

The background features a stylized illustration of a recipe book with the word 'Recipes' written on its cover. The book is open, showing pages with various symbols and patterns. To the right, a bicycle is depicted in a similar stylized, blue-toned manner. The entire scene is set against a light blue circular backdrop. A prominent red horizontal band is positioned across the middle of the image, containing the main title text.

# COOKING WITH ENERGY

# **Beverages**

## SUBSTITUTIONS

FOR:	USE:
1 tablespoon cornstarch	2 tablespoons flour or one tablespoon tapioca
1 square (1 ounce) unsweetened chocolate	3 tablespoons cocoa plus 1 tablespoon butter
1 cup milk	1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted dry milk made by using 1/3 cup instant dry milk and 3/4 cup water
1 cup sour milk	1 tablespoon lemon juice or vinegar plus enough whole milk to make 1 cup
Commercial sour cream	No substitute
1/2 cup old fashioned molasses plus 1/4 teaspoon soda	1/2 cup granulated sugar plus 1 teaspoon baking powder, plus 2 tablespoons water or milk
1 cup brown sugar	1/4 cup molasses plus 3/4 cup granulated sugar
1 cup sifted cake flour	1 cup sifted all-purpose flour minus 2 tablespoons
2 teaspoons baking powder	1 1/4 teaspoons cream of tartar plus 1/2 teaspoon baking soda
1 whole egg	2 egg yolks, plus 1 tablespoon water (in cookies) 2 egg yolks (in puddings or similar mixtures)
1 cup self-rising flour	1 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt
1 package active dry yeast	1 tablespoon instant minced onion
1 small clove garlic	1/8 teaspoon garlic powder

CHERRY BOUNCE

To 1 gallon of wild cherries, add enough whiskey to just cover. Let stand 3 weeks. Drain off liquor; reserve. Drain juice from cherries through jelly bag, but do not break stones. Add strained cherry juice to reserved liquor. To each 1/2 gallon of cherry juice liquor, add a boiled syrup made of 2 1/4 cups sugar and 1/2 cup water. Stir; pour into bottles and cork securely.

PEACH BRANDY

Peel 2 gallons or 8 quarts ripe peaches. Weigh, measure an equal amount of sugar. Pack fruit and sugar in alternate layers in an earthen crock. Weight down peaches to keep under juice. Cover top of crock with cheesecloth and store in cool, dark place. Allow to stand 2 to 3 weeks, or until fermentation stops. Strain to remove sediment. Pour juice into bottles and cork tightly. If desired, peaches may be refrigerated and served later.

CAFE AU LAIT

Into a coffee cup pour together boiling milk and hot strong coffee (1/2 cup of each). This is the coffee that is so popular at the coffee stands in New Orleans.

CAFE BRULOT

40 whole cloves	Very thin peel of
2 sticks whole cinnamon, broken into pieces	1/2 orange
Very thin peel of 1/2 lemon	20 cubes of sugar plus 2 cubes per cup
1 quart hot coffee	1 cup brandy

Place spices, peel, sugar and brandy into brulot bowl. Fill the brulot ladle with brandy, ignite and lower into brulot bowl. Ladle the flaming mixture only a few minutes, so that it will not destroy all the flavor of the brandy. Pour coffee slowly into brulot bowl. (The quantity of sugar may seem excessive; it is essential as the brulot should taste like a very rich fruitcake.) Serves 12.

GOLDEN PUNCH

2 cans (6 ounces each) frozen orange juice concentrate	2 cans (6 ounces each) frozen lemonade concentrate
2 cans (12 ounces each) apricot nectar	2 cans (18 ounces each) pineapple juice

Add water to frozen concentrate as directed on cans. Combine with the apricot nectar and pineapple juice. Chill. Yield: 39 servings, 4 ounces each.

HAWAIIAN PUNCH

2 quarts Hawaiian Punch	1/2 cup lemon juice
3 quarts water	1 quart ginger ale

Combine punch, water and lemon juice. Pour over cracked ice. Just before serving, add ginger ale. Yield: 50 servings, 4 ounces each.

ICE CREAM SODA PUNCH

2 quarts cherry soda	1 quart cream soda
2 bottles cola-type beverage	1 pint vanilla ice cream

Chill beverages thoroughly. Just before serving, pour beverages into punch bowl. Add ice cream, dividing the pint into four large tablespoonfuls. Yield: 32 servings, 4 ounces each.

LEMONADE PUNCH

2 cups water	4 oranges, sliced
4 1/2 cups (2 pounds) sugar	1 can (46 ounces) pineapple juice
3 3/4 cups lemon juice	2 gallons cold water

Boil 2 cups water with sugar; chill. Add lemon juice, oranges, pineapple juice and water. Yield: 90 servings, 4 ounces each.

### LUAU PUNCH

- |  |  |
|--|--|
| 1 can (6 ounces) frozen orange juice concentrate | 1 can (46 ounces) pineapple juice        |
| 1 can (6 ounces) frozen lemonade concentrate     | 2 tablespoons Maraschino cherry juice or |
| 2 cans (12 ounces each) apricot nectar           | 1 tablespoon grenadine                   |
| 1 bottle (28 ounces) ginger ale                  | 3/4 teaspoon almond extract              |

Dilute orange juice as label directs. Add concentrated lemonade, nectar, pineapple juice, cherry juice, and extract. Refrigerate. At serving time, add ginger ale. Yield: 34 servings, 4 ounces each.

### PENNY-WISE PUNCH

- |  |                                       |
|--|---------------------------------------|
| 2 packages (3 ounces each) cherry-flavored gelatin | 2 oranges, thinly sliced              |
| 2 packages (3 ounces each) lemon-flavored gelatin  | 2 bottles (28 ounces each) ginger ale |
| 1 quart cold water                                 | 1 quart hot water                     |

Dissolve gelatin in hot water. Add cold water and orange slices. Chill. Add ginger ale and ice cubes just before serving. Yield 32 servings, 4 ounces each.

*Amount to Serve:* The average punch cups holds about 1/2 cup (4 ounces) of punch. Allow 3 cups of punch per person. 4 1/2 gallons punch serves 50 people, 3 cups per person.

*Ice Ring:* Fill ring mold half full of water or fruit juice. Freeze firm as quickly as possible. Arrange fruit in decorative design over frozen ring. Anchor by pouring a small amount of water around them; freeze. Unmold and float in punch bowl.

*Frozen Fruit:* Place can of fruit cocktail in freezer overnight to freeze solid. Open can and place fruit in punch bowl with block of ice. Add punch. Float mint and lemon slices on top.

### SHERBET PUNCH

- |                 |                              |
|-----------------|------------------------------|
| 1 quart sherbet | 5 quarts ginger ale, chilled |
|-----------------|------------------------------|

Place sherbet in punch bowl; add ginger ale. Yield 48 servings, 4 ounces each.

### TEA BASE FRUIT PUNCH

- |                              |  |
|------------------------------|--|
| 1 quart hot tea              | 1 cup grenadine                              |
| 3 1/2 to 4 cups sugar        | 1 quart unsweetened pineapple juice, chilled |
| 1 quart lemon juice, chilled |  |

Stir tea and sugar until sugar dissolves; chill. Add grenadine and juices. Yield: 30 servings, 4 ounces each.

#### *Variations:*

*Sparkling Punch:* Add 2 bottles (28 ounces each) chilled lemon-lime carbonated beverage. Yield: 48 servings, 4 ounces each.

*Champagne Punch:* Add 2 fifths chilled champagne and 1/2 pint vodka. Yield: 55 servings, 4 ounces each.