

A Cloud of Possibilities

The origin and development of Spanish Cream

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When Dennis Taylor presented his paper on Spanish Cream to the 2005 N.Z. Culinary History Conference in Wellington (this issue p181), he opened new ground in providing an experimental analysis of what many remembered as a favourite New Zealand dessert. He showed that what should have been a well-defined single product, could in fact be many, depending upon the subtleties of its preparation. He also showed that the perfect Spanish Cream for one person may not be the same as that for another.

Taylor's presentation resonated with my own pondering over the commonly heard expression (at least in my household) – “My grandmother's (Meringue / Pavlova / Spanish Cream / Lemon pudding) was the best, no-one could ever make it like she did.” Spanish Cream seemed to be an ideal example of how mum, grandma and auntie could each have subtly different results depending upon patience and technique.

Taylor's observations, whilst delivered in a wonderfully lighthearted way, raised important questions as to subjectivity of taste as well as the meaning of “authenticity” in food – what is a *real* Spanish Cream?

With the impetus generated by his paper, and on the basis that anything that could give pleasure must be worthy of serious research, this present paper set out to determine the historical development of the Spanish Cream, to determine whether a Bavarian “Oops” may have been likely, and to determine, if possible, the true nature of the “authentic” New Zealand Spanish Cream; should it be one or two-layered, or simply curdled?

Firstly, I sought out historical recipes for Spanish Cream created before 1930 – a purely empirical endpoint, but one that should, I felt, encompass the important developmental stages. Recipes for Spanish Cream were

obtained from the author's personal collection of New Zealand and international cookery books, from online newspaper digital archives, and from online digital editions of historical recipe books.

I recorded as many pre-1930 New Zealand recipes with the title “Spanish Cream” as I could, as well as New Zealand recipes for cold desserts with a similar method of construction to that of the Spanish Cream, i.e. Spanish Cream under a different name.

Each recipe found was given a catalogue number corresponding to the year of publication and, if multiple recipes were given in that year, a decimal digit was added to distinguish them. Where multiple recipes occurred within a single source, a letter was added to distinguish those. Thus 1900.1 and 1900.2 were two sources from the same year, and 1901a and 1901b were two recipes from the same source.

My international searches were limited to recipes published prior to the first New Zealand printed recipe (1875) and I was primarily concerned with those recipes specifically named “Spanish Cream”, but included some others that seemed relevant to the discussion.

Although not an exhaustive list, I believe the catalogue of recipes obtained is likely to include a very good representation of New Zealand's early Spanish Creams, and sufficient international recipes to demonstrate the earlier development.

Historical Development

The modern view of Spanish Cream is that it is a custard that has been partially set using gelatine, and to which beaten egg whites have then been added. As Taylor notes, opinions vary as to whether the final product should be layered, homogenous, or curdled. These three outcomes are the result of differing exposure of the egg yolk to heat, and the temperature and set of the custard at the time egg whites are added.

Unfortunately, from a historical perspective, the original Spanish Cream was an entirely different product, containing no egg at all, and cream instead of milk. Argument as to the correct manipulation of the egg,

therefore, is really a discussion as to the niceties of a modern variant. The last gourmands to taste and discuss the true nature of the original Spanish Cream have been dead for at least 300 years.

Spanish Cream has a long history, dating back at least to the 17th century, – several hundred years prior to the introduction of the Bavarian Cream.

One of the earliest Spanish Cream recipes is from *The Compleat Cook*, printed by Nath. Brook for E.B. [1658.1, although an earlier 1655 edition is also known – p202]. E.B.’s Spanish Cream is made by frothing fresh cream by pouring from a height. The cream is then allowed to sit “till the morrow”, and is then skimmed and these skimmings are then sweetened.

In the same 1658 edition, there is also a recipe for “Clouted Cream”, essentially what is known today as Clotted Cream*, and which is important for the subsequent development of the Spanish Cream.

A decade later, Sir Kenelm Digby, Knight [1669.1] provides a recipe for Spanish Cream where, rather than frothing the cream by gravity, it is heated to boiling, sugar is added, and then the scum (cream) that rises to the surface is continually skimmed off. These skimmings could then be further sweetened to taste. Digby’s Spanish Cream is therefore a sweetened

Clotted Cream, or *Clouted Cream* is a very thick cream with high butterfat composition. Normal single cream may have 20% fat content, but Clotted Cream will reach over 50%. The concentration of fat is achieved by a number of processes, but traditionally it is made by heating full fat cream, leaving the liquid to settle, then skimming off the “clots” or “clouts” from the surface. Clotted Cream is a traditional cottage industry in parts of the South-West of England. Alan Davidson in *The Oxford Companion to Food* (1999), suggests that it possibly derives from a middle eastern dish (Kajmak) and may then have been introduced to England several thousand years ago by Phoenician traders in search of tin from Cornwall. There is some evidence that clotted cream may have been served by the Benedictine monks at Tavistock around 1100AD (www.bbc.co.uk/devon/news_features/2004/tavistock_cream_tea.shtml.) and Clouted Cream is referred to by the poet Edmund Spenser in “The Shepherd’s Calendar” (1579).

*So well she could the shepherds entertain,
With cakes and cracknels and such country cheer.
Ne would she scorn the simple shepherd swain,
For she would call him often heam,
And give him curds and clouted cream.*

clotted cream.

Three manuscript recipes (p214-215; a, b and c) from the late 17th and early 18th century follow a similar clotted cream process, and are themselves very similar to two subsequent 18th century printed recipes [*Spanish Cream*, 1760.1a and *Lady Hunck’s Spanish Cream*, 1760b].

R. Smith [1725.1], in *Court Cookery: or the Compleat English Cook*, follows a similar process but calls the dish a *Quick Cream* and in which there is an added flavouring of rose or orange-flower water. A specific recipe for *Clotted Cream* (*Clouted Cream*, 1739.1) is given by Sarah Harrison in the second edition of her cookery book, similarly boiled, then allowed to stand, with the note that Spanish Cream could be produced by the further addition of rose-water and sugar. The later 1760, 7th edition of her book gives a specific recipe for Spanish Cream in which the boiled cream is stirred to cool then allowed to stand, the cream separated and stirred until thick, and flavoured with orange-flower water and sugar.

In a departure from the clotted cream method, *The Complete Housewife* (17th edition) by Eliza Smith [1766.1], in a recipe for *Spanish Pap*, is one of the earliest of the related “Spanish” recipes to incorporate a thickening agent (flour of rice) and to suggest that eggs may be added also. A later *Spanish Cream* recipe from Charlotte Mason [1777.1] specifically thickens the dessert with egg yolks and flour of rice.

Elizabeth Raffald [1769.1], in her *Experienced English Housekeeper*, was one of the first to produce a Spanish Cream by thickening and setting a mixture of rose water and cream by the addition of egg yolks and isinglass*. The unmoulded dish was later cut into shapes using a jiggging iron. Although Raffald’s technique appears to be an important step in approaching the

* **Isinglass** is a gelatine-like setting agent derived from the swim bladder of fish. Prior to 1775 it was derived from the sturgeon, but could be later manufactured from the cheaper cod. Isinglass is still used in the clarification of beer and wine. Mrs Beeton (*The Book of Household Management*, 1891, London) notes: “*The best isinglass is brought from Russia; some of an inferior kind is brought from North and South America and the East Indies; the several varieties may be had from the wholesale dealers in isinglass in London. In choosing isinglass for domestic use, select that which is whitest, has no unpleasant odour, and which dissolves most readily in water. The inferior kinds are used for fining beer, and similar purposes. Isinglass is much adulterated.*”

modern Spanish Cream, it is also possible that there was an intermediate recipe, prior to this, thickening *either* with isinglass *or* egg yolk.

By the late 18th century there is considerable variation in printed Spanish Cream recipes; some continue to use the sweetened clotted cream approach [1789.1, 1791.1], some use Raffald's isinglass and egg yolk method [1796.1, 1800.1], and a number use Mason's rice flour and egg yolk thickening [1797.1, 1797.2, 1800.2, 1810.1, 1813.1].

Although the majority of 19th century recipes for Spanish Cream focus solely on the set dessert itself, Maria Rundell [1823.1] describes a more elaborate recipe for a yolk-enriched custard (no isinglass), coloured with spinach juice, flavoured with cinnamon, and poured into a custard dish onto Napier biscuits or preserved orange.

In [1830.1], Mrs Dalgairns makes the addition of wine (as sole flavouring) to the custard and, whereas previous authors had thickened the yolks and cream on the heat together, she is the first to add the yolks to the already boiled and "a little cooled" cream, with no further heating. This later addition of the yolks was also followed by several other mid-late 19th century authors [1842.1, 1864.1, 1864.2].

The mid-19th century saw experimentation with flavouring and, as a consequence, few recipes from this period continue to use rose water. Wine was commonly added [1830.1, 1842.1, 1864.1, 1864.2], and indeed Mrs Murdoch in the first New Zealand cookery book [1887.1] provides a recipe for Spanish Cream in which the liquid component is simply wine and water thickened with egg yolks. Her recipe is similar to that which Isabella Beeton called *Jaunemange*.

As well as wine, other experimental flavourings included ratafia [1842.1], bay leaves and bitter almonds [1838.1], lemon peel [1864.2], and "flavouring to suit" [1871.1]. One of the earliest to use flavouring extracts was probably [1873.1] with the suggestion of lemon or vanilla. Subsequently, lemon or vanilla flavouring became standard in the majority of recipes, although an interesting alternative in [1912.2d] was the addition of whisky or peach leaves.

The first found recipe to suggest milk as a possible alternative to cream was that from Mrs Dalgairns [1830.1] – a recipe also incorporating isinglass. The first to use milk alone is [1842.1]. From the 1870s, the majority of recipes specify milk alone, rather than cream, presumably as the richness of the dessert is sufficiently created by the isinglass and egg yolks.

By the late 19th century, there was clearly a progression of recipe content toward the modern Spanish Cream, but still there existed a wide variation in method and ingredients, all falling under the name "Spanish Cream". The first New Zealand recipe for Spanish Cream was [1875.1] with a reprinting of Charlotte Mason's rice flour and egg yolk recipe.

The second New Zealand recipe was [1881.1] in which the *Otago Witness* reprinted a recipe that had been previously printed, at least in America in 1874 (see note at entry [1881.1]). This recipe is one of the first to add the whipped egg whites to the custard before moulding. It is therefore the first to follow a method that we would now regard as a "proper" Spanish Cream.

Although not all subsequent New Zealand recipes for Spanish Cream used this new approach [e.g. 1884.1, 1887.1, 1889.1, 1894.1, 1897.2a, 1902.6a, 1907.3], from the 1890s the majority began to incorporate the egg white addition. A recipe for *Omaru* [sic] *pudding* [1917.2c], rather than incorporating the beaten egg whites to the setting custard, uses them, with almonds, to decorate the set custard (a similar recipe, *Oamaru pudding* [1925.3] omits the eggs whites entirely).

Of interest is that two of New Zealand's earliest recipes reprinted overseas recipes, but incorrectly, and no doubt confused local cooks in the process. Thus our very first newspaper recipe [1875.1] incorrectly incorporates "flour *or* rice, sifted very fine", instead of "flour *of* rice, sifted very fine"; an error that would have resulted (assuming the word *sift*, did not give away the mistake) in an interestingly set rice pudding. Similarly in [1886.1], a newspaper recipe had altered the phrase "*heat* half an ounce of isinglass in three pints of milk" to "*beat* half oz. of isinglass in three pints of milk". These alterations suggest that the newspaper compilers or typesetters may not have been cooks.

Although not common, several New Zealand recipes also incorporated

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butter [1901.1, 1905.4, 1929.1]. However neither [1901.1] or [1905.4] explain what to do with the butter, but [1929.1] explains to heat it with the milk. The addition of butter is something that Isabella Beeton does with her recipe for *Lemon Blancmange* (Beeton, 1891, p934), similar to Mason's rice flour Spanish cream, but with butter and a final whipped egg white addition. Although Beeton provides no recipes for Spanish Cream, several of her set custards come very close.

One very common dessert recipe in New Zealand (e.g. in the first and subsequent editions of the *“Sure to Rise” Cookery Book*, 1908), and provided by Beeton as *Lemon Sponge* (Beeton, 1891, p937), was for a Spanish Cream in which water and lemon juice entirely replaced the milk.

Alternative names

Late 19th and early 20th century New Zealand newspaper and cookbook recipes clearly show that not only were Spanish Cream recipes common, but so also were recipes for dishes similar to Spanish Cream, but under a different name. The first of these, *Angel's food* [1882.1], is a mixture of milk, gelatine, egg yolks, lemon juice and sugar, brought to the boil and then cooled until, when nearly cold, the whipped egg white and vanilla flavouring was added. Like so many of New Zealand's newspaper recipes, this one also had been previously published overseas.

Although Mrs Murdoch [1887.1a] provides a recipe for a wine and water Spanish Cream, in the same book she also provides a recipe for *Whipped custard*, which is essentially a custard with whipped egg white. Murdoch's *Chocolate cream* is also a custard and whipped egg white Spanish Cream, but to which whipped cream is also added after the egg white. A similar recipe for *Chocolate Cream*, but without the final cream addition is also printed in [1889.3].

Spanish Cream's identity crisis is clearly compounded by its many alternative names: *Angel's food* [1882.1, 1905.2d, 1905.3a, 1909.3e, 1911.1, 1915.4, 1918.2d, 1924.3], *Russian cream* [1890.1, 1894.1a, 1897.2b, 1904.2, 1914.1], *Honeycomb shape* [1897.1, 1903.1e, 1906.3a, 1909.3c], *Madrid creams* [1899.5, 1905.4d], *Custard sponge* [1901.2b, 1903.1d], *Exeter Pudding* [1901.2c], *Fairy Pudding* [1902.1b, 1921.1], *Summer pudding*

[1903.1, 1913.2e], *Honeycomb pudding* [1902.3, 1904.1, 1905.4b, 1906.1c, 1907.4a, 1909.3d, 1912.1, 1913.2d, 1914.3d, 1915.1b, 1915.2d, 1916.1, 1916.2a, 1919.1, 1923.1, 1925.1, 1927.1c], *Honeycomb cream* [1905.1, 1908.2b, 1909.1, 1917.1, 1928.3b], *Honeycomb* [1906.1b, 1917.2b], *Milk jelly* [1907.2a], *Custard jelly* [1914.3e], *Princess pudding* [1914.3f, 1927.1b], *Honeycomb jelly* [1915.1c – a recipe the same as, but with the name changed from *Angel's Food* 1905.3a], *Lemon sponge* [1915.2e], *Sponge cream* [1916.3b], *Gelatine puddings* [1916.3c], *Vanilla cream* [1917.2a], *Tenby cream* [1918.2b, 1928.2c], *Portugese pudding* [1918.2c], *Honeycomb mould* [1920.2], *Honeycomb pudding de-luxe* [1923.1], *Lemon honeycomb* [1924.4f], *Honeycomb Sweet* [1924.5d] and *Honeycombe* [1924.4g]. Compounding the complexity of the matter, some of these alternative names are also shared with completely different dishes.

The nursing journal for 1909, *Kai Tiaki* [1909.2], provides a recipe for Spanish Cream noting that its alternative title is *Honeycomb pudding*.

In relation to Spanish Cream's visual appearance, it is noticeable that several of the alternative titles include the word "honeycomb" and some of these make note that the final product should have, when unmoulded, a honeycomb appearance at the base and a jelly above. "Honeycomb" recipes clearly also have a long history if one refers to [1840.1b], *Honeycomb cream* made from lemons and cream poured from a height from a teapot. Other New Zealand recipe descriptions include:

- *Honeycomb sponge* [1909.3c], which should have "a foundation of honeycomb sponge surmounted by a clear jelly". It is noteworthy that this recipe has the custard boiled for 3 minutes prior to folding in the egg white, and therefore the curdled method is intentional, and presumably the unmoulded base would indeed have a sponge-like base.
- *Honeycomb cream* [1905.1] "when turned out it will be clear jelly on top, and the foundation resembles honeycomb".
- *Honeycomb cream* recipes [1909.1] and [1917.1] note that the unmoulded dessert will have the appearance of half jelly and half cream.

- The *Milk jelly* recipe [1907.2] notes "be sure and whip the whites well, which gives it a frothy look on top".

Surprisingly, in the date range examined, I found no specific description of an unmoulded dessert titled "Spanish Cream". However, in Whitcombe's *Everyday Cookery with Meal planning in Wartime* (cover title, c1943), a recipe is given (by then without butter – see [1901.1]) followed by the comment:

"The texture should be fluffy throughout with no sign of separation into a layer of jelly and a layer of custard. This is caused by overheating if gelatine is added before the custard is cooked."

When looked at in the context of Spanish Cream's preceding history, it is difficult to see how such an authoritative statement could possibly be made.

Complexity

It is surprising that for a recipe with only four basic ingredients (milk, egg, gelatine and sugar), Spanish Cream can be made in so many different ways. As to be expected, some of the published recipes are simply reprints of earlier ones, but I was surprised as to how many of the New Zealand recipes differ slightly in detail. This is not simply a rewording, but small changes to the order and timing of the creative steps. In addition, it must be remembered that these Spanish Cream recipes make up only a very small section of the bewildering array of related "shapes", "snows", "froths", "foams", custards, creams, jellies, moulds and blancmanges, that make up a significant proportion of cold dessert recipes in 19th and early 20th century cookery books.

Although Taylor's two critical points of technique are the degree of heat applied to the yolks, and the timing of the egg white addition, there were many other subtle variations that could influence the final outcome. Duration of gelatine soaking, whether to soak the gelatine in water or milk, whether to simply dissolve the gelatine in heated milk, whether the gelatine should be added before boiling or after, whether to add the boiled milk to the egg yolks or vice versa, whether to add the custard to the whipped egg whites or vice versa, whether to incorporate the egg whites gently or thoroughly, and whether to dilute the milk with water.

In so far as Taylor's points of technique are concerned, of the recipes provided in the following listing of "Spanish Cream" up to 1930, about 55% would have been layered, 30% curdled, and only 15% would have produced an uncurdled, homogenous, single layer.

As well as these variations in method, we also need to consider variation in the basic ingredient composition. *Figure 1* shows the relative quantities of sugar, egg and gelatine required in the New Zealand "Spanish Cream" recipes, adjusted to a total liquid content of one pint. The large variation in proportion of ingredients can clearly be seen, especially variation in the proportion of sugar. The plot also demonstrates that "Spanish Cream" is not a single entity, but a family or cloud of possible combinations.

Over the period 1875-1930, Spanish Cream recipes also showed progressive alterations in the proportion of ingredients. The main, statistically significant alteration was a declining ratio of egg to gelatine (*figure 2*). Since the

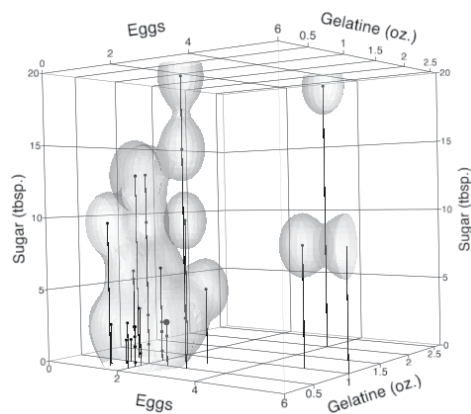


Figure 1. Relative quantities of sugar, egg and gelatine in N.Z. recipes for Spanish Cream (1875-1930) adjusted to a total liquid volume of 1 pint.

proportion of egg did not change over time, this change may relate either to a desire to achieve consistent or guaranteed setting by increasing gelatine levels, or possibly to a decrease in the strength of the gelatine itself.

