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## EC943 Modern Uses of Sour Cream

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COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS  
1933 U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. H. Brokaw, Director, Lincoln Extension Circular 943

MODERN USES OF SOUR CREAM

In grandmother's day sour cream was a staple commodity in the average kitchen because refrigerating accommodations were not common. It was used in many of the dishes that were prepared.

Today it may be used to an advantage in many delightful combinations just as was done in earlier days. Instead of bemoaning the loss of the cream because it has soured, the resourceful housekeeper plans to include in the menu some of the delicious and differently flavored foods which may be prepared from it. It adds a piquant flavor which is difficult to obtain otherwise.

Uses of Sour Cream

- |   |                      |
|---|----------------------|
| 1. Shortening and liquid in quick breads. | 6. Cakes, cookies.   |
| 2. Base for potato soup.                  | 7. Icings for cakes. |
| 3. Gravies for meats.                     | 8. Pies.             |
| 4. Sauce for vegetables.                  | 9. Candies.          |
| 5. Salad dressings.                       | 10. Sandwiches.      |

Sour milk may occasionally occur from the daily supply of milk, which may also be used for cooking in many different ways. When used in combination with flour, it helps to give a tender product because the lactic acid helps to soften the gluten.

Sour milk may be substituted for sweet milk in baked products if desired. The following rules have been found practicable:

1. One-half teaspoonful soda is required to neutralize the acid in one cup of sour cream or milk.
2. One teaspoonful soda is equivalent to four teaspoons of baking powder in leavening power.
3. To substitute sour milk for sweet milk in a recipe, use the same amount of sour milk as sweet milk required, add one-half teaspoon soda for each cup and subtract two teaspoons baking powder from the amount given in the recipe for each  $\frac{1}{2}$  teaspoon of soda used.  
Example: If a recipe calls for one cup of sweet milk and four teaspoons baking powder, use one cup sour milk, one-half teaspoon soda and two teaspoons baking powder.

To substitute sour cream for sour milk, the amount of fat in the recipe must be reduced.

- 1 cup light cream (coffee cream) is equivalent to  $\frac{1}{3}$  cup fat and  $\frac{2}{3}$  cup sour milk.
- 1 cup heavy cream (whipping cream) is equivalent to  $\frac{1}{2}$  cup fat and  $\frac{1}{2}$  cup sour milk.



Baking powder and soda are being used together more and more, the baking powder being used as part of the leavening agent and just enough soda added to neutralize the acid in the sour cream or milk. Some individuals who detect the slightest excess of soda in soda-sour milk mixtures prefer using some baking powder and only a small amount of soda. If sufficient soda were used to leaven the mixture without baking powder, there would be a decided soda flavor in the finished product. Too much soda often changes the color. The reddish tinge of chocolate cake and the yellowish tinge of biscuits are familiar examples.

#### RECIPES

##### Sour Cream Potato Soup

2 c. ground raw potatoes	$\frac{1}{2}$ t. pepper
3 c. boiling water	1 c. sour cream
1 t. salt	Minced parsley
1 onion, thinly sliced	

Cook potatoes for 15 minutes in the boiling water with the salt, onion, and pepper. Stir in the cream, reheat, and serve piping hot with minced parsley sprinkled over the top.

##### Soup

Variation: 1 qt. vegetable soup or meat broth,  $\frac{1}{2}$  c. sour cream, 2 egg yolks. Beat the egg yolks slightly, add the cream, and stir into the boiling soup.

##### Sour Cream Muffins

(12 Muffins)

1 egg	2 c. flour
$\frac{1}{4}$ c. sugar	2 t. baking powder
1 c. sour cream	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ t. soda	

Beat egg in mixing bowl, add sugar, sour cream. Beat until well blended. Mix with sifted dry ingredients. Stir only until dry ingredients are moistened. Do not beat batter until smooth. Drop into greased muffin tins. Bake in moderate oven from 400-425°F. Serve hot.

##### Corn Meal Muffins

(12 large muffins)

$1\frac{1}{2}$ c. corn meal	2 T. sugar
$1\frac{1}{2}$ c. flour	2 eggs
1 t. salt	$1\frac{1}{2}$ c. thick sour cream
$3/4$ t. soda	2 t. baking powder

Sift dry ingredients. Add slightly beaten eggs and sour cream. Bake 15 to 20 min. in oven at 425°F.

