

OLD SWEDISH



EBBA'S FORMS & RECIPES

ESTAB. 1954
30 SMALL FORMS

Success will always be yours if you follow these simple suggestions. Be sure that forms are absolutely dry. After forms are washed, turn them upside down on cooky sheet and put into slightly warm oven to dry. Also remember that forms do not have to be greased when using recipes in this booklet.

FANTE'S
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BASIC DOUGH FOR TART SHELLS

1 Cup All Purpose Flour (not sifted)
1/4 Cup Granulated Sugar
Pinch of Salt
1/4 Lb. Butter or Part Margarine
1 Egg Yolk
1/2 Tsp. Almond Extract

Let butter stand in room temperature until medium soft. Sift flour, sugar and salt into medium size mixing bowl, add rest of ingredients.

With your hands work all ingredients together, mixing well. Then turn dough on to lightly floured baking board and gently work a few seconds until dough is formed.

Chill dough for easier handling.

Pinch off pieces of dough to size of a big hazelnut and place in form and with your thumb even out and press dough on bottom and sides of form.

Be careful not to let dough extend above edge of form, as edges might break when shell is removed from form. An easy way to eliminate that, is to press finished form against palm of hand.

This recipe will make 30 shells.

Fill with any of following: Marzipan, Mincemeat or Pumpkin fillings.

MARZIPAN TARTS FILLING

1/3 Cup of Butter or Part Margarine
1/4 Cup of Sugar
2 Whole Eggs
1/4 Lb. Almond Paste

Stir or beat butter using rotary beater or electric mixer until very creamy, add sugar gradually, beating well. Add slightly beaten eggs in four parts, beating well after each addition. Crumble almond paste into egg mixture, mixing and beating well.

Put one teaspoonful of this mixture into each unbaked shell. Bake in 400° preheated oven for about 12-15 minutes until golden in color.

This recipe will make 30 Marzipan-tarts.

Very delicious.

PUMPKIN FILLING

1/3 Cup Butter or Part Margarine
2 Whole Eggs
1/3 Cup of Granulated Sugar
1/2 Cup Pumpkin
1 Tsp. Cinnamon
1/2 Tsp. Ginger
1/2 Tsp. Cloves
2 Tbs. Cream

Stir or beat butter, using rotary beater or electric mixer until very creamy. Add sugar gradually, beating well. Add slightly beaten eggs in four parts, beating well after each addition. Add rest of ingredients mixing very well.

Put one teaspoonful of this mixture into each unbaked shell. Bake in 400° preheated oven for about 12-15 minutes until golden in color.

This recipe will make 30 pumpkin tarts.

MINCEMEAT FILLING

1/3 Cup Butter or Part Margarine
2 Whole Eggs
1/4 Cup Granulated Sugar
3/4 Cup Prepared Mincemeat

Stir or beat butter, using rotary beater or electric mixer until very creamy. Add sugar gradually, beating well. Add slightly beaten eggs in four parts, beating well after each addition.

Add mincemeat, mix well.

Put one teaspoonful of this mixture into each unbaked shell. Bake in 400° preheated oven for about 12-15 minutes until golden in color.

This recipe will make 30 mincemeat tarts.

OTHER SUGGESTED FILLINGS

Jams, jellies or marmalade of solid consistency.

Glaze cookies when finished if desired, and sprinkle with colored sugar topping.

RECIPE FOR GLAZING

1 Tbs. of Boiling Water or Milk
1/2 Cup of Sifted Confectionary Sugar

Add sugar a little at a time until all sugar is added and stir until smooth. This icing will remain smooth and will not harden.

BASIC RECIPE FOR SHELL AND IDEAS FOR HORS D'OEUVRE OR APPETIZER

This recipe I will now give is for a pastry dough to be baked as a shell and filled later.

Very successfully they can be stored away in a cool place and reheated for later use.

1 Cup 2 Tbs. of All Purpose Flour
1/4 Lb. Butter or Part Margarine
1/4 Tsp. Salt
2 Tbs. of Grated Parmesan Cheese (optional)
1 Small Whole Egg, Slightly Beaten

Let butter stand in room temperature until medium soft. Measure flour and salt into sifter. Sift into medium size bowl. Add rest of ingredients. With your hands work all ingredients together, mixing well. Then turn dough on to lightly floured baking board and gently work a few seconds until dough is formed.

Chill dough for several hours before baking.

Pinch off pieces of dough to size of a big hazelnut and place in form and with your thumb even out and press dough on bottom and sides of form.

Be careful not to let dough extend above edge of form, as edges might break when shell is removed from form. An easy way to eliminate that is to press finished form against palm of hand.

This recipe will make 30 shells.

Bake in 450° preheated oven for 5 minutes.

Reduce temperature to 400° and bake for additional 8-10 minutes.

FILLINGS FOR COCKTAIL SHELLS

- 3/4 Cup of Turkey, Chicken, Lobster,
Crabmeat or Tuna Fish
chopped extra fine*
- 1/4 Cup Chopped Celery*
- 2 Tbs. Chopped Green Pepper*
- 2 Tbs. Chopped Dill Pickles*
- 1/4 Tsp. Salt*
- 1/8 Tsp. Pepper (white preferable)*
- 1/3 Cup Mayonnaise*
- 1 Tsp. Plain Gelatin*

Mix gelatin and 1 tbs. cold water in small heatproof dish. Let stand for five minutes. Set dish in pan of hot water until gelatin is dissolved. To mayonnaise add gelatin, stir to blend. Add all dry ingredients. With fork stir and fold until well mixed.

CAVIAR OR ANCHOVY FILLING

- 3 Hard Boiled Egg Yolks
put through fine sieve*
- 2 Tbs. Caviar or Anchovy Paste*
- 1 Tsp. Grated Onions or
Green Onions finely chopped*
- 1 Tbs. Soft Butter or Margarine*

In small bowl mix all ingredients very well. Put desired amount into cocktail shells. Sprinkle with egg whites, chopped fine. Sprinkle with paprika for coloring.

CHEESE TART APPETIZER

- 1/2 Cup Grated Parmesan or
Strong Cheddar Cheese
- 2 Egg Yolks
- 1 Egg White
- 3 Tbsp. Soft Butter or Margarine
- 1/8 Tsp. Salt
- 1 Tbsp. Cream or Brandy

Cream butter, add slightly beaten yolks, blend well. Add grated cheese, brandy or cream. Mix well. Beat white with salt until stiff. Place beaten white on top of cheese mixture, fold and blend until mixed. Put one teaspoon into shells that have been prebaked in 450° oven for 10 minutes. Bake an additional 5 minutes also in 450° oven. Remove tarts from oven. Let stand for about 5 minutes. Turn forms upside down and tart will come out easily.
Can be stored and reheated.

Hoping you will like my recipes and forms which have been designed for this purpose.

The idea to these forms I originally brought with me from Sweden, where I acquired my knowledge of baking.

*Very truly yours,
Ebba Thufvesson*