Almost all of the 1875-1930 recipes placed the Spanish Cream into a mould. The Spanish Cream would therefore have almost certainly been

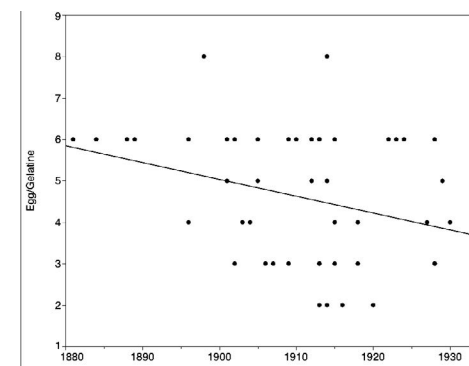


Figure 2. A significant decline in the ratio of egg to gelatine in New Zealand Spanish Cream recipes over the period 1880-1930. (Eggs per ounce of gelatine).

served as an unmoulded dessert – implying that any layers would have been clearly visible. In serving the dish therefore, a portion that included all layers would have probably been served to each diner, since it would have been tricky to serve specifically from the top or bottom layer of a wobbling dessert. In contrast, Taylor's use of a crystal bowl, without unmoulding, would have allowed, more easily, a scoop from the surface froth and then separately, the jelly deeper down. However, this was clearly not how the dish was presented in the period studied.

Flavouring of the Spanish Cream between 1875 and 1930 was almost invariably limited to vanilla or lemon. Approximately 45% of recipes used vanilla, 17% used lemon and 31% recommended lemon or vanilla.

Thus, by 1930, Spanish Cream was most commonly an unmoulded dessert that was in layers, and flavoured with vanilla.

Problems

Although we may argue as to the relative merits of a curdled, single or double-layered Spanish Cream, there is one important consideration that has not been mentioned – the risk of food poisoning and death.

A case of fatal food poisoning after eating Spanish Cream occurred in December 1934 (*Evening Post*, 20 February, 1935). The ingredients were "gelatine, three eggs....thought to be duck eggs, three pints of milk, half a cup of sugar, a pinch of salt and half a teaspoonful of vanilla." Unfortunately

the other ingredient was the bacteria *bacillus aertrycke*, isolated from the victim and the Spanish Cream, and known to occur in duck eggs.

In November 1945, 100 nurses from Waikato Hospital suffered food poisoning from Spanish Cream, with some having “lost consciousness for several hours”. Duck eggs were again thought to be implicated (*Evening Post*, 15 November 1945).

In January 1944, a couple and their two young children were admitted to hospital after eating infected Spanish Cream. The incorporation of the raw egg white was thought to have been the primary cause, and a similar cause was thought to have been involved in one South African outbreak (An outbreak of food poisoning amongst nurses and patients of the Pretoria non-European hospital. *South African Medical Journal*. 5 December 1953).

Even today, Spanish Cream continues to cause problems in New Zealand (Annual Report Concerning Food borne disease in New Zealand. 2010 – downloaded from www.foodsafety.govt.nz).

The pasteurisation temperature of eggs is around 60 degrees Celsius. If egg yolks mixed with other ingredients are added to previously boiled cream/milk, the temperature of the mixture may fall below pasteurisation temperature unless additional heat is supplied. More importantly, cooling the custard and then adding raw whipped egg white will almost certainly create a culture medium that would allow any bacteria in the egg white to grow rapidly unless the Spanish Cream is rapidly brought to refrigeration temperatures.

None of the New Zealand recipes up to 1930 mention refrigeration, indicating only, at best, that the mould be placed in a cool or cold place. Electrical refrigerators were commonly being advertised only from the mid 1920s, previous refrigerators relying on a supply of ice. It is not known whether the food poisoning cases cited above employed rapid cooling, but the later South African cases almost certainly resulted from a defective refrigerator.

Bacteriologically, the safest approach to the Spanish Cream would have been to thicken the custard over heat, then immediately add the egg white

so as to maintain the mixture over pasteurisation temperature. The layered dessert would therefore have been safest.

It is possible that after 1930, when electrical refrigeration became more common, cooks would have been more tempted to blend raw egg white into the cold custard. Perhaps therefore we might see this change paralleled in post-1930 cookbook and newspaper recipes – an interesting area of future research.

Why *Spanish Cream*?

The origin of the name *Spanish Cream* is not known, and Taylor notes the apparent lack of direct similarity between Spanish Cream and any modern Spanish recipe.

Given that the modern Spanish Cream has changed remarkably from the recipes that were produced in the 17th century, it seems appropriate to attempt to relate the name to the very earliest recipes, rather than from the modern set custard.

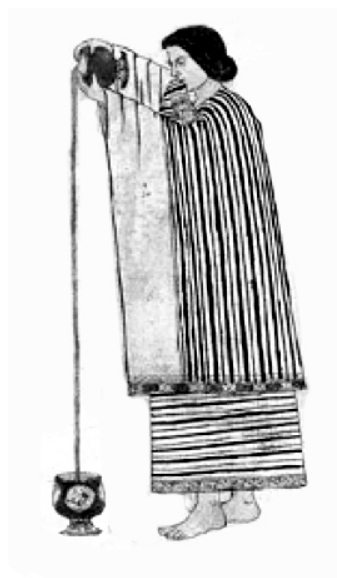
If one goes back to the original recipes for Spanish Cream, there are indeed Spanish connections. The earliest recipe that I found was for a dish in which cream had been frothed by pouring it from a height. Once allowed to firm, the cream was skimmed away and sweetened.

Figure 3 is a watercolour of a 16th century Aztec woman pouring a liquid from a height in the same way that the first Spanish Cream recipe suggests pouring cream from a height to produce a froth. In this instance however the woman is frothing a chocolate drink, a drink that was considered to be an important part of social life and ritual in Aztec culture.

One of the earliest descriptions of the Aztec process for making the drink (cacahuatl), was by “a gentleman of Hernán Cortés” and published in Venice in 1556:

“These seeds which are called almonds or cacao are ground and made into powder, and other small seeds are ground, and this powder is put into certain basins with a point, and then they put water on it and mix it with a spoon. And after having

Figure 3. Illustration from the *Codex Tudela* (c 1553) showing a high ranking Aztec woman frothing chocolate by pouring it from a height.



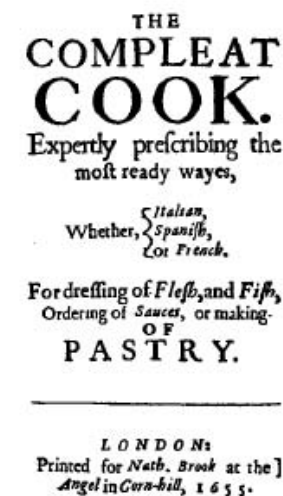
mixed it very well, they change it from one basin to another, so that a foam is raised which they put in a vessel made for the purpose. And when they wish to drink it, they mix it with certain spoons of gold or silver or wood, and drink it, and drinking it one must open one's mouth, because being foam one must give it room to subside, and go down bit by bit." (Steck, 1951)

The brewer would pour the drink from a height to make it foam, the presence of which was considered to be critical to a good chocolate drink, and indeed the foam was considered to have special spiritual properties. As well as being sweetened, a starch-like substance was added to the liquid and this contributed to the foam's stability. When served cold, the foam could be sufficiently firm that it could be cut. The drink was combined with a variety of flavourings – honey, the flowers of *Cymbopetalum penduliflorum* (hueinacaztli), vanilla, mecaxochitl (a form of pepper), magnolia flowers, allspice and chilli (Coe and Coe. 1996, p 91-92).

Although cocoa beans were brought back to Spain by Columbus, it was only after Cortés' "conquest" of the Aztecs that the use of cocoa began to be understood in Europe, and it was only in the late 16th century that it became popular in Spain.

On its arrival in Europe, the frothing of chocolate was still considered important, but the gravity method was replaced by a wooden agitator, rubbed between two hands (in Spain the *molinillo*, and in France the *moussoir*). This method was undoubtedly less messy, as well as less wasteful of the precious liquid. In the early 17th century other additions to the chocolate drink included milk, sugar, eggs, rosewater, vanilla, cinnamon, ambergris and musk.

The chocolate drink reached Britain in the 1650s. In 1655, Cromwell's forces took the island of Jamaica and its cacao plantations from the Spaniards. The island became the main English source of cacao from that year. In the same year Nathaniel Brook printed, for E.B., at *The Angel* in Cornhill, what was possibly the earliest recipe for Spanish Cream.



Today, foaming is considered to be an important component of many other drinks other than those that are carbonated. In particular, that generated by injecting steam through milk is important for coffee. The gravity method of foaming is still considered critical to the presentation of Spanish cider (*Sidero*), where aeration by pouring from a height adds to the flavour profile. Also in Spain, when sampling sherry from the barrel, the cellarmaster will use a long rod with a small cylinder at its end (the *venencia*) to sample, and then pour, the sherry into a tasting glass from a height. In nearby Morocco, mint tea is served from a pot by pouring the frothing liquid directly into glasses from a height.

The earliest Spanish Cream recipe involved the preliminary generation of a foam from cream, using gravity, and once allowed to stand overnight, it was the skimmed layer of "very tough cream" that was sweetened and flavoured. Given that the Spanish introduction of frothy chocolate had taken place shortly before these recipes, it is reasonable to hypothesise that the Spanish

Cream dessert derives its name, and possibly its inception, from the Spanish introduction of foamed drinks from South America. The flavourings, and even the egg addition, seem to parallel the subsequent development of the chocolate drink in Europe.

What is a Spanish Cream?

The “modern” Spanish Cream is far removed from its original form. Today’s gelatine-set custard bears little resemblance to the sweetened, gravity-frothed cream in *The Compleat Cook*. Both involve milk/cream, and both involve a foam. However, what I find odd is that although milk has remained a fundamental part of the recipe (after all it is Spanish *Cream*), the foaming has not. This aspect seems to have disappeared as the Spanish Cream was developing into a clotted cream then a simple set custard. The foaming reappeared only with the incorporation of whipped egg white in the late 19th century. If, as I have suggested, foaming is the key to its genesis, then it seems very fortuitous and appropriate that egg whites returned Spanish Cream closer to its original foamed state.

Given its long and tortuous development, it seems bizarre that the “expert” who helped compile Whitcombe’s *Everyday Cookery with Meal planning in Wartime* (c1943) is able to inform us that Spanish Cream “*should be fluffy throughout with no sign of separation into a layer of jelly and a layer of custard.*” This categorical opinion no doubt influenced many housewives in feeling either smug or depressed at their own efforts to make the dessert. But it also reminds me of the categorical opinions of rather bossy authors such as Elizabeth David, and many others, who were well known for telling us how things *should* be – and many of us believed every word!

As Dennis Taylor said, the issue “was never really that important and wasn’t worth getting precious about”. Indeed the issue of whether it should be one or two layers is a good example of the silliness of some aspects of the search for “authenticity”. From a taxonomic viewpoint, it can be argued that the *true, real, authentic, original*, or “type specimen” Spanish Cream is simply the sweetened skimmings of a frothy poured cream (1655).

As we have seen, the evolution of “Spanish Cream” from this type specimen

has resulted in myriad variants according to technique and ingredients. There are therefore many different Spanish Creams; some sweet, some not, some moulded, some layered, some curdled, some with lemon, some with vanilla etc., etc. Clearly, as soon as a dish is created (in reality, derived from some other recipe), it can become the parent for many others. As in *figure 1*, Spanish Cream is more like a cloud of possibilities, rather than a single entity; perhaps best viewed as a sort of genus or family, with many different species within it – *the Spanish Creams*. Thus, within this family, we might use descriptive adjectives to denote individual species – one species might be “unmoulded, sweet, layered, vanilla Spanish Cream”, and another might be a “homogenous, lemon Spanish Cream”, or we can give some of these offspring a special name of their own – and I suspect that is why there were so many Spanish Creams with variant names, such as *Angel’s food* or *Honeycomb Cream*, given by well meaning cooks to signify a slight difference from what they considered to be the usual product. These might be thought of as the points separated from the main Spanish Cream cloud in *figure 1*. For example, *Honeycomb sponge* [1909.3c] seems to be an attempt to name the curdled offspring because of its sponge-like appearance. Unfortunately, newspaper and cookery book authors, compilers and editors, as well as the many ladies who donated recipes to community cookery books, didn’t stick to a scientific taxonomy – the naming of the Spanish Creams seems, at times, to be based more upon whim than sense, and as a consequence is something of a complicated mess.

Not only should we consider the offspring of Spanish Cream, we should also consider what boundaries we might give to the family of Spanish *Creams* – when is a Spanish Cream no longer a Spanish Cream? Today, a Spanish Cream is a flavoured, gelatine set custard to which whipped egg white has been incorporated, but in the 17th century it was a gravity-frothed, sweetened cream, quickly becoming a sweetened and flavoured clotted cream. And between these chronological extremes, it was simply a set custard. Common to all descriptions (or at least the vast majority), is that Spanish Cream is a non-liquid (the original Spanish Creams were not gels), usually sweetened, usually flavoured, milk or cream product – unfortunately a description that fits many other desserts. However, clearly there are some “Spanish Cream” recipes that do not meet this description. Thus, Mrs Murdoch’s “Spanish Cream” (New Zealand’s first cookery book Spanish Cream) has no milk. Despite its title, it is perhaps not therefore a

Spanish Cream, except in name only.

In conclusion, the study of something so trivial as a gelatine-set custard demonstrates the bewildering complexity of culinary evolution, the difficulties in ascribing correctness to dishes and, of course, the over-riding consideration that it all doesn't really matter, since grandma's Spanish Cream was the only Spanish Cream worth having anyway.

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Table 1 (Overleaf).

The following table summarises the composition and methods for those desserts with the title "Spanish Cream", printed in New Zealand Cookery Books and newspapers between 1875 and 1930. Each entry is coded as for the listing of recipes in the catalogue that follows the table.

	Eggs	Gelatine	Milk	Sugar	Flavour	Other	Container	Custard Heating	Egg white addition
1875.1	3	-	1 pt. cream	-	2sp. orange flower water	Water 3sp. Flour or [of] rice 3sp.	Cups	"To proper thickness"	None
1881.1	3	½ oz.	1 ½ pts.	4 tbsp.	Vanilla	-	-	Boil	Immediate
1884.1	6	1 oz.	3 pts.	¾ lb.	Vanilla	Cream	Mould	Until thickens	Beaten with yolk
1886.1	3	½ oz. isinglass	3 pts.	1 cup	-	-	Moulds	Boil	Immediate
1887.1	4	-	-	Taste	Lemon	Wine Water	Glass dish	Thickens	Not added
1888.1	3	¼ box	1 qt.	1 cup	Vanilla	Wine Flour	Deep dish	Make a custard	Over the custard before baking.
1888.2	2	½ oz.	1 ½ pts.	4 tbsp.	Lemon or Vanilla	-	Mould	Until thickens	Immediate
1889.1	3	½ box	1½ pts.	4 tbsp.	Lemon	-	Moulds	Boil	Immediate
1889.2	3	1 tbsp.	1 pt.	¾ cup	-	-	Mould	Not specified	Immediate
1891.1	3	½ oz.	1½ pt.	4 tbsp.	Vanilla or Lemon	Tinned pineapple if liked.	Mould	Until thickens	Immediate
1894.1b	5	½ box	1 qt.	To sweeten	-	-	Moulds	Not specified	Beaten with yolk

	Eggs	Gelatine	Milk	Sugar	Flavour	Other	Container	Custard Heating	Egg white addition
1896.1	3	3/4 oz.	1½ pts	1 bfastcp.	Vanilla	Water		Boil before yolk addition	Cooled
1896.2	6	1 oz.	3 pts.	8 tbsp.	Lemon or Vanilla	-	-	Simmer	Immediate
1897.2a	6		1 pt.milk or cream	To taste	Lemon or Vanilla	Water, Wine	Form	Boil before yolk addition	Not added
1898.1	4	½ oz.	1 qt.	6 tbsp.	To taste		Moulds	Boil	Immediate
1898.2	4	1 oz. isinglass	1 qt.	not specified	To taste	-	Mould	Boil	Immediate
1899.2	3	½ box	1 pt.	5 tbsp.	-	-	Moulds	Thicken	Immediate
1901.1	5	1 oz.	1 qt.	¼ lb.	Vanilla, Lemon or coffee	-	mould	Nearly to boiling point.	Cool.
1901.2	3	½ oz.	1½ pt.	4 tbsp.	Vanilla	canned pineapple if liked.	mould	Thicken	Immediate.
1902.1	3	½ oz.	1 ½ pt.	2 tbsp.	Vanilla or Lemon	-	-	Boil before yolk addition	Immediate.
1902.5	3	1 oz.	2 pt.	taste (white and brown)	Vanilla			Boil before yolk addition	Immediate
1902.6	3	½ box	1 qt.	1 cup	Vanilla or Lemon	-	dish or mould	Thicken	Not added

	Eggs	Gelatine	Milk	Sugar	Flavour	Other	Container	Custard Heating	Egg white addition
1903.1a	4	1 oz.	5 bk. cup	4 tbsp.	Vanilla	-	Mould	Boil before yolk addition	Immediate
1903.1b	2-3	½ oz.	1 ½ pt.	To taste	To taste	-	Mould	To thicken	Immediate
1904.1a	1	¼ oz.	½ pt	1 oz.	Vanilla	-	Moulds	Boil	Immediate
1905.2a	-	2 oz.	1 pt.	½ lb.	Lemon	-	-	-	-
1905.2b	3	10 secheets	1 qt.	1 tbsp.	Lemon	-	Mould	Boil	When on the boil
1905.3b	3	½ oz.	1 ½ pt.	2 tbsp.	Vanilla or Lemon	Banana and pineapple	Mould	To thicken	Immediate
1905.4a	5	1 oz.	1 qt.	¼ lb.	Vanilla	Butter	Mould	Boil	Immediate
1906.2	3	1 oz.	1 ½ pt.	3 tbsp.	Vanilla or Lemon	Pineapple	Mould	To thicken	Immediate
1907.1	4	½ box	1 qt.	½ lb.	“Flavour”	-	Mould	To thicken	Immediate
1907.2b	3	1 packet	3 cups	2 tbsp.	Vanilla	-	Mould	Boil	Immediate
1907.3	3	1 oz.	-	4 tbsp.	Vanilla or Lemon	Water	Mould	Till thickens	Not added
1907.4b	3	1 oz.	1 qt.	-	Vanilla or Lemon	Water	Glasses	Do not boil	Cool
1909.2	3	½ oz.	1 ½ pts.	4 tbsp.	Lemon and Vanilla	-	Mould	Till thickens	Immediate

