

SOME FAVORITE BETTY CROCKER RECIPES

Compiled by Leslie Goddard

BANANA LOAF

Mix thoroughly together ... 2/3 cup sugar

1/3 cup soft shortening

2 eggs

Stir in ... 3 Tbsp. sour milk or buttermilk

1 cup mashed bananas (mash with fork or pastry blender)

Sift together and stir in ... 2 cups sifted GOLD MEDAL flour

1 tsp. baking powder ½ tsp. baking soda

½ tsp. salt

Blend in ... ½ cup chopped nuts

Pour into well greased 9x5x3" loaf pan. Let stand 20 min. before baking. Bake until it tests

done. Serve warm or cold.

Temperature: 350 degrees (moderate oven)

Time: Bake 50 to 60 min.

General Mills, Betty Crocker's Picture Cook Book, 1950 (first edition)

CHICKEN IN TOMATO ASPIC

Soften ... 2 envelopes unflavored gelatin (2 Tbsp.)

In ... ½ cup cold water Simmer together for 15 minutes ... 2 cups tomato juice

1 tsp. salt

1 tsp. confectioners' sugar Dash of cayenne pepper

Dash of celery salt

1 bay leaf

1 cut-up small onion A few celery leaves

Strain tomato mixture and add softened gelatin and 1 Tbsp. lemon juice, stirring until dissolved. Cool. Add 1 cup diced chicken, then pour into individual oiled molds. Chill until firm (about 2 hr.) Unmold on salad greens and serve with mayonnaise. Serves 6 to 8. *Note: Double the recipe fills 9" ring mold. Serves 12.*

General Mills, Betty Crocker's Picture Cook Book, 1950 (first edition)



Gold Medal Home Services recipe card, circa 1927

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EMERGENCY STEAK
  (1 lb.—serves 6)
Mix . . . . . 1 lb. ground beef
                 or hamburger
               1/2 cup milk
               1 cup WHEATIES
               1 tsp. salt
                1/4 tsp. pepper
               1 tbsp. chopped onion
Place on pan, pat into T-bone steak
shape, 1 in. thick. Broil 8 to 15 min.
at 500° (very hot). Turn once.
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General Mills, "Your Share" (wartime cooking pamphlet), 1943

SUGAR COOKIES

Mix together thoroughly ½ cup soft shortening (half butter)

¾ cup sugar

1 egg

Stir in 1 Tbsp. milk or cream

1 tsp. flavoring (vanilla or lemon or a combination of the 2)

Sift together and stir in ... 1¼ cups sifted GOLD MEDAL flour

¼ tsp. baking powder

¼ tsp. salt

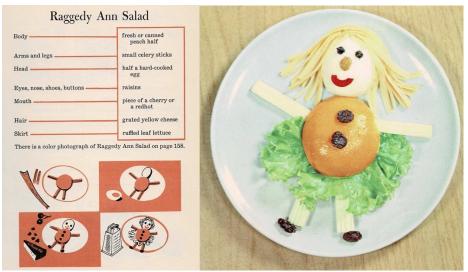
Chill dough. Roll very thin (1/16"). Cut into desired shapes. Place on lightly greased baking sheet, and sprinkle with sugar. Bake until delicately browned.

Temperature: 425 degrees (hot oven).

Time: Bake 5 to 7 min.

Amount: About 5 doz. 2 1/2" cookies

General Mills, "Betty Crocker Picture Cooky Book," 1948



General Mills, Betty Crocker Cook Book for Boys and Girls, 1957



HAM BANANA ROLLS

6 thin slices boiled ham Prepared mustard

6 firm bananas, peeled Cheese sauce

Use all-yellow or slightly green-tipped bananas. Spread each slice of ham lightly with mustard. Wrap a slice of the prepared ham around each banana. Place in a buttered shallow baking pan and pour cheese sauce over bananas. Bake in a moderate oven (350 degrees F) 30 minutes or until bananas are tender ... easily pierced with a fork. Six servings. Serve hot with cheese sauce from the pan poured over each roll.

CHEESE SAUCE

1½ tablespoons butter 1½ tablespoons flour

34 cup milk

1½ cups grated American cheese

Melt butter, add flour and stir until smooth. Stir in milk slowly. Add cheese and cook, stirring constantly until sauce is smooth and thickened. Makes about 1 cup sauce.

United Fruit Company advertisement, 1947



Betty Crocker Suggested Reading

Compiled by Leslie Goddard, Ph.D.

Susan Marks. *Finding Betty Crocker: The Secret Life of America's First Lady of Food.* 2005. A fun and engaging look at the history of Betty Crocker and her influence on American eating habits

Laura Shapiro. *Something from the Oven: Reinventing Dinner in 1950s America.* 2005. Shapiro devotes an entire chapter to Betty Crocker in this excellent cultural history of how the emergence of big-business cuisine overturned traditional cooking habits in the 1950s. Can be academic at times, but well-researched and very insightful

Danielle Dreilinger. *The Secret History of Home Economics*. 2021. Traces the history of home economics and its links to African-American history, feminism, and the groundbreaking science of "better living" through home economics

Betty Crocker Cookbook: Everything You Need to Know to Cook From Scratch (2016). The twelfth (and current) edition of the famous cookbook

Bettycrocker.com The official website for the Betty Crocker brand



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