

The Value of Sour Cream

Do not despair if the milk or cream turns sour. It is delicious in cooking and may be used for any course of the meal. Its food value is the same as when fresh, there being no injury to the vitamins and other contents.

Sour cream is an excellent shortening. One thing to recommend it is the ease and simplicity with which it may be used in any recipe. It saves time and labor when making a cake; simply mix the sugar and cream together, thus eliminating the creaming process when butter takes the place of cream as shortening. When sour cream is used as the fat in a flour mixture, use half a teaspoonful of soda with each cupful of good sour cream. Sift the soda before measuring, and do not use too much, as excess soda spoils the flavour and color of the product.

In our grandmothers' days when methods of keeping milk and cream fresh were not so good as they are now, sour cream was more commonly used in cooking. Some of the old-time methods with sour cream were delicious. The favorite pudding sauce for boiled or steamed puddings was slightly sweetened sour cream. It was also served on squares of gingerbread, plain cake and apple pie. Sour cream was used as a dressing for salads. It was used to give flavor to a ham omelet, to moisten the mashed yolks when stuffing eggs for a cold supper or a picnic lunch, to make pie crust and in many other delightful ways. The following four recipes are old-time ways of using sour cream.

Chicken with Sour Cream

Cut up the chicken and cook until tender; remove to a platter, on which is spread buttered toast or crisp baking powder biscuits, split and make a gravy as follows: Rub a tablespoon each of butter and flour together and add to them 1-2 cups of the broth and let boil; thin with three-quarters of a cup of sour cream, reheat and season with salt and pepper. Do not let the gravy boil after adding the cream, as it is likely to separate. Pour over the chicken.

A Refreshing Drink

Beat together with an egg-beater until light and smooth half a glass of sour cream, half a glass of rich milk and a pinch of salt. Pour into a tall glass, sprinkle over the top a coating of pulverized nut meats, a scant grating of nutmeg and serve very cold.

Sauce to Serve With Cold Ham

Beat half a cup of thick sour cream add 1-8 teaspoon of salt, half a teaspoon of sugar and beat into the whole a half a cup of grated horseradish.

Apple Pudding

Pare and core 9 medium-size apples slice them thin and cook until tender with half a cup of sugar and just enough water to keep them from sticking. Beat 4 eggs until light and add to them half a cup of sugar. Mix 2 teaspoons of cornstarch with one of sour cream and add to the egg mixture. Add this to the apples, being careful not to mash them. Mix 1 teaspoon of cinnamon and a tablespoon of light brown sugar with half a cup of hard bread crumbs and place half of it on the bottom of a baking dish. Pour in the apple mixture, cover with the rest of the crumbs and bake in a slow oven 45 minutes.

Sour cream is much used by foreigners. Their soups are often garnished with sour cream, are made with sour cream, or poured over the cream. A favorite European dish is potato soup made with sour cream.

Sour Cream Potato Soup

2 cups diced potatoes.
1 cup boiling water.
1 teaspoon salt.
1 thinly-sliced onion.
1-2 teaspoon pepper.
2 cups sour cream.
Minced parsley.

Cook the potatoes for 15 minutes in the boiling water with the salt onion and pepper. Stir in the cream, reheat together and serve piping hot with a modicum of minced parsley sprinkled over the top. An improved flavor is given to fish, poultry, game, lean beef or liver by baking any of these in sour cream or by basting them with sour cream.

Fish

Steaks or fillets of any white-fleshed fish, salt, sour cream to cover dry bread crumbs.

Cover the bottom of a well-greased shallow baking dish with the fish. Add salt and bake in a very hot oven—550 degrees F—for 5 minutes. Add sour cream to cover, sprinkle with fine, dry bread crumbs and bake until the crumbs brown and the cream becomes a richer color.

Sour cream adds much favor to the fish as the acid in it takes the place of lemon, and the cream supplies the fat which is lacking in white fish.

Dressing for Fruit Salad

Whip 3-4 of a cup of slightly sour thick cream and add to it 1-4 teaspoon of salt, 1 tablespoon of lemon juice and 1-3 of a cup of honey.

Butterscotch Pie

1 cup sour cream.
1 tablespoon flour.
Yolks of 2 eggs.
1-8 teaspoon saalt.

1 cup sour cream.
Line pie plate with pastry. Spread raisins over pastry. Beat together yolks of eggs, sugar and cream, and pour over pastry. Bake as custard pie. When cool, spread over it a meringue made with whites of eggs, 2 tablespoons sugar.

Fruit Cream Filling

3-4 cup sour cream, whipped.
White of 1 egg, beaten stiff.
1-2 cup powdered sugar.
Lightly fold together the above ingredients and fill tart shells half full. On the top of each place sliced peaches, strawberries or other fruit, canned or fresh. This filling may also be used in cream puffs or between layers of cake.

Cooked Sour Cream Filling

1-2 cup granulated sugar.

3-4 tablespoon corn starch.
1 teaspoon vanilla.
1 cup sour cream.
1-4 cup chopped nut meats.
Mix sugar and corn starch together and stir in the sour cream to make a smooth paste. Cook 20 minutes, in a double boiler, stirring only until thickened. Add nuts and vanilla, and when cool use between cake layers or as filling for tarts or cream puffs.

Cocoa Leaf Cake

2 cups brown sugar.
1-2 cup shortening.
3 eggs.
1-2 cup cocoa.
2 cups pastry flour
1-2 cup hot water.
1 tablespoon vinegar.
1 teaspoon baking powder.

1 1-2 teaspoon vanilla.
1 teaspoon soda.
1-2 cup sour milk.
Beat sugar and shortening until light. Add eggs and beat again. Pour the hot water on the cocoa, add the soda to the milk and combine all the ingredients. Beat well. Bake in an oiled loaf pan in a moderate oven for about 30 minutes. Ice with following icing:

Sour Cream Icing

1 cup granulated sugar.
1-2 cup brown sugar.
1-2 cup sour cream.
Boll ingredients together, stirring until boiling point is reached. Cook until a soft ball will form in cold water. Cool slightly. Beat until creamy, adding 1-2 teaspoon of vanilla. Spread on cake and sprinkle

with chopped nuts.
Watercress Sandwich Filling
1-2 cup sour cream.
watercress.
1-4 cup of very finely chopped watercress.
Salt.
Mix ingredients and spread generously between thinly-sliced white bread.

Gingerbread

1-2 cup sugar.
1 egg.
1-2 cup molasses.
2-3 cup sour cream.
1 1-2 cups flour.
1-2 teaspoon soda.
1 teaspoon cinnamon.
1 teaspoon ginger.
1-4 teaspoon nutmeg.
1-4 teaspoon cloves.
1-3 teaspoon salt.

Measure, mix and ... and spices together then beat the egg stir in the sugar, molasses, sour cream and, last of all, the dry ingredients. Pour into a greased pan and bake in moderate oven—360 degrees F—for 85 minutes, or until it shrinks from the sides of the pan.
This may be used as a dessert served with whipped sweet cream sweetened and mixed with crushed pineapple, or served with sweetened thick sour cream.

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