##### Biscuits

2 c. flour	2 t. baking powder
$\frac{1}{2}$ t. salt	$2/3$ to $3/4$ c. sour cream
$\frac{1}{4}$ t. soda	2 T. water

Measure dry ingredients and sift together three times. Add enough cream and water to make the dough soft enough to drop or roll, handling lightly and as little as possible. Knead lightly, roll, and cut or drop on to baking sheets. Bake in hot oven 8 to 10 minutes. (When soda is combined with flour it is necessary to sift together several times in order to prevent brown spots in the finished product.)



### Sour Cream Waffles

1 $\frac{1}{4}$ c. flour	1 c. sour cream
1 t. salt	3 egg yolks
1 t. sugar	3 egg whites
$\frac{1}{2}$ t. soda	

Sift dry ingredients together three times. Beat egg yolks, add to cream, and add to dry ingredients. Lastly fold in the stiffly beaten whites. Cook on a hot waffle iron.

### Yellowstone Gingerbread

$\frac{1}{2}$ c. sugar	2 t. ginger
2 eggs	1 t. soda
1 c. thick sour cream	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ c. molasses (light color)	1 $\frac{1}{2}$ c. flour

Beat together eggs, sugar, and molasses. Add the cream. Mix and sift the dry ingredients. Combine and beat until smooth. Pour into a greased tin and bake 30 minutes in a moderate oven.

### Sour Cream Doughnuts

6 egg yolks or 3 eggs	$\frac{1}{2}$ t. salt
1 c. sour cream (medium rich)	1 $\frac{1}{2}$ t. soda
1 c. sugar	1 $\frac{1}{2}$ t. cream of tartar
2 c. cake flour	$\frac{1}{2}$ t. nutmeg
2 $\frac{1}{2}$ c. bread flour	

Beat yolks till very light. Add sugar and continue beating. Add cream and flour sifted with dry ingredients. The dough is very soft and handles more easily if chilled before rolling. (Cut with doughnut cutter or in rectangular pieces.) Fry in deep fat at 375° F. This makes 42 small doughnuts.

### Pork Sausage with Sour Cream

Fry pork sausage until brown. Pour off most of the fat. Mix 1 t. prepared mustard with each one-half cup sour cream used, and pour over the sausages. Cook slowly until thick. Pour the cream over the sausages when serving them.

Broiled ham or Canadian bacon may be used in place of the pork sausages. In this case, the cream and mustard mixture is poured over the meat, which is baked until it is slightly brown.

### Liver

1 calf's liver cut into slices	1 $\frac{1}{2}$ c. sour cream
half an inch thick	Salt

Bake, broil, or fry the liver in a hot oven until half done (about 15 min.) place in a baking dish, add salt and cream, and bake until done. Serve from the baking dish.

Variation: Spread thin slices of liver thinly with prepared mustard, dredge with flour, brown in bacon fryings, and smother in sour cream.

### Pork Chops with Sour Cream

Six loin pork chops cut an inch thick. Remove the bones. Put the bones in a saucepan with one and one-half cups of water, one-half bay leaf, one-fourth clove of garlic, and salt and pepper to taste. Simmer for one hour.

In a pan in which the chops are to be baked, brown one-fourth cup chopped onion in butter or lard. Stir frequently and do not use too hot a fire, for onions scorch easily. Roll the chops in Parmesan cheese and sprinkle lightly with salt and pepper. Brown them in the fat in the pan after removing the onions, again using



a low fire so the cheese does not scorch. Strain the liquid over the chops and when ready to bake, put on a tablespoon of thick sour cream on each chop. Bake in a moderate oven for one hour. Part of the advantage of this dish is that the chops may bake longer than the required time and they still are good. The liquid left in the pan may be used for preparing Swiss steak.

#### Poultry

1 roasting chicken

1 c. sour cream

Salt

Pepper

Roast the chicken until about two-thirds done. Pour the cream over it and sprinkle with salt, cover, continue cooking, and baste from time to time with the cream in the pan, until the chicken is done. Serve the chicken with the rich gravy.