	Eggs	Gelatine	Milk	Sugar	Flavour	Other	Container	Custard Heating	Egg white addition
1909.3a	3	½ oz.	1 ½ pts.	4 tbsp.	Lemon or Vanilla		Mould	Simmer	Immediate
1909.3b	3	1 oz.	1 ½ pts.	4 tbsp	“Flavoured”		Mould	Till thickens	Immediate
1909.4	2	8 leaf gelatine	1 pt.	2 tbsp.	-	-	Small moulds	Boil	Immediate
1910.1	3	½ oz.	1 ½ pts.	3 tbsp.	Vanilla	-	Mould	Not boiling	Immediate
1912.2a	5	1 oz.	2 cups	8 tbsp	Vanilla	-	Mould	To thicken	Immediate
1912.2b	3	½ oz.	1 cup	4 tbsp.	Vanilla	-	-	Till thickens	Immediate
1913.1a	3	1 oz.	1 ½ pts.	3 tbsp	Vanilla or Lemon	-	Mould	Until thickens	Immediate
1913.1b	3	½ oz.	1 ½ pts.	4 tbsp.	“Flavour”	-	Mould	Remove from fire	Immediate
1913.2a	3	1 oz.	1 ½ pts.	3 tbsp.	Lemon	-	Basin	Do not boil	Immediate
1913.2b	3	½ oz.	1 ½ pts.	4 tbsp.	Vanilla	-	-	Simmer 10mins	Not added
1913.2c	2	½ pckt. or 1 oz.	1 pt.	to taste	Lemon	-	Mould	Added to boiling milk, then removed	Immediate
1914.2	5	1 oz.	1 qt. milk	2 tbsp	cinnamon Lemon	Water Pineapple	Mould	Thicken without boiling	Cool
1914.3a	5	1 oz. pkt.	1 qt.	4 tbsp.	Vanilla	-	Mould	Until consistency of custard	Immediate
1914.3b	2	¼ oz.	½ cup	-	Vanilla	Saccharin	Basin	Until thickens	Cool slightly
1914.4	4	2 oz.	1 qt.	1 cup	Essence to taste	-	Mould	Till boiling	Immediate

	Eggs	Gelatine	Milk	Sugar	Flavour	Other	Container	Custard Heating	Egg white addition
1915.2a	3	10 sheets	1 qt.	1 tbsp.	Lemon	-	mould	boil	Immediate and then boil 5 mins
1915.2b	4	1 oz.	1 qt.	1 cup	Essence to taste	-	Mould	Added to boiling milk	Immediate
1915.2c	3	1 oz.	3 cups	½ cup	“Flavouring”	-	Mould	Boil	Immediate
1915.3a	3	½ oz.	1 ½ pts.	½ tea cup	-	-	Mould	Boil	Immediate
1916.3	2	1 oz.	3 bk. cups	1 bk. cup	Bay leaves, Lemon or Vanilla	-	Shape	Till thickens	Immediate
1918.1a	2	½ oz. sheet	3 cups	4 tbsp.	“Flavouring”	-	Mould	Make a custard	Immediate
1918.1b	3	1 oz.	3 cups	not spec	“Flavouring”	-	Mould	Make a custard	Immediate
1918.2a	-	1 oz.	½ pt. cream ½ pt. milk	4 oz.	Rind lemon	Lemon juice	Mould	Must not boil	No egg
1920.1	2	1 oz.	3 cups	1 small cup	Bay leaves, Lemon or Vanilla			Till thickens	Immediate
1920.3	4	2 oz.	1 qt.	1 cup	Vanilla	-	Pretty mould	Boil	Immediate
1922.2	3	½ oz.	1 ½ pts.	4 tbsp.	Vanilla or Lemon	Pineapple	Mould	Till thickens	Immediate

	Eggs	Gelatine	Milk	Sugar	Flavour	Other	Container	Custard Heating	Egg white addition
1923.2	3	½ oz.	1 pt.	1 cup	Lemon juice	-	Mould	Boil	When nearly cold
1923.3	2	3 ½ sheets	1 pt.	½ cup	Vanilla		Mould	Boiling milk added to yolks	Immediate
1924.1	2	2 dsp.	2 cups	2 dsp.	Vanilla	-	Mould	Till nearly boiling	Allow to cool
c1924.2a	3	½ oz.	1 pt.	2 oz.	Vanilla	-	Mould	Till it curdles	Immediate
1924.6	2	1 oz.	2 cups	1 cup	Flavouring	-	Mould	Till all is well mixed	Immediate
1927.1a	2	6 sheets	1 pt.	1 small cup	Flavouring	-	Mould	boil	Immediate
1927.2	2	½ oz.	1 pt.	2 oz.	Flavouring	Preserved ginger	Mould	Thicken like custard	Immediate
1928.2a	3	1 oz.	1 qt.	3 tbsp.	Vanilla	-	Mould	Nearly boiling point	Immediate
1928.2b	3	½ oz.	1 pt.	to taste	Vanilla	-	Mould	Add when still hot	When a little cooler
1928.4	3	2 oz.	1 qt.	1 cup	To taste		Mould	Boil	Immediate
c1928.5a	2	2 dsp.	2 cup	2 dsp.	Vanilla			Nearly boiling	When cold and partly set
1929.1	5	1 oz.	1 qt.	½ bk. cup	"Any essence"	Butter	Mould	Do not boil	Immediate
1929.2	3	1 ½ tbsp.	1 pt.	3 tbsp	Vanilla	Water	Mould	Until thickens	Immediate
c1930.1	1	¼ oz.	½ pt.	1 dsp.	Vanilla	-	Mould	Do not boil	Not added

Spanish Cream

A compilation of recipes (1658–1930)

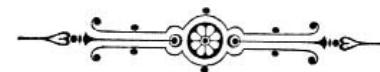
Duncan Galletly

The following is compilation of recipes for "Spanish Cream" between 1658 and 1930. Recipes printed before 1875 are taken either from cookery books in the author's personal collection, or from searchable, web-based, digital book transcripts and facsimiles, and international newspaper archives. Recipes after 1875 are taken solely from New Zealand sources, either books in the author's collection, or from the National Library newspaper archive (*Paperspast*). [Note: Although care was taken to check transcriptions, minor OCR/digitisation errors may remain.]

The pre-1875 recipes primarily come from British cookery books, although some also come from North American sources. Some historically relevant dishes with alternative names are included in the pre-1875 section, and all found recipes for a Spanish Cream with an alternative name are included in the post-1875 section. For early recipes, I have included some duplication of recipes between different authors, both to show the common and accepted practice of plagiarism, and how authors may make minor alterations to a recipe's wording.

The listing is not exhaustive and there are undoubtedly many other recipes from sources that were not available, or could not be found from the electronic search. I believe, however, that the list is a representative sampling of pre-1875 international recipes, and a large proportion of recipes published in New Zealand prior to 1930.

Each recipe is preceded by the printed source, as well as a code number, incorporating the year of publication.



International Spanish Cream and Associated recipes (1658-1875).

1658.1 *The Compleat Cook*. Printed by E.B. for Nath. Brook. London.

a) *Spanish Cream*. Put hot water in a bucket and go with it to the Milking, then poure out the water, and instantly milke into it, and presently strain it into milk-Pans of an ordinary fulnesse, but not after an ordinary way for you must set your pan on the ground and stand on a stool, and pour it forth that it may rise in bubbles with fall; this on the morrow will be a very tough cream, which you must take off with your skimmer, and lay it on the dish, laying upon laying; and if you please strew some sugar between them.

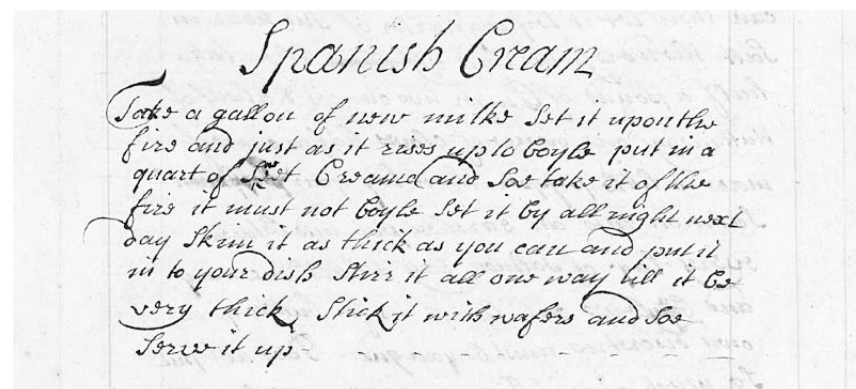
b) *To Make Clouted Cream*. Take foure quarts of milke, one of cream, six spoonfuls of rose-water, put these together in a great earthen milk-pan, and set it upon a fire of charcoale well kindled, you must be sure the fire be not too hot; then let it stand a day and a night; and when you go to take it off, loose the edge of your Cream around about with a knife, then take your board, and lay the edges that is left beside the board, cut into many pieces, and put them into the dish first, and scrape some fine sugar upon them, then take your board and take off your cream as clean from the milk as you can, and lay it upon your dish, and if your dish be little, there will be some left, the which you may put into what fashion you please, and scrape good store of sugar upon it.

1669.1 *The Closet of Sir Kenelm Digby, Knight, Opened*. Printed for E.C. for H Brome. London.

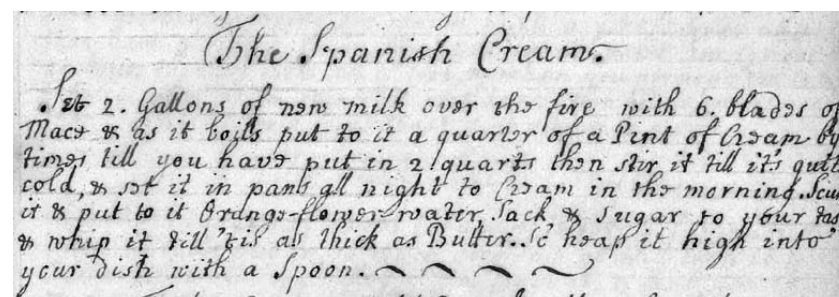
An excellent Spanish Cream. Take two quarts (you must not exceed this proportion in one vessel) of perfectly Sweet-cream, that hath not been jogged with carriage; and in a Possnet set it upon a clear lighted Char-coal-fire, not too hot. When it beginneth to boil, cast into it a piece of double refined hard Sugar about as much as two Walnuts, and with a spoon stir the Cream all one way. After two or three rounds, you will perceive a thick Cream rise at the top. Scum it off with your spoon, and lay it in another dish. And always stir it the same way, and more Cream will rise; which as it doth rise, you put it into your dish, one lare upon an other. And thus almost all the Cream will turn into this thick Cream, to within two or three spoonfuls. If you would have it sweeter, you may strew some Sugar upon the top of it. You must be careful not to have the heat too much; for then it will turn to oyl; as also if the Cream have been carried. If you would have it warm, set the dish you lay it in, upon a Chafing-dish of Coals.

Late 17th / early 18th century manuscript recipes for Spanish Cream.

The following illustrations are of Spanish Cream recipes from three manuscript recipe books. (a) and (b) are from the late 17th century, and (c) from somewhere between the late 17th and mid 18th century. Each follows a generally similar process: new milk is boiled and at boiling point, cream is added. Manuscripts (b) and (c) then specify that the mixture is stirred till cool, or cold. It is then left overnight (a and b), or for 48 hours (c) in a cool place. The liquid is then skimmed and the removed top layer is then stirred or whipped (all one way) until thick. It is then heaped onto a platter. Recipe (a) is "stuck with wafers" but



a) Manuscript recipe for Spanish Cream. Late 17th C: *A book of receits*. Courtesy Wellcome Library.



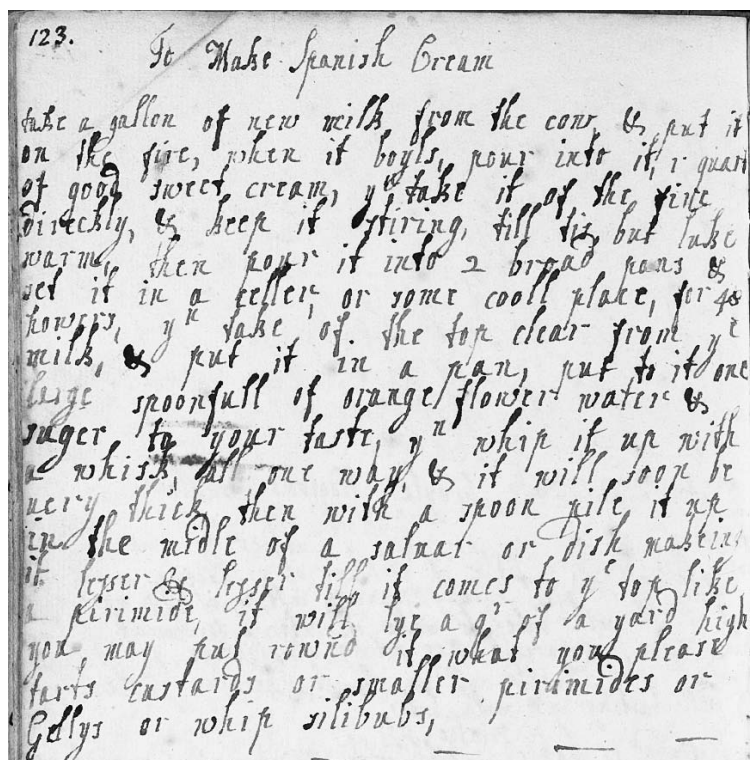
b) Manuscript recipe for Spanish Cream. Late 17th C: *Family receipts*. Courtesy Wellcome Library.

is unsweetened and not flavoured, recipe (b) is flavoured with mace and again unsweetened, and (c) is flavoured with orange-flower water and sweetened to taste.

These three manuscript recipes bear similarities to those of Kenelm Digby [1669.1] and several of the recipes that follow [*Quick Cream*, 1725.1; *Clouted Cream*, 1739.1; *Spanish Cream*, 1760.1a and *Lady Hunck's Spanish Cream*, 1760b].

1725.1 *Court Cookery: or the Compleat English Cook*. (2nd edition) R. Smith. London.

To make quick cream. Take three quarts of milk from the cow, and set it to boil; when it begins to rise, take it from the fire, and let it stand a little; take the cream from the top of it, and set it into a plate; put your skillet again on the fire, and continue to do as before, till the plate is full of cream; put to it some rose or orange-flower water, and powder it with double-refind sugar, and then serve it.



c) Manuscript recipe for Spanish Cream. Late 17th – mid 18th century. Heppington Receipts (vol 3). Courtesy Wellcome Library.

1739.1 *The House-Keeper's Pocket Book and Complete Family Cook*. (2nd edition) Sarah Harrison. London.

Clouted Cream. To every quart of cream take a gallon of new milk, set it on your fire with mace and nutmeg, and when it boils put in your cream; then take it presently off the fire, only giving it one stir, and strain it into broad milk pans; stir it till it be a little cold, and so let it stand till next morning; then take it off, and lay it on a dish, with sugar between every layer. If you please you may beat part of it with a little rose-water, and lay a layer of it, and another of unbeaten clouts, with sugar between. This clouted cream beaten with a spoon till it is thick and light, makes rare *Spanish Cream*; but it must be done with a little rose-water and sugar.

1760.1 *The House-keeper's Pocket Book and Complete Family Cook*. (7th edition) Sarah Harrison. London.

a) *Spanish Cream*. Take a quart of cream, and as much, or more new milk; set them together

on the fire, and let it boil a good while, stirring it continually, lest it skin at the top. When you think it has boiled enough, pour it into an earthen pan, and stir it continually for two hours leisurely, till it cools; then pour it into earthen pans, and the next morning take off the cream, put it into a dish, and stir it softly all one way till it comes to butter; that done, lay it high in your dish or plate, having before, or at the latter end of your stirring, season'd it with sugar, a little orange flower water, and amber, if you please.

b) *Lady Hunck's Spanish Cream*. Scald your milk from the cow, and set it in earthen pans; take off your cream without milk, and churn it in a glass churn, or beat it with a spoon till it comes near to butter; then lay it on a dish, and scrape on sugar.

1766.1 *The Complete Housewife*. (17th edition) E. Smith. London.

a) *To make Spanish pap*. Take some cream, boil a blade of mace in it, and when it has boiled four or five walms, take your mace out, and searce in as much flour of rice as will make it pretty thick, stirring it all the while; then make it boil, and never cease stirring till you think it is enough; then sweeten it with sugar to your taste, put it into dishes, and eat it cold. You may put in two or three yolks of eggs, and a little rose-water and saffron.

b) *Lady Hunck's Spanish Cream*. Scald your milk from the cow, and set it in earthen pans; take off your cream without milk, and churn it in a glass churn, or beat it with a spoon till it comes near to butter; then lay it on a dish, and scrape on sugar.

1769.1 *The Experienced English House-keeper*. Elizabeth Raffald. Manchester.

Spanish Cream. Dissolve in a quarter of a pint of rose-water, three quarters of an ounce of isinglass cut small, run it through a hair sieve, add to it the yolks of three eggs, beat and mixed with half a pint of cream, two sorrel leaves, and sugar to your taste, dip the dish in cold water before you put in the cream, then cut it out with a jiggling iron, and lay it in rings round different coloured sweet-meats.

1774.1 *The Lady's Magazine or Entertaining Companion for the Fair Sex, Volume 5*. Baldwin, Cradock & Joy. London.

Spanish Cream. Take an ounce of isinglass cut small, dissolve it in half a pint of rose-water, run it through a hair sieve, add to it the yolks of four eggs, beat and mixed with three quarters of a pint of cream, two sorrel leaves and sugar to your taste; dip the dish in cold water, before you put in the cream, then cut it out into what forms you please, and serve it up.

1777.1 *The Lady's Assistant*. (3rd edition) Charlotte Mason. London.

Spanish Cream. Take three spoonfuls of flour of rice, sifted very fine, the yolks of three eggs, three spoonfuls of water, two of orange-flower water; mix them well together; then put to them one pint of cream, then set it upon a good fire, stirring it till of a proper thickness, and pour it into cups.

1789.1 *Cookery and Pastry, as Taught and Practised by Mrs MacIver.* (New Edition) Susanna MacIver. London.

To make Clouted Cream. Take four pints of new milk; set it on a clear fire, and stir it now and then; whenever it comes a boil take it off, and put it into broad dishes to cool; stir it about in the dishes for some time after it is turned out of the pan; set it in a cool place, and let it stand twenty four hours; then scum off the clouts with a skimmer, and lay it on the dish; put sweet cream about it, and strew cinnamon and sugar over it. *Spanish cream* is made of the brats thus: Take the brats, and beat them well in a bowl with a spoon, with some fine sugar and a little rose-water; it must be beat until it is very thick. You may dish it with some sweet cream about it. If you have plenty of brats, you may lay a row of them and a row of the Spanish Cream time about.

1791.1 *The Practice of Cookery, Pastry, Pickling, Preserving, &c.* Mrs Frazer. Edinburgh.

To make Clouted Cream. Take four pints of new milk, set it on a clear fire, and stir it now and then; when it comes to the boil take it off, and put it into broad dishes to cool; stir it about in the dishes for some time after it is turned out of the pan; set it in a cool place, and let it stand twenty four hours; then scum off the clouts with a skimmer, and lay them on a dish; put sweet cream about them, and strew cinnamon and sugar over them. *Spanish cream* is made of the brats thus: Take the brats, and beat them well in a bowl with a spoon, with some fine sugar and a little rose-water, until they are very thick. You may dish it with some sweet cream about it. If you have plenty of brats, you may lay a row of them and a row of the Spanish Cream time about.

1796.1 *Every Woman Her Own House-Keeper or, the Ladies' Library.* (4th edition). London.

Spanish Cream. Take an ounce of isinglass, cut small, dissolve it in half a pint of rose-water, run it through a hair sieve, add to it the yolks of four eggs, beat and mixed with three quarters of a pint of cream, two sorrel leaves, and sugar to your taste; dip the dish in cold water before you put in the cream, then cut it out into what form you please, and serve it up.

1797.1 *The Universal Cook and City and Country Housekeeper.* (2nd Edition) Francis Collingwood and John Woollams. London.

Spanish Cream. Take three spoonfuls of flour of rice sifted very fine, the yolks of three eggs, three spoonfuls of water, two of orange-flower water, and mix them well together. Put to them one pint of cream, and set it upon a good fire, stirring it till it be of a proper thickness. Then pour it into cups.

1797.2 *The Accomplished Housekeeper, and Universal Cook.* T. Williams. London.

