

Baking with the Bentley

Recipes from the Bentley Rare Book Museum

The Way to a Man's Heart: The Settlement Cookbook (1930)

Kisses or Meringues

- Whites of 4 eggs
- 1 cup granulated sugar, sifted

Have eggs cold and fresh; sugar fine and dry. Beat the whites with flat wire spoon until stiff enough to hold up in peaks, but not dry. Add 6 tablespoons sugar, 2 tablespoons at a time, continuing beating between each addition, then fold in the rest lightly. Drop in well greased and floured muffin pans, or: Heap mixture in rounds from spoon or through pastry bag, ½ inch apart on tins. Bake until tops are crisp and delicately brown in a slow oven, 225° F., from 45 minutes to one hour, depending on the size of the kisses. For a chewy center, drop in muffin pans or on paper placed on a wet board. When tops are crisp, place with the paper, on tins and bake until bottoms are crisp. If paper sticks on a wet cloth, let stand until paper can easily be removed.

Cocoanut Kisses

- Whites of 2 eggs
- ¼ lb. powdered sugar
- ¼ lb. shredded cocoanut

Make as Kisses, above, folding the shredded cocoanut in last.

Chocolate Kisses

- 3 whites of eggs
- ½ cup sugar
- 2 oz. grated chocolate
- Vanilla

Beat whites of eggs very stiff, add sugar, chocolate and vanilla. Bake on floured tins in a slow oven, 225° F., about 60 minutes.

Cocoanut Drop Kisses

- 6 ounces desiccated cocoanut
- Sweetened condensed milk
- Salt
- Vanilla

Chop cocoanut and mix into a paste with the milk, add pinch of salt and a few drops of vanilla. Drop the mixture from a teaspoon on a buttered tin, 1 inch apart. Bake in a slow oven, 250° F.

With Chocolate – Melt 1 ounce chocolate in milk for variety.