

**Lemon Souffle**

- 1 dessertspoon of gelatine
- 2 tablespoons of water
- 2 eggs, separated
- 2oz. of castor sugar
- 1 lemon (rind and juice)
- $\frac{1}{2}$  pint of cream or evaporated milk

(Serves 3)

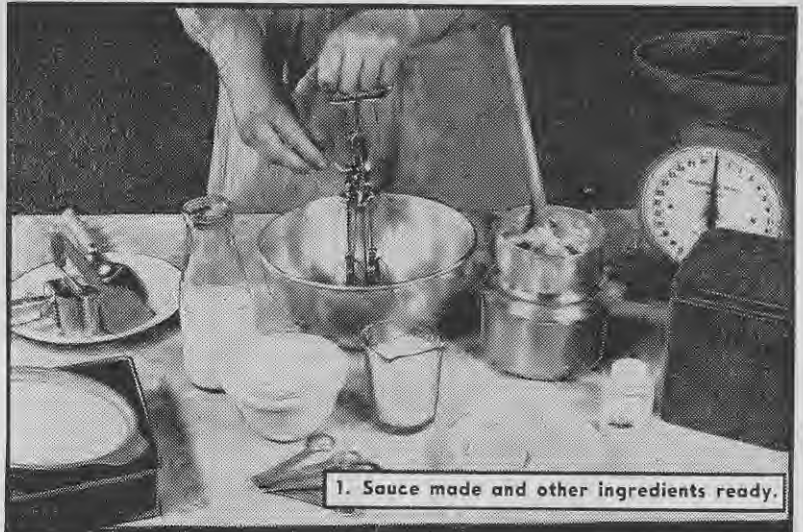
Soak the gelatine in the water; then place the bowl over hot water and stir until the gelatine is dissolved. Beat the egg yolks, sugar, and lemon rind and juice over a pan of hot water until thick and creamy. Remove from the heat and continue beating until cool. Add the dissolved gelatine. Whip the cream and beat the egg whites until they are stiff. Fold the cream into the egg yolk mixture and blend thoroughly. Fold this mixture carefully into the whites. When it is set decorate it with whipped cream, glace cherries, or nuts.

**Chocolate Souffle**

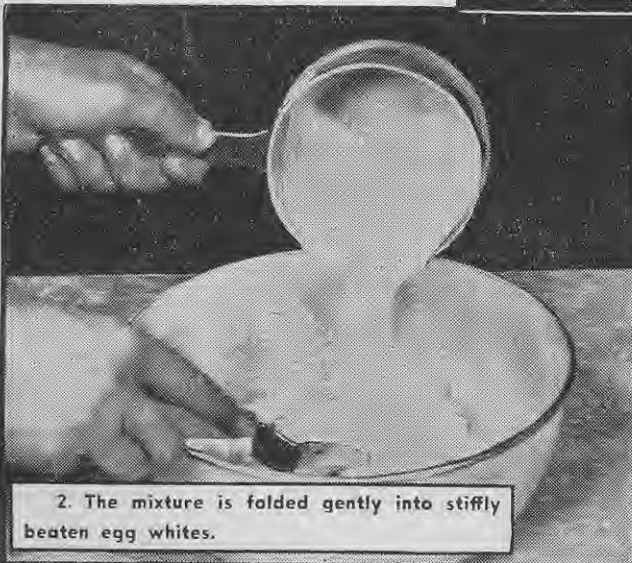
- 1 dessertspoon of gelatine
- 2 tablespoons of water
- 2 eggs, separated
- $\frac{1}{2}$ oz. of castor sugar
- Rind of 1 orange
- 3oz. of cooking chocolate softened in 2 tablespoons of water
- $\frac{1}{2}$  pint of cream or evaporated milk

(Serves 4)

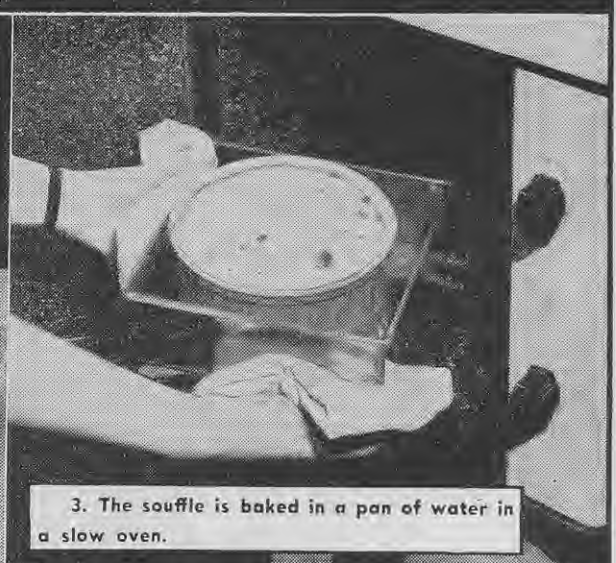
Make this dessert in the same way as the lemon souffle, but use the



1. Sauce made and other ingredients ready.



2. The mixture is folded gently into stiffly beaten egg whites.



3. The souffle is baked in a pan of water in a slow oven.

chocolate and orange rind in place of the lemon juice. Garnish with nuts or orange sections.

If evaporated milk is used in place of the cream, chill it thoroughly before whipping.

**Economical Dessert**

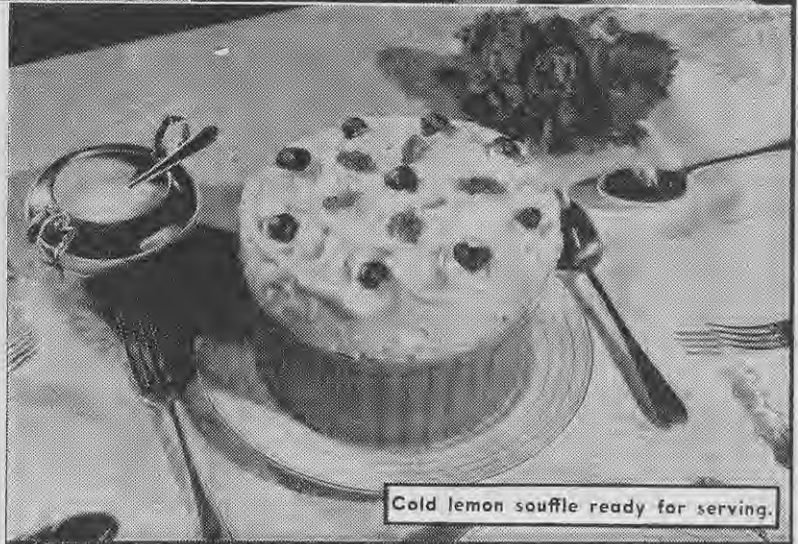
When eggs are dear or when cream is not available an economical dessert can be made in the following way:—

**Mock Chocolate Souffle**

- 1 tablespoon of gelatine
- 2 tablespoons of water
- 4oz. of sugar
- $\frac{1}{2}$  tablespoons of cocoa
- 1 cup of milk
- 16oz. tin of evaporated milk

(Serves 6)

Soak the gelatine in cold water. Mix the sugar and cocoa to a smooth paste with a little of the milk. Add the remainder of the milk and bring the mixture to the boil. Remove from the heat and add gelatine. Stir until the gelatine is dissolved. Cool. Chill the evaporated milk and whip. Blend the whipped milk with the chocolate mixture and leave to set.



Cold lemon souffle ready for serving.