#### Fish

Steaks or fillets of any white-fleshed fish

Sour cream to cover

Fine dry bread crumbs

Salt

Cover the bottom of a well-greased shallow baking dish with the fish. Add salt and bake in a very hot oven for five minutes. Add sour cream to cover, sprinkle with bread crumbs and bake until the crumbs are brown and the cream becomes a rich color.

#### Veal Cutlets With Sour Cream

Cut the veal into pieces two inches square, and sear quickly in a broiler or skillet over a very hot fire until a good brown. Place in a casserole, cover and let stand until the following sauce is prepared. Mix two tablespoons of flour with one-half teaspoon salt, one-fourth teaspoon white pepper, and blend this to a paste with two or three tablespoons water or stock. Stir into one cup of heavy sour cream, and stir this over fire until the mixture is thick. Add one tablespoon onion juice and one-fourth cup of dried mushrooms, which have been soaked in water or stock to cover and cooked until tender. Pour over the pieces of cutlet in the casserole. Cover, and bake in a slow oven until the veal is fully cooked. Chicken, fish, or beefsteak may be similarly prepared.

#### Veal With Sour Cream

Heat thin slices of veal in a frying pan until slightly brown. Cover with sour cream and season with salt and pepper. Put cover over pan and let it simmer over a low fire ten to fifteen minutes; or put in a baking dish and bake in a moderate oven fifteen to twenty minutes. Sprinkle with paprika and serve.

Variation: Cut 2 pounds veal steaks into cubes, and brown in butter. Place the browned cubes of steak in a casserole. Add 3 T. water to the frying pan and stir. Blend 2 T. flour with the frying pan mixture, and slowly add 1 c. sour cream, stirring constantly. Add seasonings to taste. When thickened, remove from the stove, add 1 T. onion juice. Pour over the veal in the casserole and bake in a slow oven for  $\frac{3}{4}$  of an hour. The oven temperature should be about  $275^{\circ}$ . Serve with boiled rice.

#### Savory Veal Cutlets

3 onions

$\frac{1}{4}$  c. flour

2 T. lard or butter

1 t. salt

6 veal cutlets ( $\frac{1}{2}$  inch thick)

Paprika

$\frac{3}{4}$  c. sour cream

Slice onions and brown in a skillet with the fat. Flour the cutlets and brown thoroughly in the skillet. Flavor with salt, paprika, add the sour cream and cover. Place over a very low heat and allow to simmer gently about one hour, or until tender turning the cutlet once. Serves 6.



Veal Loaf

- |                                  |  |
|----------------------------------|--|
| 2½ lbs. ground veal steak        | 1 c. finely chopped fresh or<br>canned mushrooms |
| 1½ lb. ground cured ham          | 1 c. cracker crumbs                              |
| 1 t. salt                        | 2 eggs beaten                                    |
| 4 T. catsup                      | 1 c. rich milk (half and half)                   |
| 4 T. prepared horseradish        |  |
| 4 T. finely chopped green pepper |  |

Mix together, mold into loaf and put thin slices of bacon on top. Bake in oven at temperature of 375° for 1½ hours. Serves 9.

Sauce To Be Used With Veal Loaf

- |                             |                           |
|-----------------------------|---------------------------|
| 4 T. fryings from meat loaf | 1 c. freshly soured cream |
| 4 T. flour                  | Salt and pepper to taste  |
| 1 c. hot water              |                           |

Blend fat and flour, then add hot water. When cooked to a smooth paste, slowly add the sour cream, then the seasonings.

Swiss Cream Steak

- |                     |                    |
|---------------------|--------------------|
| 2 lb. round steak   | 2 T. grated cheese |
| 2 onions, sliced    | Paprika            |
| ½ c. sour cream     | Salt and pepper    |
| ½ c. water          | Flour              |
| ¼ c. butter or lard |                    |

Cut meat into pieces for serving. Dust with pepper, salt, paprika, and flour; brown on both sides in butter or lard in which onions have been cooked and removed. Add onions, water, and cream to which grated cheese has been added. Cover the pan tightly and let simmer until the meat is tender.