Take three spoonfuls of flour of rice sifted very fine, the yolks of three eggs, three spoonfuls of water, two of orange-flower water, and mix them well together. Put to them one pint of cream, and set it upon a good fire, stirring it till it be of a proper thickness. Then pour it into cups.

1800.1 *The London Art of Cookery, and Housekeeper's Complete Assistant.* (Ninth Edition) John Farley. London.

Spanish Cream. Take a quarter of a pint of rose-water, and dissolve it in three quarters of an ounce of isinglass cut small. Run it through a hair sieve, and add to it the yolks of three eggs, beaten and mixed with half a pint of cream, two sorrel leaves, and sugar to your taste. Dip the dish in cold water before you put in the cream, then cut it out with a jiggling iron, and lay it in rings round differently coloured sweetmeats.

1800.2 *The Complete Confectioner; or Housekeeper's Guide.* Mrs H. Glasse, with considerable additions and corrections by Maria Wilson. London.

Spanish Cream. To make Spanish Cream. Take three spoonfuls of flour of rice seered very fine, the yolks of three eggs, three spoonfuls of fair water, two spoonfuls of orange flour water, and mix them well together; then put to it one pint of cream, set it on a good fire, keep it stirring till it is of the proper thickness, and then pour it into your cups.

1810.1 *The Housekeeper's Instructor or Universal Family Cook.* (16th edition) W. A. Henderson. London

Spanish Cream. Take three spoonsful of flour of rice sifted very fine, the yolks of three eggs, three spoonsful of water, and two of orange flower water. Then put to them one pint of cream, and set it upon a good fire; keep stirring it till it is of a proper thickness, and then pour it into cups.

1813.1 *The Young Woman's Companion or Frugal Housewife.* Manchester.

Spanish Cream. Take three spoonsfuls of flour of rice sifted very fine, the yolks of three eggs, three spoonsfuls of water, and two of orange flower water. Then put to them one pint of cream, and set it upon a good fire; keep stirring it till it is of a proper thickness, and then pour it into cups.

1823.1 *American Domestic Cookery, Formed on Principles of Economy, for the Use of Private Families.* [Maria Eliza Ketelby Rundell.] New York.

Spanish Cream. Beat the yolks of eight eggs with a wooden spoon or a whisk, sweeten them a good deal, and put to them a stick of cinnamon, a pint of rich cream, three quarters of a pint of spinach-juice, set it over a gentle stove, and stir it one way constantly till it is as thick as a hasty pudding. Put into a custard-dish some Napier biscuits, or preserved orange, in long slices, and pour the mixture over them. It is to be eaten cold, and in a dish either for supper or a second course.

1830. 1 *The Practice of Cookery adapted to the business of every day life.* Mrs Dalgairns. (3rd edition) Robert Cadell. Edinburgh.

Spanish Cream. Boil, in half a pint of water, half an ounce of isinglass, till dissolved; strain, and mix it with a quart of cream or good milk; if cream, not so much isinglass; stir it over

the fire till it comes to a boil; when a little cooled, add gradually the beaten yolks of six eggs, and a glass of white wine. Pour it into a deep dish, sweeten with pounded loaf sugar, stir it till cold, and then put it into a shape.

1837.1 *The Female's Friend and General Domestic Adviser*. R. Huish. Paternoster Row, London.

Spanish Cream (to make). Dissolve in a quarter of a pint of rose-water, three quarters of an ounce of isinglass cut small; run it through a hair sieve; add to it the yolks of three eggs, beat and mixed with half a pint of cream, two sorrel leaves, and sugar to your taste; dip the dish in cold water, before you put in the cream; then cut it out with a jiggling iron, and lay it in rings round different coloured sweetmeats.

1838.1 *The Housekeeper's Guide or A Plain & Practical System of Domestic Cookery*. Esther Copley. London.

Spanish Cream. To a quart of cream, add one ounce of isinglass, six bay leaves, and six bitter almonds, blanched, and half a pound of loaf sugar; simmer it till the isinglass is dissolved; add three yolks of eggs well beaten; stir it till it is about the thickness of a custard, then pour it into a mould dipped in cold water; when quite cold, turn it out; send it to table garnished with sugar plums or flowers. This quantity will fill two large moulds.

1840.1 *The Practice of Cookery Adapted to the Business of Every-day Life*. Mrs Dalgairns. London and Glasgow.

a) *Spanish Cream*. Boil, in half a pint of water, one ounce of isinglass, till dissolved; strain, and mix it with a quart of cream or good milk – if cream, not so much isinglass; stir it over the fire till it comes to a boil; when a little cooled, add gradually the beaten yolks of six eggs, and a glass of white wine. Pour it into a deep dish, sweeten with pounded loaf sugar, stir it till cold, and then put it into a shape. Or, in lieu of the glass of wine, rub a lump of sugar upon the peel of a lemon to extract the flavour, and add it to the cream.

b) *Honeycomb Cream*. Mix, in a glass or china dish, the strained juice of three lemons with half a pound of pounded and sifted loaf sugar. Put about a quart of good cream into a tea-pot, place the dish upon the floor, and pour the cream very slowly over the sugar and lemon juice, holding the tea-pot as high as possible, so as to froth the cream. At table it should be well stirred before it is helped.

1842.1 *Domestic Dictionary and Housekeeper's Manual*. Gibbons Merle. London

Spanish Cream. Boil two ounces of isinglass in a pint of water till quite dissolved, and mix it with two quarts of good milk; stir it over the fire till it begins to boil, then let it cool a little, and add gradually the yolks of twelve eggs, well beaten, a large glass of white wine, and a little ratafia; pour it out into a dish, sweeten to taste, and when cold put it into shapes.

1864.1 *The Practical Cook Book*. Mrs H. M. Robinson. New York, USA.

Spanish Cream. Dissolve an ounce of isinglass in a pint of warm water. Strain it, add a quart of cream, and heat until scalded. When cool, add the yolks of six eggs, and a wine-glass of wine. Mould and serve with sweetened cream.

1864. 2 *The English and Australian Cookery Book*. E. Abbott. London.

Spanish Cream. Boil in half a pint of water an ounce of isinglass till dissolved; strain and mix with it a quart of cream or good milk; if cream, do not use so much isinglass; stir it over the fire till it comes to the boil; when a little cooled, add gradually the beaten yolks of six eggs and a glass of white wine. Pour it into a deep dish, sweeten with loaf sugar, stir it till cold, and then put it into a shape. In lieu of the wine, it may be flavoured with the peel of a lemon. [Abbott's Spanish Cream is almost identical to Mrs Dalgairns' recipe in 1840.1a]

1871. 1 *The New Dominion Monthly for 1871*. Montreal, Canada.

Spanish cream. Place over the fire in a perfectly clean saucepan three pints of milk; in it put one ounce of Cox's gelatine, and let it boil slowly until dissolved; add three-quarters of a pound of best white sugar; take it from the fire, and add six beaten eggs, stirring all the time, and adding the eggs slowly. Put it on the stove again, and let it thicken, all the time stirring; add flavoring to suit; let it cool a little; give one good beat, and pour it into moulds. There should be a little milk put into the mould, rinse it round, and then pour it out; it keeps the "cream" from adhering and losing its form.

1873.1 *Presbyterian Cook Book*. Ohio, USA.

Spanish cream (Miss Drusie Harris). One box of gelatine soaked in a large cup of milk or water; one quart of milk boiled and poured into it; then beat the yolks of eight eggs, and add to the gelatine, with one and a half cups of sugar. Let it thicken as for custard. Beat the whites of the eggs in a dish, and pour in the custard; mix well; flavor with lemon or vanilla; and let cool in the mould.

New Zealand published, Spanish Cream recipes (1875-1930).

1875.1 *Otago Witness*, 24 April.

Spanish Cream. Take three spoonfuls of flour or [of] rice, sifted very fine, the yolks of three eggs, three spoonfuls of water, two of orange-flower water; mix them well together; then put to them one pint of cream, then set it upon a good fire, stirring it till of a proper thickness, and pour it into cups. [Previously printed in – *The Lady's Assistant for regulating and supplying her table*. 1787 (6th edition). Charlotte Mason. London.]

1881.1 *Otago Witness*, 26 February.

Spanish Cream. One and a-half pints of milk poured on ½ oz. of gelatine, to soak one hour, three eggs and four tablespoonfuls sugar; beat sugar and yolks together and pour in boiling

milk; let it boil one minute, then pour this mixture on whites of the eggs which have been previously well beaten and placed in the mould. Flavour with vanilla. Serve cold with cream. This is a very elegant dessert, or dish for the tea table. [Previously printed in *Intelligencer-Echo* (Austin, Texas), Vol. 1, No. 6, Ed. 1, Monday, November 23, 1874]

1882.1 *Tuapeka Times*, 12 August.

Angel's Food. Angel's Food (the custard and not the cake) is made in this proportion: Dissolve one box and a half of gelatine in one quart of milk. Add the well-beaten yolk of three eggs, one cup of sugar, the juice of one lemon. Let all just come to a boil. Then take it from the stove, and when it is nearly cold stir in the whites of the eggs, which you have beaten to a stiff froth, then flavor it with vanilla. Turn in a mould to cool. This is a delicacy suitable for dessert or for tea. [Previously printed in *The Syracuse Herald*, April 23rd 1882]

1882.1 *Waikato Times*, 23 September. [*Angel's Food*. Reprint of 1882.1]

1883.1 *Otago Witness*, 25 August. [*Angel's Food*. Reprint of 1882.1]

1884.1 *Otago Witness*, 22 November.

Spanish Cream. Put an ounce of gelatine in three pints of rich milk; dissolve on the fire, stirring all the time. Add three-quarters of a pound of sifted sugar, remove from the fire, beat six eggs very light and add slowly to the mixture, put back on the fire stirring until it thickens, flavour with vanilla, beating until cool; wet a mould with milk drain well, pour in the cream, set in ice. Divide recipe if too large. [Previously printed in *Cookery from Experience* by Sara T Paul, 1875, Porter and Coates. USA]

1886.1 *Observer*, 16 January.

Spanish Cream. Beat the yolks of three eggs with a cupful of powdered sugar, beat half oz. of isinglass in three pints of milk. When it is dissolved, and the milk is at the boiling point, stir them slowly into the yolks, boil once more, and then stir in the frothed whites, pour into moulds, and set away to cool. [Recipe appeared earlier in an American newspaper, *The Carroll Herald*, February 1, 1882. However the original “beat half an ounce of isinglass in three pints of milk” has been altered to “beat half oz. of isinglass in three pints of milk.”]

1887.1 *Dainties, or How to Please our Lords and Masters.* Mrs Murdoch. Napier.

a) *Spanish Cream.* Take half a pint of white wine, as much water, the juice and peel of a lemon, and the yolks of four eggs. Stir all together over the fire till it thickens but not boils, sweeten to taste. Strain into a glass dish.

b) *Chocolate Cream.* Scald a quart of milk in a saucepan, soak half a ounce of gelatine in a cup of cold milk and add it with a cup of white sugar to the milk in the saucepan, when dissolved, strain it. Mix four tablespoonsful of grated chocolate, with a little cold water and add to the milk. Stir thoroughly, put it back into the saucepan, and when hot, add gradually the beaten yolks of two eggs. Boil very gently for three or four minutes, no longer, lest the

eggs should curdle. Pour it into a large basin to cool. When it begins to thicken, whip in gradually the well-beaten whites of two eggs, and a little vanilla flavoring, and last of all beat in a pint of whipped cream. Dip a mould in cold water and put in the mixture. Coffee cream can be made the same way, omitting the yolks of the eggs, and dissolving the gelatine soaked in a cup of milk, in a large cup of strong black coffee instead of a quart of milk.

c) *Whipped Custard.* Boil a pint of new milk, and stir into the yolks of two eggs beaten up with two ounces of white sugar. Put it back into the saucepan and stir till it thickens, but not to boil. Soak half an ounce of gelatine in cold water for an hour, then add a little boiling water, and stir till it is melted; mix it with the custard, and put it by to cool. Flavour with any essence. When it begins to thicken whisk it with an egg beater or whisk, and add by degrees the white of an egg, which has been beaten to a stiff froth. Beat quickly until quite like a sponge, and then put into a mould. Dip in hot water before turning out.

1888.1 *Otago Witness*, 21 September.

Spanish Cream. Make a custard of the yolks of three eggs, one cup of sugar, and one quart of milk. Dissolve a quarter of a box of gelatine in half a cup of milk. When cold, stir in wineglass of wine, a teaspoonful of flour, and Burnett's extract of vanilla; add to the custard. Put all in a deep dish whip the whites of the eggs and half a cup of sugar to a stiff froth, and drop on the top in spots. Place it on [sic] the oven till a light brown, and serve cold.

1888.2 *Otago Witness*, 28 September.

Spanish Cream. Half an ounce of gelatine, one and a half pints milk, two eggs, and four tablespoonfuls sugar. Soak gelatine in milk one hour and let it come to the boil, beat yolks of eggs with sugar, and stir in until it thickens like custard. Take it off the fire and pour in white of eggs previously beaten to a stiff froth; flavour with lemon or vanilla, and pour into mould; turn out when cold.

1888.3 *Otago Witness*, 22 November. [*Spanish Cream*. Reprint of 1884.1]

1889.1 *Tuapeka Times*, 29 June.

Spanish Cream. One and one-half pints of sweet milk, one half box of gelatine, three eggs, four tablespoons of sugar, one tablespoonful of lemon flavoring. Mix the milk, gelatine (which has been dissolved in a cup of hot water) and yolks of the eggs together, stirring constantly until they come to a boil; then add the remainder of the ingredients and stir briskly for a few moments; pour into moulds, which have previously been wet with cold water and set away to cool. [Previously printed in *The Horsham Times*, 7 June 1889 – Victoria]

1889.2 *Observer*, 16 November.

Spanish Cream. One pint of milk, one tablespoonful of gelatine, scald the milk and add the gelatine. After it has dissolved, add the yolks of three eggs and three-quarters of a cup of sugar. When taken from the fire, add the whites of the eggs beaten to a froth, pour into a mould.

1889.3 Otago Witness, 27 June.

Chocolate Cream. Take ½ oz. Nelson's gelatine, put it into a basin, and just cover with cold milk, let it stand for two or three hours. Boil half a pint of cream and half a pint of milk, pour it in quite hot over the gelatine, stir till it dissolves. Scrape 2 oz. chocolate from a cake of it, put it with 1 oz. loaf sugar into a pan, add the cream, &c, by degrees, mixing in the chocolate quite smoothly, stir over the fire till it thickens a little, take it off, leave to cool, then add the whites of two eggs beaten to a froth, continue to whisk until it begins to get stiff, then put it into a mould that has been standing in cold water.

1890.1 Clutha Leader, 4 April.

Russian Cream. Boil an ounce of gelatine in three pints of rich milk add the beaten yolks of five eggs and ½ lb. of sugar, mix and let cool, strain and set on ice. When it begins to congeal beat in the whites of the eggs. Flavor with extract of orange.

1891.1 Cookery Book – Lessons given at the Dunedin Exhibition and under the auspices of the Technical Classes Association. (2nd edition). Dunedin.

Soak ½ oz. gelatine in 1½ pints of milk for one hour; put in a pan and let come to boil, stirring all the time; beat up yolks of 3 eggs with 4 tablespoons sugar, add to milk, and stir until it thickens. Take off the fire, add the whites beaten very stiff, and flavour with ½ a teaspoon vanilla or lemon. Pour into a mould previously wetted with cold water. Pieces of tinned pine apple can be added if liked. Turn out next day as a jelly.

1892.1 The Home Cook Book. Compiled by Ladies of Toronto and chief cities and towns in Canada. (90th edition). Toronto and Wellington.

Spanish Cream. Boil one ounce of gelatine in one pint of new milk until dissolved; add four eggs well beaten and half a pound of sugar; stir it over the fire until the eggs thicken; take it off the fire and add a full wine glass of peach water; and when cool pour it into moulds; serve with cream.

1894.1 Bay Of Plenty Times, 24 August.

a) *Russian Cream.* Four eggs, one cup of sugar, one quart of milk, one half box of gelatine dissolved in one half pint of water; beat the yolk of the eggs and sugar together and cook with milk like custard; take this from the stove and add the well beaten white of egg, stirring rapidly for a few minutes, then add the gelatine, and a teaspoonful of some flavoring extract; pour into a pretty shaped dish to harden. When ready to serve, turn out on a plate and cut in blocks. Make this the day before you use it. It is improved by serving with sweetened cream sauce.

b) *Spanish cream.* Take half a box of gelatine, cover with water, and let stand about half an hour. Take one quart of milk and let it boil up once or twice. Beat five eggs very light and add sufficient sugar to sweeten them, and milk together. Add the melted gelatine to the boiling milk, and when perfectly dissolved pour it upon the sugar and eggs. Return it to the

fire for a few minutes, stirring all the time. Season with vanilla and pour into moulds. Serve with cream. [Identical to *Warragul Guardian and Buln Buln and Narracan Shire Advocate*. Friday, 6 January, 1888.]

1894.2 Tuapeka Times, 6 October. [*Spanish Cream*. Reprint of 1894.1]

1896.1 Bruce Herald, 3 March.

Spanish Cream. Take three-quarters of an ounce of gelatine, and let it soak for an hour in half a pint of cold water. Put one and a-half pints of cold milk in a saucepan, and bring it nearly to the boil. Beat up the yolks of three eggs with a breakfastcupful of castor sugar and a teaspoonful of vanilla essence. When the yolks and sugar are well beaten, whisk up the whites of the eggs, and dissolve the gelatine into the cooled milk and eggs, beating all the while; then add the beaten whites of eggs, and beat till the mixture begins to set. Line a wetted mould with chopped almonds, pour the cream in, and put aside to cool. To serve turn out when quite set.

1896.2 Otago Witness, 3 December.

Spanish Cream. Gelatine 1 oz., three pints of milk, six eggs, eight tablespoonfuls of sugar. Soak the gelatine one hour in the milk, then let it come to a boil; beat the yolk of the eggs with the sugar, and stir in; let it simmer, take off the fire, and pour over it the whites of the egg beaten to a froth; flavour with lemon or vanilla extract to taste.

1897.1 Clutha Leader, 22 October.

Honeycomb Shape. Half small packet gelatine, 1 breakfast cup milk, ½ breakfast cup loaf sugar, ¼ teaspoonful vanilla or squeeze of lemon, 3 eggs. Dissolve gelatine in milk and with sugar in a saucepan, stirring well, but don't let it boil. Beat up yolks of eggs pour contents of saucepan into the yolks, return to pan, and stir over the fire till it thickens, but do not strain. Add the well-beaten whites when off the fire, also the flavoring. Pour into mould, and let cool.

1897.2 Cyclopaedia of Valuable Receipts. Henry B Scammell. Planet Publishing (St Louis) and Wm. Gribble (Auckland).

a) *Spanish Cream.* Boil in ½ pt. water ½ oz. isinglass until dissolved; strain; mix with it 1 pt. cream or good milk; stir it until it comes to a boil; when a little cooked add the beaten yolks of 6 eggs, with a glass of white wine; pour in a dish; sweeten to taste; stir until cold; flavour with lemon or vanilla; put in a form, and set in a cool place.

b) *Russian Cream.* 4 eggs; 1 cup sugar; 1 qt. milk; ½ box gelatine, dissolved in ½ pt. of warm water; beat the yolks of the eggs and sugar together; cook with the milk, like custard; take this off the stove; add the well beaten whites of the eggs; stir rapidly for a few moments; now add the gelatine, and a teaspoonful of lemon; pour into a pretty shaped dish to harden, turn it out on a platter, and cut off in blocks (as ice cream).

1898.1 *Otago Witness*, 8 September.

