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HOMEMAKERS' CHAT

Friday, April 7, 1939

(FOR BROADCAST USE ONLY)

Subject: "FRUIT WHIPS". Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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Today I'm bringing you some suggestions for springtime desserts. I've some pointers for making fruit whips--from the Federal Bureau of Home Economics, at Washington, D.C.

For if you're the one who does the family meal planning I know that spring means something more to you than blossoming trees and a new Easter hat. It also means that your family may be getting a little harder to please--in the way of food. Their appetites may be a wee bit fickle. And the filling dessert that made them ask for second helpings back in January probably is just another uninteresting food to them now.

So today, I give you the fruit whips--fluffy in texture, pastel in color, delicate in flavor. And from the practical food buying angle, they're economical now, because eggs are plentiful.

A fruit whip, defined simply, is a combination of egg whites and fruit. The fruit gives the whip its flavor. The egg whites give it that characteristic airy texture. The whip may be baked--then served either hot or cold. Or it may be combined--then served without cooking. Whipped cream is a delicious addition to the uncooked fruit whips.

But cooked or uncooked--hot or cold--the principles for combining the ingredients are the same--according to cooks who have had a lot of experience making them.

Here are some of their tips.

The first thing to do, they say, is to prepare the fruits. This must be in the form of a pulp--ready to add to the egg whites just as soon as they are beaten. For egg whites allowed to stand will lose much of the air that has been incorporated into them by the beating.

"There are certain qualifications a fruit must have to go well in a whip. Probably most important is that it have both a pronounced flavor and a pronounced color. Also the fruit must not have too watery a consistency.

"Fresh fruits such as tart apples may be made into a sauce, then run through a sieve, mixed with lemon juice, and sweetened to taste before combining with the beaten egg whites. Canned fruits may need to be sieved.

"Some of the best fruits of all for making whips are the dried fruits such as peaches, apricots, and prunes. Wash these, then soak them. To get the right consistency of pulp for a whip, allow about 1 cup of water for every half pound of dried fruit. Soak the fruit in this overnight--or for a shorter time in warm water. Cook in the same water--until the fruit is tender. Then put through a sieve.

"For every half pound of fruit that you use, there should be about 1 cup of fruit pulp. Sweeten each cup with about one-half cup sugar. Heat until the sugar dissolves."

And now with the fruit ready, you can turn your attention to preparing the egg whites. There are special precautions to observe when beating eggs for fruit whips--just as there are for beating eggs for other mixtures.

"It's a good idea to get the eggs out of the refrigerator ahead of time, because the whites whip up more quickly when they are at ordinary room temperature. Adding salt to the whites just before beating will make a foam that has a greater volume and is less likely to get watery on standing. Either a rotary beater or a whip beater is satisfactory to use.

"For a fruit whip beat the egg whites stiff but not dry. At this stage the foam will be shiny and will hold its shape when the beater is removed. Whites beaten beyond this stage will look dry and little flakes will fly off during the beating."

Now with the hot fruit pulp on hand--and the egg whites beaten stiff but not dry, the whip is ready to be put together. This requires a special technique.

"Add the hot fruit pulp gradually to the beaten egg whites. Combine them with a gentle folding motion. Adding the fruit pulp hot to the egg whites partly cooks them--enough to give body to the mixture. And pouring the hot fruit into the egg whites rather than vice versa--cuts down on the mixing time. This, in turn, cuts down on the air that is lost during the mixing.

"If the whip is to be baked, pour it immediately into a buttered pan. Then cook it in a pan surrounded by water--in a very slow oven. That's one that registers about 225 to 250 degrees Fahrenheit. About an hour will be long enough to bake a whip of ordinary size.

"If the fruit whip is not to be cooked, mix it only a short time before serving. If the recipe calls for whipped cream--add this after the hot fruit pulp and the beaten egg white mixture has cooled a little. And use the same gentle folding motion to mix it in."

Those are all the pointers on fruit whips I have for today. And I haven't said one word about my favorite uncooked whip made from dried apricots--or that classic, prune whip--or delicious, colorful, and timely strawberry whip.

But no doubt you know about these anyway and you'll think of others that'll make ideal springtime desserts. Serve them garnished with whipped cream or a cold custard sauce--or piled lightly in a glass--a curlicue of "self-material" atop each for decoration.