Horse-Radish Sauces

No. I

- |                   |              |
|-------------------|--------------|
| 4 T. horse-radish | 1 T. vinegar |
| ¾ c. sour cream   | ¼ t. salt    |

Mix ingredients in order given and beat thoroughly.

No. II

- |                 |                   |
|-----------------|-------------------|
| 1 T. butter     | ½ T. vinegar      |
| 1 T. flour      | 2 egg yolks       |
| ½ t. salt       | 4 T. horse-radish |
| 1 c. sour cream |                   |

Melt butter, add flour, and cook for a few minutes; then add salt, horse-radish, and cream and boil ten minutes before stirring into the slightly beaten egg yolks. Add vinegar and cook over hot water until thick.

Green Beans With Sour Cream

- |                          |                      |
|--------------------------|----------------------|
| 1 pint can green beans   | 1 T. vinegar         |
| Pinch of salt and pepper | 1 T. sugar           |
| ½ c. sour cream          | 2 T. chopped parsley |
| 2 T. flour               | Chopped onion        |

Strain the beans and save the liquid. Fry the onion and parsley in melted butter until crisp. Add the liquid from the beans and thicken it with the flour. Add the other ingredients to the mixture, saving the cream to the last. Add the beans and cook slowly for 10 minutes. Serve immediately.



### Vegetable Sauce

2 T. butter	$\frac{1}{2}$ t. salt
2 T. flour	Cayenne
1 c. sour cream	

Melt butter, add flour and salt, and when well mixed, add the cream. Boil for about eight minutes. Used for asparagus, cabbage, turnips, new potatoes, etc.

### Borscht (Russian Soup)

1 small onion	1 c. minced carrots
2 T. butter or lard	1 c. minced potatoes
2 qts. meat stock	1 c. canned tomatoes
2 c. minced raw beets	1 T. vinegar
1 c. minced celery	Salt and pepper
2 c. cut cabbage	$\frac{1}{2}$ c. sour cream

Mince the onion and fry in butter or lard until light brown. Add to the meat stock with the other vegetables except tomatoes. Simmer two hours, season with vinegar, salt, pepper, and add tomatoes and sour cream.

### Cabbage In Sour Cream Dressing

1 small head cabbage	$\frac{1}{2}$ c. sour cream
1 egg	1 T. melted butter
$\frac{1}{2}$ c. vinegar	Paprika
1 t. sugar	1 T. finely chopped pepper
Salt and pepper	

Chop the cabbage fine and cook in boiling water five or ten minutes. Drain and sprinkle with salt and pepper. Mix the egg, cream butter, and sugar, and bring to the boiling point and pour over the cabbage. Sprinkle with the paprika and the chopped pepper.

### Dressing for Spinach

1 egg	3 T. sugar
$\frac{1}{4}$ c. vinegar	1 c. sour cream or enough to make
3 T. flour	a thick white sauce

Chop onion fine and sear in fat. Add the above ingredients and cook until thick and smooth. Pour over greens when ready to serve.

### Dutch Lettuce

Wash lettuce. If the leaves are large tear them apart. Place in ice-box or cold water until crisp. While the lettuce is crisping prepare the dressing which is made as follows: Dice and brown to a golden brown  $\frac{1}{4}$  pound bacon, add 1 egg which has been well beaten,  $\frac{1}{2}$  c. sour cream  $\frac{1}{2}$  c. vinegar, and salt to taste. Drain lettuce, slice a few spring onions very fine and mix through lettuce. Pour hot dressing over the mixture, lifting and stirring gently.

### Uncooked Sour Cream Dressing

1 c. sour cream	$\frac{1}{4}$ t. mustard
1 T. sugar	$\frac{1}{4}$ t. paprika
1 T. vinegar or lemon juice	

Mix dry ingredients, add to cream. Beat until foamy; add acid carefully. Serve with any of the following:

1. Sliced cucumber, diced onion, and parsley.
2. Shredded cabbage and diced onion.
3. Shredded leaf lettuce.
4. Shredded endive, warm diced potatoes, and a little onion.
5. Cut spinach, lettuce, and onion.