Spanish Cream. One quart of milk, four eggs, half an ounce of gelatine, six tablespoonfuls of white sugar. Dissolve the gelatine in one pint of the milk, then add the other pint and stir over the fire; beat the yolks of the eggs with three tablespoonfuls of the sugar, and stir into the milk just before it comes to the boil; when it boils take it off the fire and stir into it the whites of the eggs, which have been well beaten to a stiff froth, with the remainder of the sugar. Flavour to taste. Put into moulds.

1898.2 *Otago Witness*, 15 December.

Spanish Cream. Ingredients: One quart of milk, four eggs, 1 oz. isinglass, sugar, flavouring. Put the yolks of the eggs into a basin and beat them slightly; boil half the milk and pour it over them; dissolve the isinglass in the rest of the milk and pour that over too, return to the saucepan and bring to the boiling point, stirring all the time, whip the whites of the eggs to a stiff froth and stir lightly in, add sugar and flavouring to taste; pour into a mould which has been dipped in cold water and stand away till firm; turn into a dish and serve.

1899.1 *Clutha Leader*, 14 April. [*Spanish Cream*. Reprint of 1896.2]

1899.2 *Otago Witness*, 12 October.

Spanish Cream. One pint milk and ½ box gelatine heated together; yolks of three eggs and five tablespoons white sugar beaten together and added to the above. Take off as soon as it thickens. Stir in the whites of the eggs, beaten stiff. Flavor and pour into moulds.

1899.3 *Star*, 4 November. [*Spanish Cream*. Reprint of 1899.2]

1899.4 *Timaru Herald*, 4 November. [*Spanish Cream*. Reprint of recipe in 1899.2]

1899.5 *Otago Witness*, 21 September.

Madrid Creams. Soak ½ oz. gelatine in one pint of milk, let it stand for an hour, then place it on the stove, and stir till all is dissolved, sweeten and flavour to taste with vanilla essence. While still very hot, stir in the beaten yolks of three eggs, and, when a little cooler, add the whites of eggs beaten to a stiff froth. Pour into small wetted moulds, turn out to serve, and scatter over white granulated sugar rubbed into cochineal; over and on top of each mould place a few split blanched almonds.

1899.6 *Star*, 21 October. [*Madrid Creams* – reprint of 1899.5, also printed as a supplement to *Timaru Herald*, 21 October 1899.]

1900.1 *Otago Witness*, 8 February. [*Madrid Creams* – reprint of 1899.5]

1901.1 *Colonial Everyday Cookery* (1st edition). Christchurch.

Spanish Cream. 1 quart milk; 5 eggs; ¼ lb. sugar; 1 oz. gelatine; piece of butter, size of a

walnut; flavouring of vanilla, lemon or coffee essence. Soak the gelatine in a cup of water. Boil the milk and dissolve the gelatine in it, stirring well. Take it off the fire, cool a little, and add the sugar and beaten yolks. Keep stirring and bring it nearly to the boiling point again. Cool and add the flavouring and the whites beaten stiff. Place in a wet mould and turn out when set. [The incorporation of the butter is not indicated in this recipe]

1901.2 *Successful Recipes – Home for Incurables Bazaar*. Wellington.

a) *Spanish Cream.* (Miss Dycie Greig, Wellington). Soak ½ oz. gelatine in 1½ pints milk for 1 hour; put in a pan and let come to the boil, stirring all the time; beat yolks of 3 eggs, with 4 tablespoons sugar, add to milk, and stir till it thickens. Take off the fire, and add whites beaten very stiff, flavour with vanilla. Pour into wetted mould. Pieces of canned pineapple may be added if liked.

b) *Custard Sponge* (Mrs Bell, Blenheim). Separate yolks from whites of 4 eggs. Put a large tablespoonful of cornflour and one of sugar in a basin with yolks, and use vanilla. Beat till quite smooth, adding a little cold milk. Next pour 1½ pints boiling milk. Put all in a saucepan, and stir till it boils. Then add whites beaten to a stiff froth. Mix well and serve cold.

c) *Exeter Pudding.* Make a custard out of 1 pint milk and 4 eggs, leaving out whites. Soak ½ packet gelatine in a little cold water. When custard is cooked, add the gelatine, and stir in ¾ cup of passion fruit, well sweetened, whip the whites of eggs and stir in last. Pour into a wetted mould, and when cold serve with whipped cream.

d) *Chocolate Shape* (Miss M. Osborne, Thornton Hall, Lanarkshire). 2 oz. unsweetened chocolate, 2 tablespoonfuls flour, yolks of 3 eggs, sugar, 1 tablespoonful cocoa, 8 pieces leaf gelatine, whites of 5 eggs, ½ pint hot water. Melt the gelatine in hot water; add chocolate, cocoa, and flour to it, and boil five minutes. Add the yolks, well beaten, sugar to taste, and then the whites beaten stiffly. Pour into a mould. When cold turn out, and serve with custard sauce round it.

1902.1 *Queen Alexandra's Cookery Book*. Wanganui

a) *Spanish Cream* (Mrs Foreman, Wicksteed Street). Half an ounce of gelatine, one and a half pints milk, three eggs, two tablespoons sugar. Soak gelatine in milk an hour, then let it come to the boil. Beat yolks of eggs with sugar and stir in. Take it off the fire and pour in the whites, which have been previously beaten to a stiff froth; flavour with half a teaspoon vanilla or lemon.

b) *Fairy Pudding* (Mrs Hatrick, Wanganui). A pint of milk, half an ounce of gelatine, three tablespoons sugar, three eggs, essence to taste. Heat the milk, beat sugar and yolks, add to milk and gelatine; when thickening take off the fire, and add the whites (well beaten), essence. Stir quickly, and pour into wet mould on sponge cakes.

1902.2 *Otago Witness*, 11 June. [*Madrid creams* – reprint of 1899.5]

1902.3 *Star*, 14 June.

Honeycomb Pudding. Three teacups of milk, one teacup of white sugar, ½ oz. gelatine, three eggs, a few drops of essence of vanilla. Soak the gelatine in one teacup of milk till soft; put the rest of the milk on to warm with the sugar. Add the milk with gelatine, stir on the fire till dissolved. Add the yolks of the eggs and stir till it thickens (but it must not boil). Turn out in a basin, put the essence in, beat up the whites stiff. Stir all together; pour in a cold, wet mould.

1902.4 *Otago Witness*, 10 December. [*Madrid creams* – reprint of 1899.5]

1902.5 *Evening Post*, 27 December.

Spanish Cream. Soak one ounce of gelatine in half a pint of milk for two hours. Put a pint and a half of milk, with sugar to taste, in an enamel saucepan, and then add the gelatine, and the milk it has soaked in, and boil together. When just off the boil, stir in two yolks of eggs previously beaten with a little white sugar, and the whites beaten with brown sugar. Add a teaspoonful of vanilla essence, and stir till nearly cold; then turn into a mould.

1902.6 *Frank. A. Cook's Cookery Book* [*The White House Cook Book* – 1887]. Hugo Ziemann and Mrs F.L. Gillette. Saalfield Publishing Co. USA.

Spanish Cream. Take one quart of milk and soak half a box of gelatine in it for an hour; place it on the fire and stir often. Beat the yolks of three eggs very light with a cupful of sugar, stir into the scalding milk and heat until it begins to thicken (it should not boil, or it will curdle); remove from the fire and strain through thin muslin or tarlatan, and when nearly cold flavor with vanilla or lemon; then wet a dish or mold in cold water and set aside to stiffen.

1903.1 *Cookery Book – Souvenir of St Paul's Jubilee Fete*, Papanui. Christchurch.

a) *Spanish Cream* (Mrs Snow, Norman's Rd). 1 oz. gelatine, 5 breakfast cups new milk, 4 eggs, 4 tablespoonful sugar, vanilla to flavour. Method: – Put gelatine and milk into a lined saucepan, and let it stand soaking for about half an hour; when gelatine has melted in milk bring it almost to boiling point and stir; beat well yolks with sugar and vanilla and the whites of the eggs; pour yolks into milk, stirring all the while; then add whites and pour mixture into a large mould, and let stand until it sets.

b) *Spanish Cream* (Miss Alice Bowron, Avonside). ½ oz. gelatine, 1½ pt. milk, 2 or 3 eggs, sugar and flavouring to taste; soak the gelatine and sugar in the milk, then boil till dissolved; take it off the fire for a short time, then add the yolks of the eggs, well beaten, and let it thicken like custard, but not boil; take it from the fire, and add the whites, beaten to a stiff froth; put it into a mould.

c) *Summer Pudding* (Mrs Nalder). Soak ½ box gelatine in 1 large cup of water, 1 pt. of milk, 1 cup of sugar, 4 eggs. Beat the yolks and the sugar, and stir into the milk while boiling. Let this cook until nearly as thick as custard; add gelatine when nearly cold; add whites of eggs,

whipped to a stiff froth, and flavour with vanilla. Pour into a mould and turn out when cold.

d) *Custard Sponge* (Mrs Gould, Colombo Street North). Take ¼ lb. of sugar, the juice of two lemons, and the yolks of 5 eggs. Leave altogether in a basin for an hour, then beat well. Take ½ oz. leaf gelatine, dissolve in ¼ pint of boiling water, pour on to the egg mixture, then whip till stiff the whites of the 5 eggs; mix together, pour into a wet mould, and leave for a few hours or till set firmly.

e) *Honey Comb Shape* (Mrs W. F. Watson, Papanui). ½ oz. gelatine, 1 pt. milk, 3 eggs, and sugar to taste. Soak gelatine in a little water then add milk. Put this in saucepan and before it gets too hot stir in the yolks of eggs and sugar, stir till boiling point, add well beaten whites of eggs and pour into shape.

f) *Fig Cream* (Miss E. Parker). 3 eggs, 1 breakfastcup of milk, 1 oz. gelatine. Butter and line mould with stewed figs, split open, separate yolks from whites and make custard of yolks and milk, with sugar to taste and juice of figs. Dissolve gelatine and pour into custard when cool. Whip whites of eggs, and add lastly. Pour into mould and put in a cool place.

g) *Cold Souffle Pudding* (Mrs J. G. Thomson, Merivale). Soak a quarter of an ounce of gelatine in water. Make a custard with the juice of four oranges, two or three oz. of sugar, according to acidity, and three yolks of eggs. Put the custard in a jug with boiling water and stir till it thickens; let it cool a little, then mix in the gelatine dissolved. Beat the whites of the egg till stiff, and dash the foam lightly in. Mould when the preparation is beginning to set; sprinkle dessicated cocoanut on the surface.

1903.2 *Star*, 21 March. [*Madrid creams* – reprint of 1899.5]

1904.1 *The Coronation Cookery Book*. (2nd edition). Hawera.

a) *Spanish Cream* (Miss Maunder). 1 egg, ½ pint milk, ¼ oz. gelatine, 1 oz. castor sugar. Soak gelatine in a small quantity of the milk, beat the yolk of egg and add to the milk and gelatine together with the oz. of sugar. Add a few drops of vanilla; bring the rest of the milk to the boil, pour it over the gelatine etc., stir well and boil again. Directly it boils pour it onto the well beaten white of egg. Mix thoroughly and pour into a mould. Do not [sh?]ake it till quite cold.

b) *Honeycomb Pudding* (Mrs Crabb, Whakamara). Soak 1 oz. of gelatine in 3 teacups of milk for 3 hours or longer, add the yolks of 3 eggs well beaten and 9 lumps of sugar; put in a saucepan and stir over the fire until it is about the consistency of cream. Take care not to let it boil or it will curdle; add a few drops of essence of lemon, whip the whites of the eggs to a stiff froth or snow, then add the mixture in the saucepan to the whipped whites. Stir well, and pour into a mould previously dipped with water; the mixture clears itself. Be careful always to use a wooden spoon and, if possible, make over night for next day.

c) *Chocolate Cream* (Miss Parkinson). Melt 1 oz. of gelatine in a little water. Dissolve 4 oz. of grated chocolate in as little water as possible and stir over fire to a thick paste. Boil 1½ pints of milk with the gelatine, add the chocolate with sugar and vanilla to taste. Remove from

the fire and carefully add the well-beaten yolks of 2 eggs; stir thoroughly and when nearly cold pour into a mould.

1904.2 *Otago Witness*, 14 September.

Russian Cream. Half a packet of gelatine, two tumblers of milk, one tablespoonful of fine sugar, two eggs, half a tablespoonful of essence. Steep gelatine in milk for ten minutes, then put it with milk and yolks of eggs in a pan. Bring to boiling point, but not through the boil. White of eggs to be switched to a snow. Lift pan off fire, and thoroughly mix in the white of eggs. Pour into moulds, wetted first.

1905.1 *Star*, 25 March.

Honeycomb cream. 3 oz. gelatine, one pint new milk, 3 oz. caster sugar, one lemon, three eggs; soak the gelatine for two hours, then add the sugar and yolks of eggs, well beaten, and the grated rind of a lemon, and stir all together in a small saucepan over the fire, and allow to simmer three minutes. Beat the whites of eggs to a stiff froth, and add the lemon juice, and stir these well into the mixture. Pour into a wetted mould, and let it set. When turned out it will be clear jelly on top, and the foundation resembles honeycomb.

1905.2 *Ukneadit* – Home for Incurables Bazaar. Wellington.

a) Spanish Cream (Miss Mills). Two lemons, one pint of milk, ½ lb. of sugar, 2 oz. gelatine. Boil milk, sugar, dissolve gelatine, and pour boiling milk over; squeeze the juice of both lemons into basin, with grated rind of one. When milk is quite cold pour it over the lemons, stirring well all the one way for a short time.

b) Spanish Cream (Mrs A. T. Bothamley). Soak for two hours ten sheets of gelatine in one quart of milk; wet an enamel saucepan with cold water, and put milk and gelatine on to boil. Beat up three eggs, yolks and whites separately; add yolks when milk nearly boiling, and when just on the boil add whites, with a tablespoonful of sugar and three drops of essence of lemon. Boil for five minutes, and put in mould to cool.

c) Petit Cremes au Café (Mrs Nelson). Put into a saucepan half a pint of cream or milk, quarter of a pint of very strong coffee, and the yolk of an egg. Bring to the boil, and put on one side to get cold. Beat the yolk of an egg with 1½ oz. castor sugar; then add gradually the former mixture, the whites of two eggs whisked to a stiff froth, and, lastly, not quite ½ oz. of dissolved gelatine which has been previously soaked in a little cold water. Pour at once into some little dariole moulds, and turn out when set.

d) Angel's Food (Miss Kane). Two ounces gelatine, three eggs, one quart milk, one cupful of sugar, juice of a lemon, essence of vanilla. Dissolve gelatine in milk for half an hour, add rest of milk boiling, stir over fire, boil one minute; add yolk of eggs beaten with the sugar, and stir till boiling again, lastly add egg whites beaten. Pour into a mould; serve cold.

1905.3 *The Onslow Cookery Book*. Wellington.

a) Angel's Food (Miss Vickers). 3 breakfast cups milk; 3 eggs; ½ cup sugar; ½ oz. gelatine; 6 drops essence of lemon. Soak gelatine in 1 cup of milk; then put milk, sugar, and gelatine over the fire until dissolved, well beat yolks of eggs and stir all together until on the verge of boiling. Whisk the whites of eggs to a stiff froth and pour over the hot mixture, stir and pour into a wet mould. Serve when cold.

b) Spanish Cream. ½ oz. gelatine; 1½ pints milk; 3 eggs; 2 tablespoons sugar; flavouring. Soak gelatine in milk for 1 hour, put in a pan and let come to the boil, stirring all the time. Beat up the yolks of eggs with the sugar, add to the milk and stir until it thickens, do not let it boil. Take off the fire, add the whites, beaten very stiff and flavour with vanilla or lemon. Pour into a mould, previously wetted with cold water. Slices of banana or pieces of tinned pineapple may be added. Turn out next day.

1905.4 *St Andrews Cookery Book*. Dunedin.

a) Spanish Cream (Miss Esther, Maori Road). One ounce gelatine, 1 quart milk, ¼ lb. sugar, 5 eggs, 1 oz. butter, 3 teaspoonfuls vanilla; dissolve gelatine in cup of cold water; boil milk, add gelatine and sugar and yolks of eggs; bring to the boil, and remove from fire; add whites beaten stiff, and lastly flavouring; pour into mould.

b) Honeycomb Pudding (Mrs Hislop, Moray Place). Three cups of milk, 2 eggs, ½ lb. sugar, ½ oz. gelatine, essence of lemon; soak gelatine in one cupful of the milk for 1 hour; dissolve milk, sugar and gelatine slowly over the fire; beat up yolks and stir into mixture until nearly boiling; whip whites stiff, pour into mixture, stir, and set overnight.

c) Lemon Cream (Mrs J. F. M. Fraser, St Clair). Put the yolks of four eggs into a saucepan; add the juice of 3 large lemons, also the grated rind, sugar to taste, and a little cold water; stir over the fire until it just comes to the boil; then take it off, and stir in the whites of eggs, which have been previously well beaten, put in a basin, and when cold serve in custard cups or a glass dish.

d) Madrid Creams [Similar to 1899.5, but with gelatine increased from ½ oz. to 1 oz.]

1906.1 *Hinemoa Cookery Book*. Wellington.

a) Spanish Cream (Mrs Martin, sen.). Slightly reworded version of that in 1902.1, Queen Alexandra's Cookery Book, with the additional comment to increase the amount of gelatine from ½ to 1 oz. in summer. Both the Queen Alexandra and Hinemoa Cookery Books were produced by the Primitive Methodist Church.

b) Honeycomb (Mrs Henderson). Two cupsful of milk, two eggs, essence of lemon, half a cupful of sugar. ½ oz. gelatine. Dissolve gelatine in milk, put over fire to warm, add yolks of eggs and sugar; stir well till almost boiling, then add the whites beaten to a stiff froth. Stir about twice, then pour into a wet mould.

c) *Honeycomb Pudding (Mrs F. Miller)*. One pint milk, three eggs, half a teacupful of sugar, ½ oz. gelatine and essence. Dissolve gelatine in milk on range, add essence or laurel leaves, the yolks of the eggs and sugar, stir well till boiling point is reached, but do not let it boil. Take it off the fire and add the well beaten whites of the eggs, give a few stirs, and pour into a wet mould.

1906.2 *Economical Technical Cookery Book*. Mrs E Miller. (4th edition). Dunedin.

Spanish Cream. 1 oz. gelatine; 1½ pints milk; 3 eggs; 3 tablespoons sugar; Vanilla or Lemon to flavour. Soak the gelatine in the milk for one hour; put in a pan and let come to boil, stirring all the time; beat up yolks of the eggs with the sugar, add to milk, and stir until it thickens. Take off the fire, add the whites beaten very stiff, and flavour with half a teaspoon vanilla or lemon. Pour into a mould previously wetted with cold water. Pieces of tinned pineapple can be added if liked. Turn out next day as a jelly. Some use half an ounce gelatine to one and a half pints milk.

1906.3 *Oamaru Town Hall Cookery Book*. Oamaru.

a) *Honeycomb shape (Mrs W. Seth Smith)*. Dissolve five sheets of gelatine in one cup of milk; warm one pint of milk; beat the yolks of three eggs and half a cup of sugar. Bring all to boiling point; add white of eggs well beaten; stir once or twice; flavour with essence of lemon, and pour into a mould. Must be made the day before it is to be used.

b) [*Spanish Cream* – reprinting of 1901. 1]

1907.1 *Evening Post*, 19 January.

