed pineapple, 2 tablespoons candied cherries and 2 tablespoons chopped nuts (pecans or filberts).

Lemon Filling

2 tablespoons lemon juice
1 teaspoon grated lemon rind
1-2 cup sugar
4 1-2 tablespoons flour
1-3 cup boiling water
1 egg yolk
1-8 teaspoon salt
1 teaspoon butter

Grate lemon rind and add it to lemon juice, to steep.

Mix sugar and flour well in double boiler, and stir in boiling water. Cook,

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J. D. Brady, prominent representative of the London Life Insurance Company in Timmings, occupies a high place among the leading producers of the company.

At present he is at the top of the entire Ordinary Division of the company's "Big Producers" Club. Mr. Brady has had the great distinction of being a member of this club for the past five years. The London Life "Consistent Producers" Club has also claimed Mr. Brady's membership for a long period.

During the six years which Mr. Brady has spent with the London Life, he has been one of the most prominent men in the entire organization. In the results of 1933 Mr. Brady stood high among the company's star producers as a member of the "Big Ten," the ten highest producers of the Ordinary Branch for the year. The results which he has obtained since the beginning of the present year have been even more outstanding.

Mr. Brady's long experience and the many records he has established with the London Life indicate his ability to answer competently the life insurance problems of his clients.

stirring constantly, until thick, then occasionally to kill starch taste.

Remove from heat, stir in lemon juice and rind. Add butter. Cool. Good for cake, tarts or pie.

Orange Filling

1-2 cup orange juice
2 teaspoons orange rind
1-2 cup sugar
4 1-2 tablespoons flour
1 egg yolk
1-8 teaspoon salt
2 teaspoons butter

Bring orange juice to boiling point. Mix sugar and flour well and slowly stir in the orange juice. Return to double boiler and cook, stirring constantly until thick, then occasionally until done.

Beat egg yolk and salt, and stir the hot mixture into the egg, then return to double boiler and stir a few moments until egg thickens.

Remove from heat and add butter and orange rind. Cool.

Good for cake or tart filling—for pies, increase flour to 6 tablespoons.

Dried Fruit Fillings

These cake fillings also make delicious fillings for tarts and lattice-top pies.

1. Put dried fruits—pitted dates, chopped figs, raisins or soaked dried apricots—in double boiler with a little water and sugar to sweeten. Cook, stirring occasionally until thick enough to spread without running off cake. Remove from heat and add a little lemon juice to sharpen flavour. (A little grated rind may be stewed with the fruit).

DATES, FIGS OR RAISINS—1-2 pound of the fruit, chopped, cooked with 1-4 cup sugar, 1-3 cup boiling water and 1 tablespoon lemon juice, until thick.

APRICOT—Soak 1-4 pound well-washed, dried apricots in 1 cup warm water overnight. Next morning, add 1-4 cup sugar; cook until very tender. Press through sieve. If too thin, cook and stir till thickened. May be used as filling, also over top of cake—very luscious if topped with sweetened whipped cream flavoured with a few drops almond extract. Or pipe whipped cream around as a border on apricots.

JELLY, JAM, CONSERVE FILLINGS—Any thick jam, jelly or conserve makes a good filling. Chopped nuts, raisins, coconut, may be added.

NOTE—In Lesson 12, there will be a whipped cream recipe with gelatine in it, for a filling that will "stand up" better than whipped cream alone—the "Vanilla Charlotte." Any of the Charlotte or Bavarian Creams make delicious cake fillings, particularly for delicate cakes. Spread filling on cold cake just after folding in the whipped cream and let stand until firm before putting upper layer of cake on it.

For the Ordinary Whipped Cream Filling

1 cup heavy cream
1-4 cup fruit sugar
1 egg white
1-2 teaspoon vanilla

Beat cream stiff, add sugar and stiffly beaten egg white. Flavour with vanilla or other extract.

Suggested Variations

1. Add 1-4 cup candied cherries or 1-2 cup chopped dates, figs or raisins or a mixture.
2. Add thin slivers of candied ginger with fruits.
3. Add 1 cup well-drained canned strawberries or raspberries to whipped cream filling.
4. Add mashed peach, or apricot pulp, and use almond extract instead of vanilla.

(NOTE—With the fresh fruits, increase sugar to 1-3 cup).

Uncooked Meringue Filling
3 egg whites

1-2 cup fine sugar
4 tablespoons shredded candied citron.
4 tablespoons chopped raisins
1-4 pound chopped figs
1-2 cup chopped almonds

Beat whites to a stiff froth, then beat in sugar gradually. Fold in fruits and nuts.

This filling should be used the day it is made.

Lady Baltimore Filling

Boiled icing or 7 minute icing should be made in double quantity for Lady Baltimore Cake. To half of the icing, add 1-3 cup chopped raisins, 1-3 cup chopped cherries and 1-3 cup chopped nuts (pecans, walnuts, almonds or Brazil nuts). Spread this filling between the layers of any good light cake, and cover with the plain frosting.