### Cooked Vegetable Salad Dressing

- |                       |                           |
|-----------------------|---------------------------|
| 1 t. mustard          | 1 egg and 1 extra yolk or |
| $\frac{1}{2}$ t. salt | 3 egg yolks               |
| 2 T. sugar            | $\frac{1}{4}$ c. vinegar  |
| 1 c. sour cream       |                           |

Mix the mustard, salt, and sugar; add to the eggs and beat lightly. Stir in the cream and vinegar, and cook over hot water until it coats a spoon. Chill before using.

### Cooked Fruit Salad Dressing

- |                             |                                 |
|-----------------------------|---------------------------------|
| 2 whole eggs or 3 yolks     | $\frac{1}{4}$ c. powdered sugar |
| 3 T. melted butter          | $\frac{1}{2}$ t. celery salt    |
| 3 T. lemon juice            | $\frac{1}{2}$ t. vanilla        |
| $\frac{1}{2}$ t. salt       | $\frac{1}{4}$ t. paprika        |
| $\frac{1}{2}$ c. sour cream | 3 drops onion juice             |

Beat the eggs, adding butter, lemon juice, and salt. Cook over hot water, stirring constantly until thick and add all other ingredients except the cream. When thoroughly chilled, add the sour cream stiffly beaten.

### Potato Salad With Sour Cream Dressing

- |   |  |
|---|--|
| 3 c. cold diced potatoes<br>(Cooked without paring) | 1 c. fresh cucumber or cucumber<br>pickles diced |
| 2 hard cooked eggs diced                            | 1 T. minced onion                                |

Mix the above ingredients together and add the following cream dressing:

- |                       |  |
|-----------------------|--|
| 2 T. sugar            | $\frac{1}{8}$ t. pepper                |
| 2 T. flour            | $\frac{1}{3}$ c. vinegar               |
| 2 t. mustard          | $\frac{1}{2}$ c. very thick sour cream |
| $\frac{1}{2}$ t. salt | $\frac{1}{4}$ t. celery seed           |

Mix the sugar, flour, salt, pepper, and mustard. Add the vinegar and sour cream and cook gently over a low fire, stirring constantly until a smooth sauce is formed. Remove from the fire and add the celery seed. This may be poured hot over the salad mixture or cooled and added. Less potato may be used and some flaked canned salmon added.

### Hot Potato Salad

Prepare well-seasoned mashed potatoes using sour cream as the liquid. For six servings add  $\frac{1}{2}$  c. minced onion and 1 cup diced celery just before serving.

### Sugar Cookies

- |                         |                       |
|-------------------------|-----------------------|
| $1\frac{1}{2}$ c. sugar | 4 c. flour            |
| $\frac{2}{3}$ c. butter | 4 t. baking powder    |
| 1 c. sour cream         | $\frac{1}{2}$ t. soda |
| 2 eggs                  | 1 T. vanilla          |

Sift flour, soda, and baking powder three times; cream sugar and butter; add eggs well-beaten, add vanilla; add dry ingredients alternately with sour cream. Beat batter well. Bake in a rather hot oven so as to bake quickly and not burn. This recipe may be used for filled cookies.

Variation: Brown sugar may be used.



### Oatmeal Cookies

1 c. sugar	$\frac{1}{2}$ c. sour cream
1 c. butter and lard	$\frac{1}{2}$ t. soda
3 eggs	1 c. raisins
$\frac{1}{2}$ c. nut meats, if desired	$\frac{1}{4}$ t. cloves
1 c. oatmeal	$\frac{1}{4}$ t. salt
1 t. cinnamon	1 t. baking powder
$\frac{1}{4}$ t. nutmeg	

Approximately  $1\frac{1}{2}$  c. flour or enough to make soft dough. Cream fat, sugar, and eggs. Add oatmeal and sifted flour with dry ingredients. Drop on smooth greased pans and bake.

### Chocolate Drop Cookies

2 T. lard	1 c. sugar	$\frac{1}{8}$ t. salt
$\frac{1}{4}$ c. sour cream	1 egg	$\frac{1}{4}$ c. flour
2 oz. chocolate	$\frac{1}{2}$ t. vanilla	$\frac{1}{8}$ t. soda
(2 squares or 6 T.)	$\frac{1}{2}$ c. nuts, chopped	1 tsp. baking powder

Melt fat with chocolate and stir in cream, sugar, well-beaten egg, vanilla, salt, chopped nuts. Add the dry ingredients, beat thoroughly and drop by teaspoonfuls on a smooth sheet. Bake in a hot oven  $425^{\circ}$  F. until they rebound to the touch.