Spanish Cream. Boil half a box of gelatine in a quart of milk. When dissolved add the yolks of four eggs and half a pound of sugar, stir carefully until it thickens, take from the fire, and add the whites beaten to a stiff froth. Flavour, and pour into a mould or basin, and serve cold. This would also be very nice for a picnic if wrapped in a thick cloth dipped in salt water, and turned out when wanted.

1907.2 *Horowhenua Cookery Book*, Levin.

a) *Milk Jelly (Mrs Kennedy)*. 1 lb. castor sugar, 3 eggs, 3 lemons, 1 pint sweet milk, and 1 oz. gelatine. Soak gelatine in 1 large cupful of cold water for an hour; when quite soft, pour over a large cup of boiling water, add the sugar, and stir until dissolved and nearly cold, add the yolks and milk, then the whites, and lastly the juice of the lemons. Pour into a wetted mould. Be sure and whip the whites well, which gives it a frothy look on top.

b) *Spanish Cream (Mrs Brown)*. 3 eggs, 3 cups milk, 1 packet gelatine, 2 tablespoons sugar. Soak gelatine in small quantity of milk; beat the yolks of the eggs and add to the milk and gelatine, together with the sugar; add two teaspoonsful of vanilla; bring the rest of the milk to a boil, pour it over gelatine, etc.; stir well, and boil again; directly it boils, pour it on the well beaten whites of the eggs; mix well, and pour into a mould.

1907.3 *Successful Recipes* – in Aid of Unitarian Building Fund. Wellington

Spanish Cream (Mrs Brown, Abel Smith Street). Soak 1 oz. gelatine in 1½ oz. water for one hour; put in a pan and let come to the boil, stirring constantly. Beat yolks of 3 eggs with 4 tablespoonfuls of sugar; add milk, pour into the boiling gelatine and stir till thickens, flavour with vanilla or lemon. Pour into wet mould; turn out next day.

[Reprinting of 1901.2a, *Spanish Cream*; 1901.2b *Custard Sponge*; 1901.2c *Exeter Pudding*; 1901.2d, *Chocolate Shape*]

1907.4 *Otago Witness*, 11 September.

a) *Honeycomb Pudding (by Val)*. [Slight rewording of 1904.1b] Soak 1 oz. gelatine in three teacupfuls of milk for three hours or longer. Add the yolks of three eggs well beaten and nine lumps of sugar. Put in pan and stir over fire till about consistency of cream. Take care not to let it boil, or it will curdle. Add a few drops of essence of lemon. Whip whites of three eggs to a stiff froth or snow. Then add mixture in saucepan to whipped whites. Stir well, and pour into mould previously dipped in water. The mixture clears itself. Be careful always to use a wooden spoon, and if possible make overnight for next day. Eaten cold, with cream or sugar.

b) *Spanish Cream (by Shasta)*. One quart of milk, three eggs, 1 oz. gelatine, sugar and flavouring of vanilla or lemon. Soak the gelatine in cup of water. Beat the yolks of eggs with sugar, add to the milk, put on to heat till gelatine is dissolved, stirring all the time, but do not let it boil. Cool and add the flavouring and whites of eggs beaten stiff. Place in wet glasses till set.

1908.1 *Otago Witness*, 18 November. [*Spanish Cream (For invalids – by request)*. Reprint of 1907.4b].

1908.2 *300 Choice Recipes*. Gisborne.

a) *Orange Pudding (Mrs H. White)*. Two or 3 oranges, 3 eggs, ¾ oz. gelatine, 1 pint of milk, 2 oz. sugar, 2 tablespoons orange juice, the grated rind of half an orange. Soak the gelatine in a little of the milk, till soft. Boil up the rest of the milk and dissolve the gelatine in it. Add the sugar and orange rind, pour over the beaten yolks of the eggs, return to the fire, and stir till it thickens. Must not boil or it will curdle. Beat the white of the eggs stiff and when the mixture is cool stir them in lightly. Add orange juice. Decorate a mould with sections of oranges and pour in the mixture. When cold turn out and serve with whipped cream.

b) *Honey-comb Cream (Miss Townley)*. One teacup sugar, ½ oz. gelatine, 3 eggs, 1½ pts. milk. Soak the gelatine for 1 hour in a teacup of milk, put the remainder of the milk with the sugar and gelatine in a saucepan on the fire and stir until just boiling. Add the beaten yolks of eggs. Beat the whites of eggs to a stiff froth in a bowl into which pour the contents of the pan. Stir up quickly and pour into a wet mould to set.

1909.1 *Otago Witness*, 10 March.

Honeycomb Cream. Required: One ounce of gelatine, three breakfastcupfuls of milk, three eggs, vanilla flavouring, sugar to taste, a little lemon juice. Soak 1 oz. of gelatine in the milk till soft. Place all in a double saucepan till warm and the gelatine is dissolved, add sugar to taste. Beat the yolks of three eggs and add to the milk; bring slowly to the boil. Flavour with Vanilla and a squeeze of lemon juice. Take the pan from the fire, add the well-beaten whites of the eggs, stirring as little as possible, but just enough to mix the whites with the custard. When almost cold pour into a mould till set. This sweet should have the appearance of being half jelly and half cream. [Almost identical to *Honeycomb Cream*. Warwick Examiner and Times, 13 November 1897.]

1909.2 *Kai Tiaki : the Journal of the Nurses of New Zealand*, July.

Spanish Cream (Honeycomb Pudding). [In a section on invalid cookery]. Soak ½ oz. gelatine in 1½ pints of milk for one hour; put in pan and let come to boil, stirring all the time. Beat up yolks of 3 eggs, with 4 tablespoons of sugar, add to milk, and stir till it thickens. Take off the fire, add whites beaten stiff, and flavour with lemon and vanilla (½ teaspoon). Pour into mould previously wetted with cold water. Turn out next day as jelly.

1909.3 *St Stephen's Cookery Book*. Greymouth.

a) *Spanish Cream (Miss J. Kenyon, Nelson)*. ½ oz. gelatine, 3 eggs, 4 tablespoons sugar, 1½ pints milk. Soak gelatine in milk 5 minutes and then let it come to the boil. Beat the yolks of the eggs with the sugar and stir in, let it simmer for a few minutes, then take it off the fire and stir in the whites of eggs, previously well beaten to a stiff froth. Flavour with lemon or vanilla and pour into a mould to cool.

b) *Spanish Cream (M. Dykes, Reefton)*. Soak 1 oz. gelatine in 1½ pints of milk for 1 hour. Put on fire and let come to a boil stirring all the time one way. Beat yolks of 3 eggs with 4 tablespoons sugar. Add to milk, stir till it thickens. Take off and put in whites beaten stiff and flavoured. Pour into a mould.

c) *Honeycomb Sponge (Mrs Scantlebury, Reefton)*. This is a favourite sweet for luncheon or dinner and also in much demand at balls or parties when once made to perfection. Soak ½ oz. sheet gelatine in 1 pint new milk for two hours. Add 3 oz. loaf sugar, the well beaten yolks of 3 eggs and the rind of 1 lemon grated. Put all in an enamelled pan over the fire, bring almost to boiling point, keeping at this heat 3 minutes, stirring continually. Have ready the whites of the eggs whisked to a stiff froth, add these with the juice of the lemon to the contents of the saucepan. Stir well but do not boil. Pour into a wetted mould and allow to set. When turned out there will be a foundation of honeycomb sponge surmounted by a clear jelly.

d) *Honeycomb pudding (Mrs W. D. Smith)*. 1 pint milk, small ½ cup sugar, ½ oz. gelatine, 3 eggs. Dissolve gelatine in milk. Place on fire; when warm add sugar and beaten yolks bring to the boiling point. Add whites, beaten to a stiff froth and pour in mould.

e) *Angel's Food (Mrs Liepner, Sydney)*. 1 packet gelatine, 2 eggs, 1 pint milk, 5 drops vanilla, 2 tablespoons sugar. Mix milk and well beaten yolks of eggs together; add sugar, vanilla and gelatine, allow mixture to come to boil stirring to see gelatine is all dissolved. Remove from fire. Add whites of eggs well beaten. Beat all together quickly. Put into mould in a cool place. Better made the day before required.

1909.4 *Otago Witness*, 13 October.

Spanish Cream. Take eight pieces of "leaf gelatine," put into a pint of milk, and bring to the boil. Then beat up the yolk of two eggs with two tablespoonfuls of castor sugar, stir into the milk, and bring to the boil again. Beat the whites to a stiff snow and stir in gently. This is sufficient to make three small moulds.

1910.1 *Evening Post*, 5 March.

Delicious Spanish Cream. One and a half pints milk, half ounce gelatine, three tablespoonfuls sugar, three eggs; flavour with vanilla. Put the milk and gelatine on the fire and bring to a boil. Beat the yolks with the sugar, add the milk and leave on the fire about three minutes (not boiling). Take the saucepan off the fire and add the whites of the eggs, that must have been beaten to a stiff froth. Flavour and pour into a wetted mould.

1911.1 *Evening Post*, 28 March. [Advertisement for the *Colonial Everyday Cookery Book* (6th edition, 70th thousand) – overleaf].

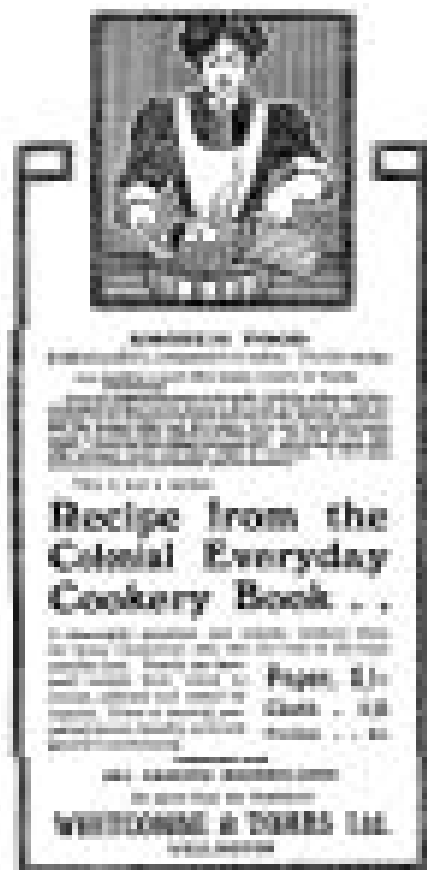
Angel's Food. ¾ oz. gelatine; 1 quart milk; 3 eggs; 1 lemon (or vanilla flavouring). Soak the gelatine in some of the milk. Boil the yellow rind (the white part is bitter) of the lemon in the milk to flavour it. Add the gelatine to the strained hot milk and stir in the pot till dissolved. Add the beaten yolks and the lemon juice and heat till it comes nearly to boiling point, stirring all the time. Do not let the eggs curdle. Then add the whites whipped stiff. Mould and serve cold with whipped cream and pink sugar to decorate. A few split almonds may also be used to decorate.

1912.1 *Rodney and Otamatea Times, Waitemata and Kaipara Gazette*, 24 January.

Honeycomb pudding. This is a quite delicious pudding, and, being served cold, is most useful for the hot weather. Three eggs, three teacupfuls milk, one teacupful sugar, half an ounce of gelatine, six drops of an essence or juice of a lemon. Soak gelatine for one hour in one cup of milk, put remainder of milk with sugar and gelatine over the fire till dissolved. Beat yolks of eggs, add milk, stir well over the fire till on the point of boiling. Have whites of eggs whipped to a stiff froth, pour milk, etc., over it, stir quickly a few minutes, add essence and pour into a wet mould.

1912.2 *Everyday Cookery*. Hastings.

a) *Spanish cream (M. Field)*. Soak 1 oz. gelatine in 2 cups milk for 1 hour. Then pour into aluminium saucepan, stirring till mixture comes to boiling point. Have ready the beaten yolks of 5 eggs, with 8 tablespoons of sugar, add these, and stir till it thickens. Take off the



Angel's Food recipe [1911.1] from an advertisement in the Evening Post, 28 March 1911.

fire, and add to the whites of beaten eggs, and flavour with a teaspoon of vanilla. Mould

b) Spanish Cream (Mrs J. Cooke). Soak ½ oz. gelatine in a pint of milk for one hour, put into a pan, and let it come to the boil, stirring all the while. Beat up the yolks of 3 eggs with 4 tablespoons of sugar, add to the milk, and stir till it thickens, take off the fire, and add the whites (beaten stiff), and flavour with vanilla to taste.

c) Spanish Cream (Mrs F. Webster). Half ounce gelatine, 2 cupfuls milk, 2 tablespoons sugar, 3 eggs, and vanilla to taste. Set the milk with the gelatine on the fire until it dissolves. Beat the sugar and yolks of eggs together, then stir them into the milk, and let come to the boil. Take off fire; whip the whites to a stiff froth, and stir all well together. Flavour with vanilla, and pour into wet mould, and use next day.

d) Spanish Cream (Mrs Harold Richardson). Three eggs, 2½ cups of milk, ¾ oz. gelatine, 4 tablespoonfuls sugar. Mode of work: Soak the gelatine in a little water (until soft), put

the milk (made hot), sugar, yolks of the eggs (well beaten), and gelatine into an enamel saucepan; stir till very hot, but do not let boil. Beat the whites of the eggs to a stiff froth, but do not let boil. Beat the whites of the eggs to a stiff froth, and pour in as quickly as possible. Flavour with peach leaves, whisky or lemon. Pour the mixture into a prepared mould, and serve when cold.

e) Royal Cream (Mrs J. C. Cairns). One quart milk, 3 eggs, 3 tablespoonfuls sugar, 6d. packet Nelson's gelatine, vanilla to flavour. Soak gelatine in the milk for half an hour. Beat yolks of eggs with the sugar, and stir into milk, etc., and put into double pan until it nearly boils, stirring constantly. When thick take from the fire immediately, add the whites of the eggs, beaten to a stiff froth, stir it lightly, and pour into a wetted mould.

1912.3 *Rodney and Otamatea Times, Waitemata and Kaipara Gazette.* 24 January. [Reprint of 1912.1].

1913.1 *Manawatu County Cookery Book*

a) Spanish Cream (Mrs Morrah). 1 oz. gelatine, 1½ pints milk, 3 eggs, 3 tablespoons sugar, vanilla or lemon to flavour. Soak the gelatine in the milk for an hour, put in a pan and let it come to the boil, stirring all the time; beat up yolks of eggs with the sugar, add milk and stir until it thickens. Take off the fire, add the whites beaten stiff, and flavour with ½ teaspoon of lemon. Pour into mould, wetted with cold water. Turn out next day as a jelly. ½ oz. gelatine to 1½ pints of milk can be used.

b) Spanish Cream (Mrs Lovelock). ½ oz. gelatine, 1½ pints milk, 3 eggs, 4 tablespoons sugar. Soak gelatine in milk 1 hour, then bring to boil. Beat yolks with sugar, stir in, take off fire, and pour well-beaten whites in and flavour. Pour in wet moulds.

1913.2 *Beaver Brand Cookery Book, Wellington.*

a) Spanish Cream (Mrs Ethel Taylor, 15 Park Street, Thorndon). One ounce gelatine, soak it in 1½ pints milk for 1 hour, put on fire and heat to near boiling point. Beat yolks and whites of 3 eggs separately, whites to a stiff froth, stir yolks into milk and gelatine until thick, do not let it boil, add 3 tablespoonfuls of sugar, 1½ good teaspoonfuls of essence of lemon. Pour into a basin and stir in beaten whites.

b) Spanish Cream (Mrs A R Pryde, 13 Adams Terrace). Soak ½ oz. gelatine in 1½ pints (3 cups) milk, when soft put into pot and bring to the boil. Beat yolks of 3 eggs with 4 tablespoonfuls sugar, flavour with vanilla, pour into a pan and simmer for 10 minutes.

c) Spanish Cream (Mrs E. W. Daniel, 76 Orangi-Kaupapa Rd, Northland)
One pint milk, 2 eggs, ½ packet or 1 oz. gelatine, sugar to taste and essence of lemon. Soak gelatine over-night in a little water. Boil milk with sugar, stir in yolks of eggs and gelatine, take off fire and stir in whites well beaten, add essence. Turn into wetted mould until set. Serve with whipped cream.

d) Honeycomb Pudding (Mrs Toumans, 19 Millward Street). One pint milk, 2 eggs, ½ cup

sugar, ½ oz. gelatine (flavour). Dissolve gelatine in milk, and warm it, then add the yolks, sugar and flavouring. Stir well until at boiling point, then add the whites, beaten stiff. Stir for a while and put in wetted mould, let it come to the boil [? printing error]. Turn out.

e) *Nice summer pudding* (Mrs Hopkins, 17 Adams Terrace, Off Aro St). Three cupfuls milk, 2 eggs, ½ lb. sugar, ½ oz. gelatine, essence lemon. Soak gelatine in 1 cupful milk for 1 hour, dissolve milk, sugar and gelatine slowly over the fire; beat up yolks and stir into mixture till nearly boiling; whip whites stiff, pour into mixture, stir and set overnight.

1914.1 *Rodney and Otamatea Times, Waitemata and Kaipara Gazette*, 25 November.

Russian Cream. Soak five sheets of leaf gelatine in a pint of milk for three hours; add the yolks of three eggs well beaten, and a quarter of a pound of castor sugar. Pour into a saucepan and stir until it comes to boiling point; set it aside to cool. Whisk the whites of eggs to a stiff froth, and add to the mixture. When cool, mix well, flavour with vanilla, and pour into a mould.

1914.2 *The Highlander Economical Cookery Book*. Invercargill.

Spanish Cream. 1 quart Highlander Milk; 2 tablespoons sugar; 5 eggs (beaten separately); half a cinnamon stick; 1 tablespoon Capstan milk (undiluted); 1 oz. gelatine; essence lemon, ½ pint water. Method: – Soak the gelatine in the water. Boil the milk, cinnamon and sugar. Strain over the gelatine and stir until dissolved. When cool pour on to the beaten yolks. Return to the fire to thicken without boiling. Cool again before adding to the stiffly beaten whites and essence. Cool, and stir occasionally before pouring into a wet mould. Turn out, and serve with tinned pineapple. [A later advertisement is shown overleaf.]

1914.3 *Successful Recipes – Trinity Jubilee Fancy Fair*. (1st edition). Timaru.

a) *Spanish Cream (Special)* – Miss Doig, Turnbull Street. One oz. packet Nelson's gelatine, 1 quart Milk, 5 Eggs, 4 tablespoons Sugar, Essence Vanilla. Mode: Put milk into a saucepan and heat as when making custard. Beat yolks of eggs with half the sugar, add and stir until consistency of custard, beat whites with remainder of sugar on a flat plate, using a knife to beat them. Fold lightly into mixture, add essence and pour into mould. Turn out when set.

b) *Spanish Cream [for diabetics]*. Soak ¼ oz. gelatine in a cup of water and ½-cup milk, for an hour. Put into a saucepan on the fire until dissolved. Add the beaten yolks of 2 eggs, stirring until it thickens, but on no account let it boil. Put into a basin to cool slightly, and add the whites of the eggs well beaten, flavour with vanilla, and add saccharin to taste.

c) *Orange Pudding* (Miss O'Brien, Wai-iti Rd). [Reprint of 1908.2 (*Orange Pudding*, Mrs H. White) with the additional comment "A glass or china mould should always be used for milk or milk shapes".]

d) *Honeycomb Pudding* (Mrs Norrie, Bank Street). Three cups milk, 2 eggs, ¼ lb. sugar, ½ oz. gelatine, essence of lemon. Soak the gelatine in 1 cup of milk, for 1 hour; dissolve milk and sugar in gelatine slowly over the fire. Beat up yolks and stir into mixture until nearly

Spanish Cream
A Summer dessert, popular with everyone, especially the children, when made with

Highlander Milk
METHOD:—Soak the gelatine in the water. Boil the milk, cinnamon and sugar. Strain over the gelatine and stir until dissolved. When cooled, pour on to the beaten yolks. Return to the fire to thicken without boiling. Cool again before adding to the stiffly beaten whites and essence. Cool, and stir occasionally before pouring into a wet mould. Turn out and serve with tinned pineapple.
HIGHLANDER MILK—Made in N.Z.—Full Cream.