FROSTINGS

Frostings belong to two main groups—those which are cooked and those which are not cooked.

1. COOKED FROSTINGS—(a) The so-called Boiled Frosting—a sugar and water syrup poured and beaten into stiffly beaten egg whites; the White Mountain Frosting (the same but with a larger proportion of egg white); and the Seven Minute Frosting, for which all ingredients are put together in the double boiler, and cooked under constant beating.

(b) The creamy, fudge-like mixtures—any of the candy recipes like maple cream, fudge, divinity fudge, kept a little softer so that they will spread.

2. UNCOOKED FROSTINGS

Note—Always roll lumps out of icing sugar and sift it.

(a) Plain Confectioners' Icing—liquid, icing sugar and flavouring.

(b) Butter Icing—well creamed butter, liquid, icing sugar and flavouring.

(c) Ornamental Frosting—unbeaten egg white, icing sugar, lemon juice, beaten together until stiff.

(d) Egg Yolk Base—with icing sugar, and fruit juices, pulp, chocolate, etc., added.

(e) Almond Icing—prepared almond icing can be bought in tins and if necessary, softened with a little egg white or yolk. Real almond paste can be mixed with equal amounts of icing sugar (put through food chopper together) and blended with well-beaten egg yolks for a yellow icing, or with stiffly-beaten whites for a white icing, to give required consistency. (Ornamental Frosting is used over the almond paste).

Boiled Frosting

1 cup granulated sugar
1-8 teaspoon salt
2 teaspoons light corn syrup
1 or 2 egg whites
1-3 cup boiling water
1-2 teaspoon vanilla (or other flavouring).

Put the sugar, salt, boiling water and syrup over low heat in a saucepan and stir until sugar is dissolved; bring slowly to boiling point and cook without stirring until your thermometer registers exactly 240 degrees F.; if you have no thermometer, test by dipping a fork into the syrup and lifting it into the air; when right, it will leave a long wavy hairlike thread as it drips from the tip of the fork; also, a little syrup dropped into cold water will form a soft ball. Remove from fire; beat the egg white until stiff. Pour the syrup very very slowly over the egg white, beating constantly. If you want a firm, crisp frosting, begin to pour the syrup over the egg as soon as it stops bubbling; if you want a soft frosting, allow the syrup to cool considerably before pouring it over the beaten egg. Do not scrape the last syrup from the pan. Beat until the icing is of a consistency to spread. A wire beater and flat plate or platter are easiest to use for the egg whites, and to beat in the syrup.

NOTE—1-8 teaspoon cream of tartar, sprinkled into the syrup when boiling down, may be used instead of the corn syrup to keep icing soft and fluffy.

A good frosting to keep on hand; put in covered jar in refrigerator.

Seven-Minute Frosting

1 1-2 cups white sugar
2 unbeaten egg whites
5 tablespoons cold water
1 tablespoon light corn syrup

Flavouring.

Put all but the flavouring into upper pan of double boiler and beat to blend well.

Place over lower pan containing rapidly boiling water and beat steadily with a Dover beater until icing will stand up in peaks when the Dover beater is lifted out—(usually 7 minutes).

Remove upper pan from heat, add flavouring and beat until right for

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spreading. When cool, pile roughly on top and sides of cake—use as filling, too if desired.

This frosting would be allowed several hours to set.

Variations

Either the boiled frosting or the seven-minute frosting may be finished in many different ways.

COLOURED FROSTING—Blend a little pure colouring paste or liquid into a small part of the icing, then mix gradually into the main part; this way, you can be sure to keep it pale enough to be tempting. The egg-white may be coloured, for the boiled icing.

BANANA ICING—Spread sliced bananas thickly over soft frosting, just before cake is to be served.

CHOCOLATE ICING—Add one ounce or square of melted chocolate immediately after adding syrup (in boiled frosting). Grate chocolate over 7-minute icing, and beat in lightly when cooked.

COFFEE ICING—Use coffee infusion instead of water, as the liquid.

CARAMEL ICING—Use brown sugar instead of white.

MAPLE ICING—Use 1-2 pound grated maple sugar to replace the sugar. Or flavour the cooked icing with maple flavouring.

MARSHMALLOW—Add 8 marshmallows, cut in pieces, to syrup, just before beating it into egg whites, for boiled frosting. For 7-minute frosting fold in, when frosting is cooked.

ORANGE ICING—Add grated yellow rind of one orange just after the syrup has been added to the egg, in a boiling icing—at end, in 7-minute frosting.

Chocolate Frosting—Put 2 squares chocolate over hot water and heat slowly till melted.