### Soft Molasses Cookies

$\frac{3}{4}$ c. shortening	$\frac{1}{2}$ c. sour cream
1 c. sugar	4 c. flour (or more)
2 eggs, well beaten	1 t. ginger
1 c. molasses	1 t. cinnamon
$\frac{1}{4}$ t. soda	$\frac{1}{4}$ t. salt
2 t. baking	1 c. prepared Bran Flakes

Cream shortening. Add sugar gradually. Add beaten eggs. Dissolve soda in molasses and add to the mixture. Sift flour, spices and salt, and add the Bran Flakes. Add the flour mixture and sour cream alternately. Place in the refrigerator and chill overnight. Roll a small part of the dough at a time, cut and bake at  $375^{\circ}$  F. for 15 min. Yield:  $2\frac{1}{2}$  dozen cookies - 4 x 2 inches.

### Sour Cream Cinnamon Cake

3 eggs (beaten)	$\frac{1}{2}$ t. cloves
1 c. sugar	1 T. cinnamon
2 c. flour	1 $\frac{3}{4}$ c. thick sour cream
1 t. baking powder	1 c. raisins (floured)
$\frac{1}{2}$ t. soda	

To beaten eggs add gradually the sugar. Beat mixture well until light and foamy. Sift flour, baking powder, soda, and spices. Combine ingredients as in butter cake.

### Fresh Fruit Sour Cream Cake

$\frac{1}{3}$ c. shortening	$\frac{1}{4}$ t. salt
1 c. sugar	$\frac{1}{2}$ c. sour cream
1 $\frac{3}{4}$ c. pastry flour	1 t. orange extract
1 t. baking powder	4 egg whites
$\frac{1}{4}$ t. soda	

Cream shortening and gradually cream in the sugar. Sift the flour, baking powder, soda, and salt and add alternately with the sour cream. Beat well. Fold in the stiffly whipped egg whites and add the flavoring. Bake in a tube pan or loaf pan in a moderate oven,  $350^{\circ}$  F. for about 50 min. To serve, break in pieces and pile with whipped cream, and add crushed fresh fruit if you like.



Sour Cream Cake

3 eggs	$\frac{3}{4}$ t. soda
1 $\frac{1}{3}$ c. sugar	$\frac{2}{4}$ c. cake flour
1 t. vanilla	$\frac{1}{2}$ t. baking powder
$\frac{1}{2}$ c. sour cream (not too thick)	$\frac{1}{2}$ t. salt

Place the eggs in a deep mixing bowl and beat thoroughly with a rotary beater. Add the sugar gradually and continue beating. Add the vanilla, then alternate the sour cream in which the soda has been dissolved, with the flour, sifted with the baking powder and salt. Mix until smooth and pour into two greased and floured layer cake pans. Bake in a moderate oven.

Sour Cream Chocolate Cake

$\frac{1}{2}$ c. sour cream	1 $\frac{3}{4}$ c. flour
1 c. white sugar	Pinch of salt
2 eggs	1 t. soda
1 t. vanilla	5 T. cocoa

Place eggs and cream in a bowl and beat them. Put all the ingredients in a sifter and sift into eggs and cream. Beat thoroughly and add vanilla. Bake in a greased pan in a moderate oven.

Chocolate Sour Cream Icing

1 square chocolate	$\frac{2}{3}$ c. sour cream
2 c. sugar	1 t. vanilla
$\frac{1}{8}$ t. salt	

Melt chocolate in sauce pan, add sugar, remove to direct heat, and when blended slowly add the sour cream. Stir until the sugar is dissolved, wash down the sides of the pan with a brush dipped in cold water, slowly bring to boiling point and boil without stirring until a soft ball is formed when dropped in cold water.

Sour Cream Icing

$\frac{1}{4}$  c. sugar (either granulated or brown)  
 $\frac{3}{4}$  c. sour cream

Stir together till sugar is dissolved. Boil to medium soft ball stage. Cool slightly and beat till it begins to thicken.

