Thousands of Cookbooks

What Can We Learn From Our Food?

Megan Kocher
mkocher@umn.edu
History of the Kirschner Collection
Doris S. Kirschner
Acquisitions
Programming
What Can We Learn From a Bunch of Cookbooks?
Tips From Doris
Lemon Glaze: Gradually beat ½ cup confectioners sugar into 1 egg white, stiffly beaten. Add ¼ tsp. salt and ½ tsp. grated lemon rind. Blend until smooth.

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Now that I give it some thought only I liked these. Or did I?
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**GINGIES**

Fat, puffy cookies. See color picture opposite.

1/3 cup shortening
1 cup brown sugar
1 tsp. salt
1 tsp. allspice
1 tsp. ginger

“Now that I give it some thought only I liked these. Or did I?”
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Cultural Influences on Cooking

Rich Chocolate Filling, below

3 tablespoons butter, melted and cooled
¾ teaspoon vanilla extract

2. Fold in flour in halves. Blend in cooled butter and extract.
3. Quickly grease a preheated cookie sheet. Bake a trial cookie; if it is too brittle to roll, the batter needs a little more flour; if the cookie is thick and difficult to roll, add a little more cooled melted butter.
4. Drop mixture by heaping teaspoonfuls 4 inches apart onto hot cookie sheet; spread very thinly without making holes; bake only a few cookies at one time (they are difficult to roll when cool).
5. Bake at 400°F 2 to 3 minutes, or until edges are lightly browned.
6. Immediately remove from cookie sheet. Quickly roll each cookie around a pencil-thin wooden rod; place on wire rack. Remove rods when cooled.
7. Store in a tight jar.
The More Things Change, The More They Stay The Same
Fuss-free party fare that looks spectacular! These irresistible creations will leave everyone awestruck at your next get-together. Only you need to know the little tricks that make them a breeze to prepare.
S. O. S. Means Save On Sugar
What is Chocolate Cake
Chocolate Cake 1896: Put it together and bake it.

Chocolate Cream Cake.—
Yolks of 4 eggs, well-beaten.
2 cupfuls of powdered sugar.
1 cupful of sweet milk or half milk and water.
1 cupful of butter. 3 cupfuls of flour sifted with
½ teaspoonful of soda. 1 teaspoonful of cream-tartar.
Lastly stir in the beaten whites of 4 eggs.
Bake in 4 layers. Put together with the Chocolate Cream

Filling.

1950s: Textbook Chocolate Cake

CHOCOLATE CAKE: MODIFIED BAKERS’ METHOD

Pre-heating: 350°F.
Time: approx. 25 min.

1 cup cake flour
1 cup sugar
tsp. S.A.S.-phosphate baking powder
tsp. salt
tsp. hydrogenated vegetable fat

Measure the flour, sugar, baking powder and salt; mix together and sift into a one-quart mixing bowl.
Measure the shortening. It should be at room temperature. Scrape it into the mixing bowl.
Melt the chocolate over hot water. As soon as melted set aside to cool.
Measure the milk and the vanilla, mix together and turn about 2/3 of it into the mixing bowl.
Stir slowly until the flour is dampened, then beat for 2 minutes.
Add the remaining milk, the unbeaten egg and the melted chocolate and beat for 2 minutes.
Bake at 350°F. until done (about 25 minutes.)
Remove from the oven, cool 5 minutes, loosen cake from the sides of the pan and turn onto a cake rack.
1960: A familiar-looking recipe

Chocolate Chiffon Cake

A deep, dark chocolate cake that's melt-in-your-mouth tender. Serve it unfrosted to show off the textured top.

1 1/4 cups sifted Swans Down Cake Flour
1 teaspoon baking soda
2 cups sugar
3/4 cup Baker's Cocoa
2 teaspoons cream of tartar
1/2 cup salad oil
7 egg yolks, unbeaten
1 cup minus 2 tablespoons water
1 teaspoon vanilla
1 cup (8 to 10) egg whites (at room temperature)
1 1/2 teaspoons salt
1/2 teaspoon cream of tartar

Sift flour, soda, sugar, cocoa, and 2 teaspoons cream of tartar together. Combine oil, egg yolks, water, and vanilla in mixing bowl. Add sifted ingredients and beat about 1/2 minute at low speed of electric mixer or 75 strokes by hand.