RECIPE:—
1 quart Highlander Milk (1 part milk to 4 parts water), 2 tablespoons sugar, 5 eggs (beaten separately), half a cinnamon stick, 1 tablespoonful Capstan Milk (undiluted), 1 oz. gelatine, essence of Lemon, ½ pint water.

FULL CREAM • MADE IN NEW ZEALAND

Spanish Cream recipe [1914.2] taken from the Highlander Economical Cookery Book – advertisement in the Auckland Star, 31st December, 1915.

boiling. Do not let it boil. Whip the whites stiff, pour into mixture; stir and set overnight. Put essence of lemon in last.

e) *Custard Jelly* (Mrs Wilfred Coulson). Two eggs, ½ oz. Nelson's gelatine, 1 pint milk, 12 lumps sugar, 12 drops vanilla. Soak the gelatine and milk for half an hour, or over night; separate the whites from the yolks of eggs, and add sugar to the milk, and gelatine. Place on the fire, and stir until it begins to bubble. Beat the whites to a stiff froth, and pour the custard onto them, stirring meanwhile. Pour into a wet mould, and turn out next day.

f) *Princess Pudding* (Mrs Jas. Craigie, Wai-iti Road). One teacup cream, ½ oz. gelatine, 1 cup orange juice, 3 eggs, 2 tablespoons sugar, ½ teacup milk to soak gelatine. Stir over the fire until the gelatine has dissolved. Add the cream, and keep stirring until it is very hot. Beat the yolks of the eggs, with 2 table spoons sugar; add to the mixture, stir until it thickens, stand in cold water, and when it commences to set pour in the orange juice slowly. Beat the whites and add 1 teaspoon sugar, beat lightly into mixture, and pour into wetted mould after colouring with carmine.

1914.4 *Observer*, 28 November.

Spanish Cream. Take 1 quart milk, 2 oz. gelatine, 1 cup sugar, 4 eggs, essence to taste. Soak the gelatine in some milk for ½ hour, then add to it the rest of the milk (boiling); stir over

the fire, boil 1 minute, add the yolks of eggs beaten with the sugar, and stir till boiling again, lastly add the whites, beaten well. Pour into a mould; when cold, turn out.

1915.1 *The Bungalow Recipe Book*. Gisborne.

a) *Spanish Cream* (Mrs E. G. Mathews, *Stout Street*.) [Slightly reworded version of 1901.2a (*Spanish Cream*. Miss Dycie Greig, Wellington). A final sentence has been added – “Turn out next day as a jelly.”]

b) *Honeycomb Pudding* (Mrs H. Kenway, “*Hokoia*”). 8 sheets (1 oz.) gelatine soaked in 1 ¼ pints of cold milk, yolks of 3 eggs, 4 tablespoons sugar; put into stewpan and boil gently a few moments; beat whites to a froth and add when cool. Turn into jelly mould and stand till set.

c) *Honeycomb Jelly* (Mrs Walter Barker) [Almost identical recipe to *Angel's Food*, 1905.3a] 3 teacups milk, ½ cup sugar, 3 eggs, ½ oz. gelatine, 6 drops essence of lemon. Soak gelatine in 1 cup of milk for 1 hour; then put milk, gelatine and sugar on fire till dissolved. Well beat yolks and put in, and stir till on the verge of boiling; remove from fire and add whites beaten to a stiff froth, and pour at once into a wet mould.

d) *Canary Souffle* (Mrs Ford, *Onehunga, Auckland*). Soak 5 sheets gelatine in three-quarters of a breakfast cup milk for 1 hour, stir it up and add the beaten yolks of four eggs, also juice and grated rind of 3 lemons. Let this come to the boil, remove from fire and add 1 cup sugar, stirring until dissolved, and put it aside until cool. Beat whites of four eggs stiffly and add ½ pint of whipped cream, mix with cool custard, pour all into a glass dish and sprinkle with chopped almonds.

1915.2 *Amuri Cookery Book*. (1st edition) Christchurch.

a) *Spanish Cream* (Miss M. Dierce). Soak for 2 hours, 10 sheets of gelatine in 1 quart milk. Put milk and gelatine on to boil. Beat 3 eggs, yolks and whites separately. Add yolks when milk is nearly boiling, then the whites, with 1 tablespoonful of sugar and a few drops of essence of lemon. Boil 5 minutes. Put in wet mould; stand 24 hours.

b) *Spanish Cream* (Mrs J.E. Hawkins). Soak 1 oz. of gelatine in 1 quart of milk for half an hour, then put it on to boil. Have ready the yolks of 4 eggs and 1 cup of sugar well beaten together. Add this when milk and gelatine boils. Beat whites of egg to a stiff froth, and add when custard is taken off the fire. Essence to taste. Pour into a wet mould, and turn out when cold.

c) *Spanish Cream* (Mrs Duncan, *Waiau*). Soak 1 oz. of gelatine in one large cup of milk over night; then add 2 more cups of milk, the yolks of 3 eggs beaten with ½ cup of sugar. Put on fire, and stir now and then till just boiling. Let it just bubble. Have whites beaten to a stiff froth. Add ½ teaspoon flavouring, then pour all into whites. Stir well and pour into a wet mould.

d) *Honeycomb Pudding* (Mrs Christensen, *Hanmer*). Three cups milk, 2 eggs, ½ lb. sugar, ½ oz.

gelatine, essence of lemon. Soak gelatine in 1 cupful of the milk for one hour; dissolve milk, sugar, and gelatine slowly over fire; beat up yolks, and stir into mixture till nearly boiling; whip whites stiffly; pour into mixture. Stir and set overnight.

e) *Lemon Sponge*. Half ounce gelatine (or 1 oz. in summer), ½ pint of milk, 3 eggs, 2 tablespoons sugar. Soak gelatine in milk 1 hour. Then let it come to the boil. Beat yolks of eggs with sugar, and stir into gelatine. Take off the fire, and stir in the stiffly beaten whites. Flavour with lemon.

1915.3 *South Auckland Queen Cookery Book*

a) *Spanish Cream* (Miss Cussen). Beat the yolks of three eggs with half a teacupful of castor sugar. Boil ½ oz. of gelatine in 1½ pints of milk, and when it is dissolved and the milk at boiling point, stir it slowly into the yolks. Boil once more, and then stir in the beaten whites of the three eggs. Pour into the mould, and set away to cool.

b) *Lemon Souffle* (Mrs McBride). One cup cream, ½ lb. sugar, 3 eggs, 3 lemons, ¾ oz. gelatine. Put sugar, yolks of eggs, lemon juice and grated rind over the fire and bring nearly to the boil. Let cool a little and add gelatine, which has been soaked in 1 pint of hot water and allowed to cool. Stir in cream, and lastly whites of eggs beaten stiff. Pour into glass dish; ready for use next day.

1915.4 *The Princess Cookery Book*. Invercargill.

Angel's Food (*A Friend, Grassmere*). Soak ½ oz. gelatine in a cup of milk for 2 hours, put on the fire 1½ cups of milk, heat well (not quite boil). Take off and add the yolks of 2 eggs beaten well, put on the fire again and add the gelatine until it melts. Take off, add any essence liked, ½ cup of sugar, beat up whites and add last.

1915.5 *Our Boys Cookery Book*. Wellington

a) *Honey-comb cream*. Soak 1 oz. gelatine in 3 breakfast cups of milk until soft. Place all in an enamelled saucepan till war, add gelatine [until] quite dissolved and sugar to taste. Beat yolks of 3 eggs and add to milk and bring slowly to the boil. Flavour with 1 teaspoonful vanilla. Take saucepan off and add well-beaten whites of 3 eggs. Stir as little as possible, just enough to mix whites into the pudding. When mixture is nearly cold pour into a mould and leave to set.

b) *Spanish Cream*. 6 sheets of gelatine, 3 cups of milk, 2 eggs, 2 tablespoonsful of sugar. [no further instructions]

1916.1 *Rodney and Otamatea Times, Waitemata and Kaipara Gazette*, 19 January.

Honeycomb Pudding. The ingredients required for this are one pint of milk, six ounces of loaf sugar, four or five sheets of gelatine, one large lemon, and one egg. Put the milk in a saucepan and dissolve the gelatine in it when it is hot. Grate the lemon rind on the sugar, and add to the milk. When the gelatine is quite dissolved beat up the yolk of the egg and

pour the mixture on it, stirring well. Put back into the saucepan. Whisk the white of egg into a stiff froth, squeeze the lemon juice in it, and stir lightly into the mixture. Pour into the wet mould and let it stand till quite set. To turn out, loosen the edges with a knife and shake well on to a dish. The mixture must not be allowed to boil.

1916.2 *Otago Red Cross Cookery Book*. Dunedin.

a) Honeycomb Pudding (Miss V. Campbell). Three cups milk, five sheets gelatine, ¼ lb. sugar, lemon essence, three eggs. Soak gelatine in one cup of milk; put two cups on to boil with sugar, then add yolks of eggs, stir till thick, add rest of milk and gelatine, take off fire, add whites stiffly beaten. Pour into glass dish.

b) Chocolate Souffle (Mrs F. W. McLean, Wellington). One packet chocolate, one pint milk, four or five sheets gelatine, three eggs, sugar to taste, one glass port wine, vanilla essence. Make a custard.....[recipe incomplete]

1916.3 *Tried Recipes*. Victoria League. 1st edition. Auckland.

a) Spanish Cream (Mrs Thos. Russell. St Stephen's Avenue, Parnell). Soak 1 oz. gelatine in a breakfastcup of milk. Put 2 cups milk into a saucepan, and bring to boiling point. Beat the yolks of 2 eggs, with a small breakfastcup of sugar, to a cream. Beat the whites separately to a stiff froth. Take the boiling milk and add to it the yolks and sugar; mix in the gelatine, and stir over the fire until it thickens. When as thick as custard (it must not boil) take off, and stir in the whites at once, and pour into a shape to cool. Flavour with bay leaves, lemon or vanilla.

b) Sponge Cream. (Miss McCormick, Parnell). 1 oz. gelatine, 3 eggs, 1 quart milk, 1 lemon, or vanilla flavouring, 1 teacup sugar. Soak the gelatine in some of the milk. Boil the yellow part of the rind in the rest of the milk. Add beaten yolks and lemon juice and heat till it comes nearly to boiling point, stirring all the time. Take off the fire, and add the whites whipped stiff. Place in a wetted mould; turn out when set.

c) Gelatine puddings (Mrs E. Sinclair, Roslin, Mt Eden). 4 eggs, 1 pint Milk, 1 cup sugar, 1 saltspoon salt, 1 teaspoon lemon flavouring, one third box of gelatine. Soak gelatine for a few minutes in a little cold water. Then dissolve it in ¾ cup boiling water. Have ready a custard made from the milk and yolks of the eggs. Beat the eggs and sugar together and stir into the boiling milk. When cold add the gelatine, water and the whites of eggs beaten very stiffly. Pour into moulds. Pretty and good.

1916.4 *Thames Star*, 25 May. [Reprint of *Honeycomb Pudding*, 1912.1]

1917.1 *Evening Post*, 5 May.

Honeycomb Cream. Take 1 oz. of leaf gelatine, 1½ pints of milk, 3 eggs, some sugar, and flavouring to taste. Place in a pan the gelatine, milk, and sugar, and make them warm to dissolve the gelatine. Beat the yolks of the eggs, add them gradually, and bring them all to the boil, then add the flavouring. Take the pan off the fire, whisk the whites of the eggs and

add them lightly; pour all into a wetted mould and leave them till set. The appearance is half jelly and half cream.

1917.1 *The C.C.C. Cookery Book*. Wanganui

a) Honeycomb Pudding. 1 pint of milk, 3 eggs, 2 teaspoons sugar, ½ oz. gelatine and essence. Dissolve gelatine in milk on range, add essence, yolks of eggs and sugar, stir well until it comes to the boil. Then take it off the fire and add the well-beaten whites of the eggs. Stir a few times and pour into a wet mould. Set aside to cool. Use 2 eggs to 1 pint of milk; 3 eggs to 1 quart milk (or as recipe, if liked).

b) Spanish Cream. ½ oz. gelatine, 1 ½ pint milk, 3 eggs, 4 tablespoons sugar. Soak gelatine in milk 1 hour, then bring to boil. Beat yolks with sugar, stir in, take off fire, and pour well beaten whites in and flavour. Pour in wet moulds.

1917.2 *Town and Country Patriotic Women Workers' Cookery Book*. Palmerston North.

a) Vanilla Cream (Miss Balsillie). Put a 6d. packet gelatine into five cups sweet milk and put on the fire to boil. Take the yolks of six eggs, beat them with three tablespoons sugar. When the milk is boiling strain into the yolks, then put back into saucepan and stir well until it thickens, but be sure not to let it boil. Flavour with essence of vanilla. When cool stir in the whites of the eggs, well beaten; then pour into a glass dish to set.

b) Honeycomb (Mrs M Healy, New Plymouth). 3 cups of milk, 3 eggs, essence of lemon, 1 teacup of sugar, ½ oz. gelatine. Soak gelatine in 1 cup of milk for 1 hour, then put it over the fire until dissolved. Add the yolks of the eggs to the remaining milk and pour into the saucepan containing the gelatine and milk. Have the whites of the eggs beaten very stiff and when the other ingredients are on the verge boiling pour over the beaten whites and mix well. Pour into a wet mould to set. Do not let this boil or it will be spoilt. Use a little more gelatine if the weather is very warm.

c) Omaru [sic] Pudding (Mrs Downs, Glenburn). 1 pint milk, 1 oz. gelatine, yolks of 2 eggs, 2 tablespoons sugar, rind of 1 lemon. Soak gelatine in part of the milk, grate lemon and boil with milk, add gelatine and sugar. Stir in yolks of eggs; do not let it boil or it will curdle. Pour into a wet mould; when cold turn out and decorate with the white of the eggs and blanched almonds. Other flavourings may be used and lemon rind omitted.

1918.1 *South Canterbury Red Cross Cookery Book*. Timaru.

a) Spanish Cream (Miss Helen Little, Dunedin). ½ oz. sheet gelatine, 2 eggs, 4 tablespoons sugar, 3 cups milk, flavouring. Wash gelatine, soak half hour in water till dissolved. Separate whites from yolks; make a boiled custard with yolks. Add dissolved gelatine, flavouring, and stiffly beaten whites. Stir till it cools then mould.

b) Spanish Cream (Miss White, Croquet Guild). 1 oz. gelatine, 3 eggs, 3 cups milk, sugar, and flavouring. Soak gelatine, make custard of milk, sugar and yolks of eggs; add the gelatine, and boil up. Then stir in lightly the well beaten whites of eggs. Pour into mould.

1918.2 *The [Red Cross] Cookery Book of Tried Recipes*. Wellington.

a) *Spanish Cream (K. Clayton)*. ½ pint milk [¾] pint cream, 4 oz. loaf sugar, 1 oz. leaf gelatine, rind and juice of 1 lemon. Bring the cream, milk, sugar and rind just to boiling point, but it must not boil. Dissolve the gelatine in a little warm water and add it. Squeeze the juice of the lemon into a jug, and then pour the warm mixture into the jug with the juice. Place the jug in a saucepan with water and stir over the fire for 5 minutes. Wet a mould and pour the mixture in. Do not turn out till quite set. Place on ice if possible in warm weather.

b) *Tenby Cream (Mrs H Nelson)*. Heat 1 pint of milk into which has been added 1 oz. leaf gelatine, 4 oz. loaf sugar, and the grated rind of 2 lemons. As soon as the gelatine and sugar are melted pour it all on to 2 well-beaten yolks of eggs, then stir in gently the juice of 2 lemons, and fold in the whipped whites of the eggs. Pour into a wetted mould. It is half jelly, half cream, when turned out.

c) *Portugese Pudding (Mrs Duthie)*. 4 eggs, ½ oz. gelatine soaked in cup of milk. Beat eggs—yolks and whites separately—and very well. Add sugar to taste to yolks; add dissolved gelatine, and then the stiff beaten whites. Set in a glass bowl, and spread with layers of strawberry jam and whipped cream.

d) *Angel's Food. (Mrs Ernest Bloomfield)*. ½ oz. gelatine, 1 pint milk, 2 eggs, ½ cup sugar, 1 lemon flavouring. Soak the gelatine in part of the milk; boil the rest of the milk. Add gelatine, sugar and yolks of eggs, taking care it does not curdle. When cool, add lemon juice and whites of eggs beaten stiff, and ½ teaspoonful vanilla. It is an improvement to boil the lemon rind in milk. Turn into a mould.

1918.3 *Observer*, 25 May. [*Madrid Creams* – reprint of 1899.5]

1919.1 *Thames Star*, 1 February.

Honeycomb Pudding. Bring 1 quart milk to boiling point, and when it has been on the fire a few minutes stir in a packet of gelatine, sugar and flavouring to taste, and the beaten yolks of 4 eggs. Beat the white to a stiff froth, and pour the mixture onto the whites, stir well, and put aside to cool. The pudding must be made the night before it is required, and in hot weather use more gelatine or less milk.

1920.1 *Observer*, 7 February.

Spanish Cream. Soak 1 oz. gelatine in a breakfast cup of milk. Put 2 cups milk into a saucepan, and bring to boiling point. Beat the yolks of 2 eggs, with a small breakfast cup of sugar, to a cream. Beat the whites separately to a stiff froth. Take the boiling milk and add to it the yolks and sugar; mix in the gelatine, and stir over the fire until it thickens. When as thick as custard (it must not boil) take off, and stir in the whites at once and pour into a shape to cool. Flavour with bay leaves, lemon, or vanilla.

1920.2 *Observer*, 28 August.

Honeycomb Mould. Take 2 cups of milk, a packet of gelatine (soaked for 2 hours in the milk), and 1 teacupful of sugar. Place in a saucepan, make lukewarm, add the yolks of 3 eggs (well-beaten), stirring always. Bring it to boiling point, take off the fire, and stir in the whites of the eggs well-beaten. Do not allow it to boil. Flavour to taste, then pour into a wet mould, and leave till next day.

1920.3 *Auckland Star*, 24 December. [Previously printed in *Sunday Times* (Perth), 24 December 1916.]

Spanish Cream. One quart of milk, 2 oz. of gelatine, 1 cup of sugar, 4 eggs, and vanilla essence. Soak the gelatine in some of the milk for half-an-hour, then add to it the rest of the milk (boiling), stir over the fire for a minute, add the yolks of the egg, well beaten with the sugar, and stir until it boils again; lastly, stir in the well-beaten whites of the eggs. Pour into a pretty mould, and when cold turn out. [Similar to 1914.4]

1920.4 *Observer*, 7 February [*Gelatine Puddings* – reprint of 1916.3]

1921.1 *Evening Post*, 14 September (Advertisement by St George - opposite)

Fairy Pudding. 1 oz. packet Nelson's gelatine. 3 breakfastcups milk. Few drops essence of vanilla. ½ lb. St George apricot jam. 1 breakfastcup water. 1 tablespoon sugar. 3 eggs. ¾ pint of cream. Soak the gelatine in the cold water for an hour. Bring the milk to the boil, put in gelatine. Separate the yolks and whites of the eggs – beat the yolks and add to the milk, sweeten and flavour. Let all boil 3 or 4 minutes until it appears curdled – take off the fire and stir in the whites of the eggs – having previously beaten them very stiff. The mixture will be light and fluffy – let it stand until cool enough to pour into a glass dish – put away in a cool place to set. Next day spread jam in a thick layer over the pudding and pile stiffly whipped cream on top.