Cool a little, keeping free from draughts, then streak over a thick layer of white icing—or pour it over the top and spread with a knife. Allow to cool slowly in moderately warm room.

so chocolate won't turn gray.

Gelatine Icing—Soak 1 teaspoon gelatine in 2 teaspoons cold water 5 minutes, and dissolve in hot boiled frosting. (This makes it certain that the icing will stand up).

If Frosting Threatens Failure

If you have a sauceman thermometer to put in your sauceman, you can always make a boiled icing just right, but sometimes it is difficult to cook the sugar to exactly the right degree without a thermometer.

If boiled icing or 7-minute icing seems in danger of failure, you may rescue it:

(a) If too thin, stir in icing sugar to bring frosting to right consistency.

(b) If too hard, add a little hot water or soften it with a very little lemon juice, which will turn some of the sugar to glucose, with softening effect.

FUDGE FROSTINGS

Any of the fudge candy mixtures makes a delicious creamy frosting, but instead of cooking to 238 degrees F. as for fudge, 234 degrees F. or just a little softer ball in cold water, makes a firm enough topping for cake.

Cook. Allow to become entirely cool before beating—this gives the thick, smooth, creamy texture you want, with no tendency to be sugary.

Chocolate Fudge Frosting

2 squares chocolate
1 cup sugar
1-2 tablespoon light corn syrup
1 tablespoon butter
Few grains salt
1-2 cup milk
1-2 teaspoon vanilla

Put all ingredients except vanilla together in an enamelled pan, stir and bring rapidly to the boil, then cook without stirring to 234 degrees F. for frosting, 238 degrees F. for candy.

Cool; when cold, add vanilla and beat until smooth, creamy, of consistency to spread.

(Continued on Page Three)

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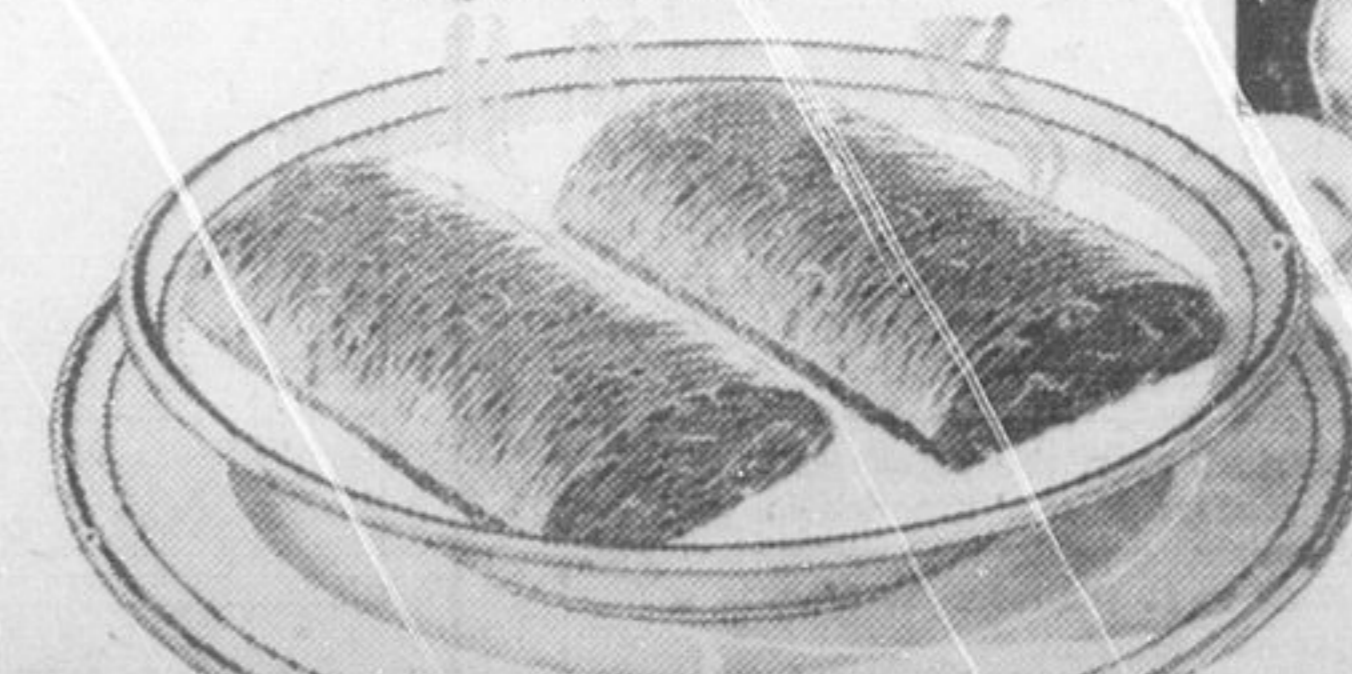
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Uncooked Meringue Filling
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Remove upper pan from heat, add flavouring and beat until right for

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