

DATE PUDDINGS & PUFFS

PREFACE

It is fitting that a Date cookbook should originate in Coachella Valley, the American home of the Date. By using dates, the consumption of sugar is lessened, as can be seen from the fact that the following recipes need no sugar. A large number of simple and wholesome recipes can be found in its pages. Dates are a product which lend themselves to perhaps a greater variety of uses than any other one article of food; and, consequently, a book devoted exclusively to Dates will find favor with all those who desire a more extended acquaintance with this most delicious fruit.

FOOD VALUE

Dates are rich in health-producing food. The American people are large consumers of sweets and are suffering from an excessive use of cane sugar, which is irritating and difficult to digest. Where too free use is made of cane sugar, one is certain to suffer from a deficiency of lime, iron, and vitamins. Therefore, it is desirable that the consumption of cane sugar be lessened, and that

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we substitute Dates, which contain invert sugar; that is, sugar which does not have to be digested and is ready for immediate utilization by the body. Sugar is the fuel of the body, giving Dates an additional advantage because their invert sugar can be the fuel of the body without the process of digestion. The Date is more than a sugar substitute, though; it is a whole food. It contains other important food elements such as protein for tissue building, iron for the blood, lime for the bones, and necessary vitamins for nutrition. It is rich in healthfulness and energy-producing power and should be freely eaten by both old and young.

Compiled by
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RICE PUDDING

INGREDIENTS

- 6 tablespoons of rice
- 1 teaspoon salt
- 2 quarts milk
- 2 tablespoons thick sweet cream
- 1 cup dates, stoned and cut in small pieces

DIRECTIONS

Preheat oven to 250°F. Combine ingredients in a large bowl; pour mixture into a baking dish. Insert dish into preheated oven and bake 3 hours. Let cool 5 minutes or chill in refrigerator for a few hours before serving.



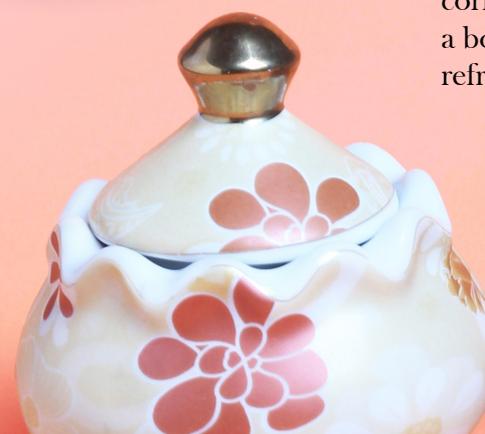
TAPIOCA PUDDING

INGREDIENTS

- 3 tablespoons tapioca
- 1/2 cup water
- 1 1/2 pints milk
- 3 egg yolks, well beaten
- 1 tablespoon cornstarch (mixed with 1/2 teaspoon milk)
- 3/4 cup dates

DIRECTIONS

Soak tapioca in water till soft; boil milk in large saucepan on stovetop and add tapioca. Immediately add egg yolks, cornstarch and milk mixture, and dates. Let just come to a boil before pouring into serving bowl and letting chill in refrigerator for a couple hours before serving.



CREAM PUFFS

INGREDIENTS

- 1 scant cup water
- 1/2 scant cup butter
- 1 cup flour
- 4 eggs, unbeaten
- 1/2 cup dates, finely chopped
- 2 teaspoons lemon zest
- 2 cups whipped cream or vanilla ice cream

DIRECTIONS

Preheat oven to 450°F. On stovetop, boil water and butter together in a large saucepan. While boiling, beat in flour. Stir constantly; when thoroughly smooth, reduce heat and cook for 2 minutes. Add eggs, one at a time, and beat until smooth again. Drop egg-sized lumps of mixture on a buttered pan; insert pan into preheated oven and bake until puffs are light and

hollow, about 10 minutes. Reduce oven heat to 250°F and bake forty-five minutes; do not move or jar while baking. Transfer puffs to wire rack and let cool 5 minutes. For the filling, combine whipped cream or ice cream with dates and lemon zest. Split puffs and fill with whipped cream or ice cream mixture; serve immediately.



“The art to cook can reach a high degree,
It greatly aids in hospitality;
The home is blessed where wholesome food is served;
Where families feast, and guest plates are reserved;
Where skill is shown in combinations rare,
And health results from food prepared with care;
Where pleasure flows as water runs in streams,
And happiness from all the faces beams;
But added joy is felt within these gates,
‘Tis when the hostess serves the luscious Dates.”

—MAY S. METZLER



BOILED CUSTARD

INGREDIENTS

- 1/2 pound dates, cut in small pieces
- 1 pint of milk
- A pinch of salt

DIRECTIONS

Combine ingredients in a double boiler; bring water to a boil and cook 40 minutes. Reduce heat to low; cook, stirring occasionally, 20 minutes, or until custard thickens and coats a metal spoon. Pour custard into serving bowl and chill in refrigerator for an hour before serving.

