

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

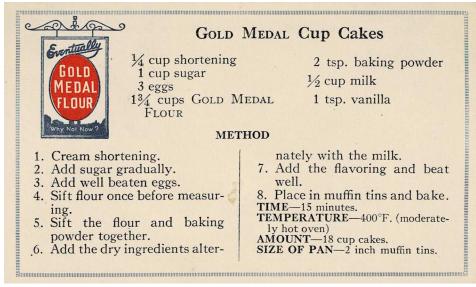
1 tsp. confectioners' sugar Dash of cayenne pepper

Dash of celery salt

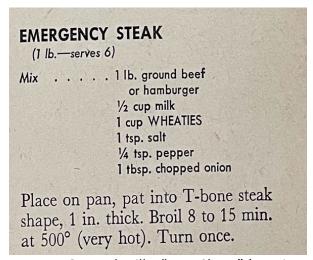
1 bay leaf

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



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



Betty Crocker Suggested Reading

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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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