1922.1 *Northern Advocate*, 13 May. [*Spanish Cream* – reprint of 1901.1]

1922.2 *NZ Truth*, 4 November.

Spanish Cream. “Jessie” Balclutha wants a recipe for Spanish Cream. Soak half an ounce of gelatine in a pint and a half of milk for one hour; put in a saucepan, and let it come to boil, stirring all the time. Beat the yolks of three eggs with four tablespoonfuls of sugar, add to the milk and stir till it thickens. Take off the fire and add the whites of the eggs beaten stiff. Flavor with half a teaspoonful of vanilla or lemon. Pour into a mould previously wetted with cold water. Pieces of pineapple, fresh or tinned, may be added. Turn out the next day.

1923.1 *The “Sure to Rise” Cookery Book*. 4th edition. Christchurch.

Honeycomb Pudding Deluxe. ½ oz. gelatine; 1 pint milk; 2 level tablespoonfuls sugar; 2 eggs; Flavouring essence to taste. Method: Dissolve gelatine in milk made warm, add the yolks of eggs well beaten. Cook in jug standing in boiling water until it thickens. When cool whip



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Try this “St. George” Recipe:

FAIRY PUDDING.

1 oz. packet Nelson's Gelatin. 1 Breakfast Cup Water.
2 Breakfast Cups Milk. 1 Teaspoon Sugar.
Few drops Essence of Vanilla. 2 Eggs.
½ lb. St. George Apricot Jam. 1 Pint of Cream.
Soak the gelatine in the cold water for an hour. Bring the milk to the boil, put in gelatine. Separate the yolks and whites of the eggs—beat the yolks and add to the milk, sweeten and flavour. Let all boil 2 or 4 minutes until it appears curdled—take off the fire and stir in the whites of eggs—having previously beaten them very soft. The mixture will be light and fluffy—let it stand until cool enough to pour into a glass dish—put away in cool place to set. Next day spread the Jam in a thick layer over the pudding and pile stiffly whipped cream on top.



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The eccentrics Ralph also lent St. George his magic wand. This was St. George's chance to be free, and he forthwith tormented Ralph with the wand and turned her into a pillar of rock. He then released the six champions of Christianity from their dungeons, and they all went their several ways. St. George went to Egypt.
(To be continued).

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Fairy pudding [1921.1]. Advertisement – Evening Post, 14 September 1921.

in whites of eggs well beaten. Pour into mould and let stand 12 hours. This pudding with Edmonds Custard Blanc-Mange is delicious.

1923.2 *The Universal Cookery Book*. Mrs J Beaton. Dunedin.

Spanish Cream. Half ounce gelatine, 3 eggs, 1 pint milk, 1 lemon, 1 cup sugar. Dissolve gelatine in milk, add yolks of eggs (well beaten), sugar and juice of lemon. Put on fire, and bring to the boil. Take off, and when nearly cold add whites of eggs well beaten. Put in mould and serve with cream or custard.

1923.3 *Auckland Star*, 3 November.

Spanish Cream. Take 1 pint milk, ½ cup sugar, 2 eggs, 3½ sheets best gelatine. Soak the gelatine in the milk for one hour. Then put on to boil. Beat the yolks only of the eggs with the sugar. Pour into them the boiling milk and gelatine. Have ready the whites of the eggs beaten to a stiff froth. Stir them into the rest of the ingredients. Flavour with essence of vanilla and pour all into a wet mould or basin. Make the day before using. When serving, run a knife round the edges where it sticks to the basin and turn into a glass dish. Take the contents of six passion fruit, sweeten to taste and add a little wine, and, if you have it, a pint of cream and pour round the shape. This is a delicious pudding for summer.

1923.4 *Rodney and Otamatea Times, Waitemata and Kaipara Gazette*, 19 December.
[*Honey Comb Pudding* – reprint of 1916.1].

1924.1 *Davis Dainty Dishes*. Christchurch.

Spanish Cream. 2 cups milk; 2 dessertspoons gelatine; essence vanilla; 2 eggs; 2 dessertspoons sugar. Beat yolks of eggs and sugar together, then place milk and gelatine in a saucepan, adding the yolks of eggs and the sugar. Place on a fire and stir till nearly boiling; add essence, remove and allow to cool. Then add beaten whites of eggs, mixing all thoroughly together. Pour mixture in a mould and place aside to set.

c1924.2 *The Up-to-Date Cook's Book*. Mildred A. Trent. Christchurch.

a) *Spanish Cream*. 3 eggs; ½ oz. gelatine; 1 pint milk; 2 oz. sugar; Vanilla Essence. Soak gelatine for a little in milk, then put in a double saucepan with the sugar, when boiling stir in the eggs. Cook till it curdles, then pour onto the stiffly beaten whites. Add essence of vanilla. Whisk well and pour into a damp mould.

b) *Vanilla Creams*. For these use the same ingredients as former recipe, but a different method. Make a boiled custard with the eggs and milk, sweeten and flavour to taste with vanilla. Cool off and when just warm stir in the gelatine soaked in a little cold water, and when dissolved set in mould.

1924.3 *NZ Truth*, 8 November.

Angel's Food. A delicious summer pudding is “Angel's Food” which is made as follows: ½ oz.

gelatine, 1 pint milk, 2 eggs, ½ cup sugar, 1 lemon flavoring. Soak the gelatine in part of the milk; boil the rest of the milk. Add gelatine, sugar, and yolks of eggs, taking care it does not curdle. When cool add lemon juice and whites of eggs beaten stiff and half a teaspoonful of vanilla. It is an improvement to boil the lemon rind in the milk. Turn into a mould.

1924.4 *Cookery Book in Aid of Plunket House. New Plymouth.*

a) *Spanish Cream (Matron Campbell, N.P. Hospital)*. Quarter ounce gelatine, ½ pint milk, 1 egg, 1 tablespoon sugar, essence, pinch salt. Soak gelatine in ¼ cup water. Bring milk to boil, add gelatine and stir until dissolved. Let cool a little, then add beaten yolk and sugar. Cook till it thickens slightly, but do not allow to boil; add pinch of salt. Let cool, then beat in stiffly beaten white. Add essence, pour into wet mould, and leave all night to set.

b) *Honeycomb shape. Mrs R. A. Barstow, Auckland*). Soak half an ounce packet of gelatine in a pint of milk (two breakfastcups) for half an hour or longer. Beat up the yolk of one egg, and after steeping the gelatine add the yolk, with half a cup of brown sugar. Put all in a saucepan and keep stirring until the mixture comes to boiling point. Add a drop or two of vanilla essence, and beat white to a stiff froth, gently mixing it in, leaving the whole somewhat frothy. Pour into a wetted shape and allow to stand overnight.

c) *Exeter shape. (E. A Giblin)*. [Reprinting of 1901.2c].

d) *Spanish Cream. (Mrs Golding, Vogeltown)*. One pint of milk, 6 sheets gelatine (soaked in a little milk), 2 tablespoons sugar, 2 eggs. Boil the milk; beat yolks of eggs and sugar together; pour boiling milk on and stir over fire till it thickens like custard; add gelatine and well-beaten whites of eggs. Flavour with essence of lemon and put in mould to set.

e) *Spanish Cream (Mrs Binns, Fitzroy)*. Soak 1 oz. gelatine with 5 cups milk and 1 cup white sugar for 3 hours. Separate the yolks from the whites of 6 eggs. Mix the yolks with the gelatine and heat but do not boil. Beat the whites stiffly in a large basin, pour the hot mixture over and mix well. Flavour with vanilla if liked. Pour in a wetted mould to set. (By using powdered gelatine, time is saved, as there is no need to soak the gelatine at all.)

f) *Lemon Honeycomb (Mrs Salkeld, Blenheim)*. One quart milk, 3 eggs, ½ cup sugar, ¼ oz. gelatine (8 or 9 sheets), flavour with ratafia. Dissolve the gelatine in the milk over the fire, add yolks, sugar, flavouring. When at boiling point add whites beaten to a froth. Pour into a wetted mould and turn out when cold.

g) *Honeycombe. (Mrs W.S. Burton, Vogeltown)*. One ounce of gelatine, ½ cup sugar, flavouring, 3 eggs, 2 breakfastcups milk. Soak gelatine in the milk for 1 hour, put in a pot with sugar and yolks of eggs. Bring to the boil, add flavouring, then pour into the beaten up whites of eggs.

1924.5 *The "Help the Babies" Cookery Book. Nelson.*

a) *Spanish cream (Mrs Giles, Wellington)*. 1 pint of milk, 2 eggs, 2 oz. sugar, ½ oz. gelatine, flavouring. Soak gelatine in milk for ½ an hour or more, put in saucepan, stand over a slow fire, let come to the boil; beat the yolks of eggs with sugar, stir in and let thicken like custard.

Remove from fire, stir in whites (which should be beaten to a stiff froth) and flavouring, and if liked a little preserved ginger cut small. Pour into a wet mould, and let stand overnight.

b) *Spanish Cream. (Mrs Sizer, Wellington)*. 1 pint of milk, 2 eggs, 2 ozs. of sugar, ½ oz. gelatine, flavouring. Soak gelatine in milk for ½ an hour. Beat sugar and the yolks of the eggs to a cream, flavour, and stir over the fire till almost boiling. Then let it cool, and add whites of eggs beaten, stir, and pour into a mould.

c) *Honeycomb Cream (Mrs H. Robinson)*. 3 teacups milk, 1 teacup of sugar, 2 eggs, ½ oz. gelatine, essence of lemon and a pinch of salt. Soak gelatine in milk, add sugar, stir over fire till all dissolved; stir in slowly yolks of eggs well beaten; boil up once, take off fire and add the whites of the eggs, which should be stiffly whisked; set in mould.

d) *Honeycomb Sweet (Mrs A. Masters, Endeavour Inlet, Picton)*. Take ¾ pint sweet milk, ½ oz. gelatine, 1 tablespoon sugar, ½ tablespoon vanilla essence, and 1 egg. Soak gelatine in milk till like pulp, put milk, sugar, gelatine in pan; stir well until all is dissolved; then add yolk of egg, and bring to boil; add vanilla. Remove from fire, add white of egg (whipped), mix lightly, and pour into a mould which has been soaked in cold water.

e) *Spanish Trifle – No Cooking (Mrs A.C. Seymour)*. 4 eggs, 1½ ozs. leaf gelatine, 3 tablespoons sugar. Soak the gelatine in water an hour. Pour off water and pour on it 1 cup of milk just hot enough to thoroughly dissolve it. Beat yolks of eggs and the sugar very stiffly together, and the whites by themselves. Add the gelatine to the eggs, and lastly the beaten whites and vanilla flavouring. Pour into a dish to set. When set spread with jam or passion fruit, beat half a pint of cream and cover the fruit with it. You can use coffee or chocolate with the milk, or the juice of 4 oranges and 1 lemon instead of milk. Then you omit the jam and fruit, and it becomes a cold soufflé. It sets quickly and is good for invalids.

f) *Sponge Custard. (Miss O'Hara-Smith)*. 1 pint milk, 2 eggs, ½ oz. gelatine soaked in cold water, 2 tablespoons sugar, lemon or vanilla flavouring. Heat the milk and stir it into the well beaten egg yolks and sugar. Return it to the saucepan and stir till it thickens. Take gelatine out of water, and melt by adding one tablespoon of boiling water and setting in a vessel of hot water till quite dissolved. Add this to the custard and set to cool. As soon as it begins to congeal, whisk it thoroughly and add to it gradually the whites of the two eggs beaten to a stiff froth. Beat it rapidly till spongy, and pour into a glass dish to set.

1924.6 *Northern Advocate, 19 April.*

Spanish Cream. Use powdered gelatine, as no soaking is then required. 1 oz. gelatine, 1 cup of sugar, and yolks of two eggs and 2 cups of milk. Put gelatine and milk over a gentle heat, stir till just on boiling point, then add beaten yolks and sugar. Return to fire till all is well mixed. Then add the beaten whites and flavouring, beat thoroughly and put all into a wetted mould.

1925.1 *Evening Post, 22 August*. [Previously printed in *The Queenslander*, Brisbane, Saturday 2 September, 1922]

Honeycomb Pudding. Required: 1 pint of milk, 3 eggs, 3 oz. of castor sugar, a good ½ oz. of gelatine, vanilla essence, a gill of water. Separate the yolks and white of the eggs, and beat the former slightly. Boil the milk and pour gradually to the yolks, stirring all the time. Return the milk and eggs to the pan, and stir over gentle heat until the custard thickens, remove from the fire, and [add?] the sugar and vanilla, and pour it into a basin. Dissolve the gelatine in half a gill of water and strain into the custard. When the mixture is quite cold and beginning to set round the edges, beat the whites of the eggs to a stiff froth and stir them in lightly. Pour at once into a mould rinsed out in cold water, and leave in a cold place until required. In hot weather use ¾ oz. of gelatine.

1925.2 *Rodney and Otamatea Times, Waitemata and Kaipara Gazette*, 9 December. [Reprint of *Honeycomb Pudding*, 1916.1].

1925.3 *The "Every One Needs One" cookery book*. Levin.

Oamaru Pudding (Mrs Kerslake). 1 pint milk, ½ oz. gelatine, rind of 1 lemon, yolks of 2 eggs, sugar to taste. Soak gelatine in part of the milk, peel lemon thinly and boil rind with rest of milk. Add sugar and gelatine, stir in yolks of eggs, but do not allow mixture to boil or it will curdle. Put into mould, when set, turn out, and stick all over with almonds.

1927.1 *Terrace Tested Recipes*. Wellington.

a) *Spanish Cream (Mrs J. F Cousins)*. Ingredients: Half a packet or six sheets of gelatine. One pint of milk. Two eggs. One small cup sugar. Flavouring. Method: Put gelatine, sugar and milk in saucepan and yolks of eggs (beaten). Let come to the boil, add whites beaten to a froth, and turn into mould.

b) *Princess Pudding (Mrs W. Mould) – A Cold Sweet*. Ingredients: One gill of cream; half an ounce of gelatine; one gill of orange juice; two ounces of sugar; three eggs. Method: Soak gelatine until soft, beat yolks of eggs, add orange juice to cream. Stir over fire till thick, but do not boil. Add gelatine and sugar. Let all dissolve. When cool, add whipped whites of eggs. Put in mould and set.

c) *Honeycomb Pudding*. One pint of milk; three eggs; three-quarters of a cup of sugar.. Method: Dissolve half an ounce of gelatine and place over the gas. When warm add sugar, flavouring and yolks of eggs. Stir until nearly boiling, but don't allow to boil. Withdraw from the fire, add whites beaten stiff. Set in a mould. Serve with fruit.

1928.1 *Violet Day Cookbook* [*Spanish Cream (E. Gill)*]. Slight rewording of 1901.2a]

1928.2 *Cookery Book of Tried Recipes – in aid of Te Kuiti Branch of Plunket Society*. Te Kuiti.

a) *Spanish cream*. Three eggs, 1 oz. gelatine, 1 quart milk, 3 tablespoons sugar, vanilla. Method: Soak the gelatine in a cup of milk; boil remainder of milk and pour in the dissolved gelatine. Take off fire and allow to cool a little; add sugar and yolks beaten together; replace on fire and stir well till it reaches nearly to boiling point, then remove and stir in the well

beaten whites and flavouring. Pour into a wet mould and turn out when set.

b) *Spanish Cream (Mrs J. C. Rolleston)* [Very similar to recipe in *The Age*, 5th November 1907]. Soak ½ oz. of gelatine in a pint of milk, let it stand for an hour then place it on the stove till all is dissolved. Sweeten and flavour to taste with vanilla essence. While still very hot stir in the beaten yolks of 3 eggs, and when a little cooler add the whites of three eggs beaten to a stiff froth. Pour into a wet mould and leave to set, or pour into a flat dish and serve in this with whipped cream and cherries or other garnish on top.

c) *Tenby Cream (Mrs B. Hill)*. Put into a saucepan, 1 pint of milk, ½ lb. sugar, and the rind of 3 lemons, also 1 oz. gelatine. Dissolve these and add the yolks of 3 eggs and let the mixture boil until it curdles. Strain and when it is cool add the beaten whites of 3 eggs and the juice of 3 lemons, and pour into a wet mould.

1928.3 *Everybody's Cookery Book*, Christchurch.

a) *Spanish Cream*. [Reprinting of 1901. 1]

b) *Honeycomb Cream (Miss Jean Dunlop)*. Ingredients: Three teacups milk, one teacup sugar. Two eggs, half ounce gelatine. Essence of lemon or pineapple, pinch salt. Method: Soak gelatine in milk, add sugar, stir over fire till all dissolved. Stir in slowly yolks of eggs well beaten. Boil up once, take off fire and add the whites of the eggs, which should be stiffly whisked. Set in mould. [Slightly reworded version of [1924.5c], with the suggestion to use pineapple essence].

1928.4 *N.Z. Truth*, 6 September. [*Spanish Cream* – Similar to 1914.4].

[c1928].5 *The Nelson Cookery Book*. Nelson

a) *Spanish Cream*. Milk 2 cups, gelatine 2 dessertspoon, eggs 2, sugar 2 dessertspoons, vanilla essence. Beat yolks of eggs and sugar together, add milk and pour into saucepan. Beat and stir till nearly boiling; add essence and allow to cool. Add gelatine dissolved in a little water. When cold and partly set, add well-beaten whites, and mix all thoroughly together. Pour mixture into a damp mould and leave to set.

b) *Spanish Cream (Miss Wells, D'Urville Island)* [reprint of 1913.1a].

1929.1 *Cookery Chats and Recipes*. by "Katrine". Christchurch.

Spanish Cream. For a sizeable mould you will require 1 quart milk, 5 eggs, ½ breakfastcup of sugar, 1 oz. gelatine, a tablespoon of butter, any essence favoured. Soak the gelatine in ½ a pint of cold water. Bring the milk and butter to boiling point, take off the fire, and well stir in the gelatine and sugar. Put on gentle heat again, and add the beaten egg yolks, stirring all the while. Do not allow the mixture to boil. Now take off the fire and stir in the stiffly beaten egg-whites, and the flavouring. Pour into a wetted mould and put in a cool place. Turn out when set. Whipped cream may be handed when serving.

1929.2 *Reliable Recipes*. Karori Presbyterian Church

Spanish Cream (M. L.). One and a half tablespoons gelatine (Davis'), $\frac{3}{4}$ cup boiling water, 3 tablespoons sugar, 1 pint milk, 1 teaspoon essence vanilla, 3 tablespoons cold water, pinch salt, 3 eggs. Soak gelatine in cold water a few minutes, add boiling water and stir well; make a custard of yolks, sugar and salt and hot milk; stir over a slow heat until it thickens; add dissolved gelatine and stiffly-beaten whites; add vanilla. Mix well and pour into a wetted mould to set.

c1930.1 *The Nurse's Cookery Book*. Christchurch.

Spanish Cream. 1 egg; $\frac{1}{4}$ oz. gelatine; 1 dessertspoonful sugar; $\frac{1}{2}$ pint milk; Essence of vanilla. Method: Separate white from yolk of egg. Beat yolks and sugar together, then place milk in a saucepan, adding yolk and sugar. Place on fire and stir till nearly boiling, (do not allow to boil) add essence and cool. Stir in gelatine dissolved in a little hot water. Pour mixture into a wet mould and place aside to set. Time required, 20 minutes. Sufficient for two persons.

References

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