



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 Cup Cakes

<p>1/4 cup shortening 1 cup sugar 3 eggs 1 3/4 cups GOLD MEDAL FLOUR</p>	<p>2 tsp. baking powder 1/2 cup milk 1 tsp. vanilla</p>	
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METHOD

1. Cream shortening.
2. Add sugar gradually.
3. Add well beaten eggs.
4. Sift flour once before measuring.
5. Sift the flour and baking powder together.
6. Add the dry ingredients alter-

- nately with the milk.
7. Add the flavoring and beat well.
8. Place in muffin tins and bake.

TIME—15 minutes.
TEMPERATURE—400°F. (moderately hot oven)
AMOUNT—18 cup cakes.
SIZE OF PAN—2 inch muffin tins.

Gold Medal Home Services recipe card, circa 1927

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.

General Mills, "Your Share" (wartime cooking pamphlet), 1943



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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