Combine egg whites, salt, and 1/2 teaspoon cream of tartar in large bowl. Beat at high speed of electric mixer or with sturdy egg beater until mixture will stand in very stiff peaks — about 5 minutes. (The egg whites should be beaten stiffer than for meringue or angel
1980: Microwave Chocolate Cake

Devils Food Cake

One-layer cake:
- 1½ cups all-purpose flour
- ¾ cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 cup mashed, unsweetened chocolate
- ½ cup shortening
- 1 cup milk
- 2 eggs

Place all ingredients except 1 (2 eggs) in mixing bowl. Blend at low speed, then beat at medium speed 1 minute. Add remaining egg(s), beat 1 minute. Spread in 9-by-13-inch baking pan. Bake at 325°F 35 minutes. Cool in pan; cut into serving pieces.

Two-layer cake:
- 1½ cups all-purpose flour
- 1½ cups sugar
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 2 teaspoons vanilla
- 2 cups mashed, unsweetened chocolate
- 1 cup shortening
- 1 cup milk
- 4 eggs

Proceed as above, doubling all ingredients except chocolate.

Variations:
- Chocolate Mint Cake: Substitute peppermint flavoring for vanilla.
- Chocolate Peanut Cake: Add 1 tablespoon (¼ oz) margarine and 1 (2 tablespoons) vanilla extract before mixing.
- Chocolate Cherry Cake: Add 1 tablespoon (¼ oz) maraschino cherry juice for milk and ¼ cup (½ cup cu-up maraschino cherry) before mixing.
2012: Cooking with Nitrous Oxide

The siphon aerates the batter into a foam, which then rises slightly as it bakes in the microwave oven. Let the cake rest for a few seconds before upending it onto a plate. The concept of microwaving a siphon-whipped batter originated with the great Spanish chef Ferran Adrià.
Nutrition Trends
“THE BEST SWEETS FOR CHILDREN

Marshmallows contain only pure, wholesome ingredients. They are, therefore, the best sweets for children. Let them eat all they want, either plain or in table dishes.”
BROWN RICE & LOVE

A ZEN MACROBIOTIC COOKBOOK
Gluten-Free Girl Every Day

Shauna James Ahern with Daniel Ahern  Photography by Penny De Los Santos
Local Businesses and Advertising
"Good Plumbing is necessary to prevent the spread of disease. Your health is protected by having plumbing done by competent men."
Brand History
DOCTORS ADVISE RIPE BANANAS—

FOR BABIES—Now one of their first solid foods is a thoroughly ripe banana ... mashed, strained or whipped into milk or fed with a spoon. Mashed bananas were fed the Dionne quintuplets before they were a year old.

FOR CHILDREN—A sweet, ripe banana in the school lunch-box or at playtime after school supplies the extra food energy, vitamins and minerals that growing children need.

FOR YOUNG PEOPLE—Bananas are a bland food, relieve fatigue, supply needed minerals and vitamins, are mildly laxative and easy to digest.

FOR ATHLETES—Bananas with their easily assimilable sugars are a source of quick food energy, and are especially recommended and approved for athletes and training table diets.

FOR SLIM FIGURES—Bananas because of their low fat content and satiety value are recommended by leading physicians for weight reducing. (Ask your doctor for a free copy of the Banana and Skimmed Milk diet.)

FOR OLD FOLKS—Because bananas are bland and almost melt in your mouth, because banana sugars are easy to digest and because bananas are low in protein content, they’re an excellent food for older people.
“...your wife's a great cook!”

Geneb Studies

Help for the Hesitant Hostess

by Betty Sue"
“most bachelors who cook start out with decisive advantages over most women who cook …

Every bachelor’s passion for the culinary arts is always touched with excitement because of the simple fact that he doesn’t have to cook.”