

## MOTHERS' GUIDE IN CARE OF CHILDREN



# The Young Citizen PANTRY



## MORE ABOUT DESSERTS

*(Continued from last issue)*

BY

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Sugar is as indispensable in the preparation of desserts as salt is to most main dishes or viands. Sugar not only improves the flavor of desserts but adds considerably to its food value as well. The addition of a quantity of sugar makes the dessert fall under heavy foods and should be served only after light meals. In other words, sweet or sugary desserts have their place in the meal to add or complete its food value.

Sweets are generally done by preparing the syrup first, putting in the food and keeping it boiling for sometime. This is done to allow the sugar to penetrate the whole food to make it into sweet. Sweets generally get their name from the food prepared as Sweet Condol, Sweet Bananas, etc.

I shall now tell you how to make some common sweets.

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## SWEET CONDOL

- 1 cup condol
- 2 cups sugar
- 1 cup water
- 1 tsp. lime (apog)

1. In a saucepan of water, dissolve the lime.

2. Wash and pare the condol. Divide lengthwise and remove the seeds. Cut into desired sizes and shapes. Drop into the limewater and soak overnight. Press out the water. Boil some water in a kettle and

pour over the condol. Drain the water and leave to dry.

Heat the sugar and water together. Strain and boil until it forms a thin coating over the mixing spoon. Put in the condol and continue to boil until it is tender. Serve cold.

## SWEET GUAVAS

- 20 ripe guavas
- 2 cups sugar
- 1 cup water
- 1 tsp. lime

Dissolve the lime in a saucepan of water.

Wash, pare, and divide the guava into halves. Scoop out being careful not to break the flesh. Drop into the limewater to prevent discoloration. Leave overnight.

Prepare the syrup as for Sweet Condol, and cook until the guava is done.

## SWEET SANTOL

- 25 santols
- 1 kilo sugar
- 8 cups water
- 1 tsp. lime

Pare and divide the santol. Remove the seeds  
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and drop into a saucepan of water with lime. Leave for some hours. Rinse.

Boil a little water and pour over the rinsed santol. Squeeze out the juice. Soak in rice water for 24 hours. Squeeze the juice being careful not to break the flesh. If the water is not sour anymore, prepare the syrup in the same way as for Sweet Condol.

### SWEET BREADFRUIT

(Rimas)

1 breadfruit

½ kilo sugar

5 cups water

Pare and slice the breadfruit. Soak in limewater overnight.

Boil some water and drop in the breadfruit. Press out the juice gently. Prepare the syrup as for Sweet Condol, put in the breadfruit until it is tender.

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