Boiled Nut Icing

1 c. sour cream	1 c. nuts
1 c. sugar	

Stir sour cream and sugar together until sugar is dissolved. Boil to medium soft ball stage. Cool and beat until it begins to thicken, add nuts, then spread on cake

Raisin Pie

1 c. sugar	$\frac{1}{8}$ t. cloves
1 c. sour cream	$\frac{1}{4}$ t. cinnamon
$\frac{3}{4}$ c. raisins	$\frac{1}{4}$ t. nutmeg
3 eggs	1 t. cornstarch

Mix sugar, cornstarch and spices, beat one whole egg and yolks of two eggs and add to cream. Add to sugar mixture, add raisins and cook in double boiler until thick. Pour into baked pie crust, cover with meringue made from two egg whites and two tablespoons sugar, and brown in a very slow oven. The raisins may be added whole or ground.



### Apple Cream Pie

Crust: 1 c. flour, 1 egg,  $1\frac{1}{2}$  t. baking powder,  $\frac{1}{2}$  t. salt, 2 T. sugar and enough sweet cream to make a soft dough. Roll out a little thicker than other pie crust.

Filling: Fill crust two-thirds full with diced cooking apples. Add the following mixture: 1 c. sour cream, 1 egg, 1 T. flour, 1 c. sugar,  $\frac{1}{2}$  t. cinnamon. Bake. Peaches or cherries may be used in place of apples.

### Honey Sour Cream Pie

3 eggs	1 c. sour cream
$\frac{1}{3}$ c. honey	3 T. honey
2 T. flour	1 c. chopped dates or raisins
1 t. cinnamon	

Separate the eggs and beat the yolks; add the  $\frac{1}{3}$  c. honey which has been blended with the flour and cinnamon. Add cream and 1 c. chopped dates or raisins. Cook until thick. Pour in a baked shell. Beat the egg whites to a stiff froth and add the 3 T. honey. Spread on top of pie and brown lightly in a very slow oven.

### Fig Pudding

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. flour
$\frac{3}{4}$ c. brown sugar	1 t. baking powder
1 egg separated	$\frac{1}{2}$ c. or more of ground or
$\frac{1}{2}$ t. soda	chopped figs
$\frac{1}{2}$ c. sour cream	$\frac{1}{2}$ c. or more chopped nuts

Cream butter and add sugar. Mix well. Add egg yolk and beat until smooth. Sift the dry ingredients and combine with chopped figs and nuts. Add to first mixture alternately with the sour cream. Put into greased molds filling only half full. Steam individuals 30 minutes, a large mold 2 hours. Serve warm with hard sauce. Yield: 7 individual or 1 large mold.

### Sandwich Fillings

1.  $\frac{1}{2}$  c. sour cream,  $\frac{1}{4}$  c. finely chopped water cress, salt. Use on white bread.
2.  $\frac{1}{2}$  c. sour cream, 2 T. horse-radish, salt. Use on dark bread.
3.  $\frac{1}{2}$  c. sour cream,  $\frac{1}{4}$  c. prunes, dates, or figs,  $\frac{1}{4}$  c. nuts.

### Green Tomato Sandwich Spread

Part I	Part II
1 qt. green tomato pulp	2 T. flour
1 t. salt	1 c. sugar
6 mangoes	1 c. sour cream
1 c. vinegar	3 eggs
	1 t. salt

Boil Part I ten minutes; boil Part II until thick. Combine Parts I and II and seal in jars while very hot.

### Sour Cream Fudge

2 c. sugar	2 squares chocolate	Pinch of salt
1 c. sour cream	melted over hot water	1 T. corn sirup
		$\frac{1}{2}$ t. vanilla

Mix the melted chocolate, sugar, cream, sirup, and salt, and heat slowly, stirring constantly only until melted. Continue boiling until some of the mixture dropped into a cup of cold water forms a soft ball. Remove from the fire, and let stand until cool. Then add the vanilla and beat until fudge begins to thicken. Pour into buttered pan and cut into squares.

(Prepared by Florence J. Atwood, State Agent, Foods and Nutrition, Agricultural Extension Service, University of Nebraska, Approved by Matilda Peters, Foods and Nutrition Division, Home Economics Department, University of Nebraska.)