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Nelson's
Pop Corn Recipes



Grinnell . . . Iowa

Pop Corn Recipes

.....By.....

Mary Hamilton Talbott



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SAM NELSON, JR., COMPANY
Grinnell, Iowa

TO THE READER

Dear Madam:

In presenting you this little booklet we have made an effort to give you something that would be of daily use in the home. In purchasing these recipes we feel that we have secured the same from the best known recipe writer, Mrs. Mary Hamilton Talbott. Her recipes are known from coast to coast, as she is a well-known recipe writer for the leading periodicals.

Nelson's Corn for Popping is a corn of the highest popping test, and is the pick of Iowa's best of the Amber Rice Variety. It is stored in absolutely mouse and rat proof cribs, and great care is taken in the packing of the same.

Pop corn has generally been known as pop corn, and we will say that there are as many grades of pop corn as there is of rice or coffee and we know that in selecting this variety we have selected not only a corn of the highest popping test, but of a superior eating quality and a corn that is free from that hard and objectionable center found in most grades of pop corn.

You will find the recipes of great use in preparing the dainty dishes for that pleasant evening.

It will pay you to insist upon Nelson's 10c per pound package.

EVERYDAY USES OF NELSON'S POP CORN.

Pop corn has long been looked upon as a confection, and few people have realized its possibilities in cookery. It has, however, a recognized food value containing as high a percentage of protein—or body building material—as matured sweet corn, and its fuel value a pound is equally as great. It should, therefore, be used frequently in every home.

BREAKFAST DISHES.

Pop corn may be served either as a hot or cold cereal. If the former way is desired, cover the popped kernels—and none pop better than Nelson's—with cold water and allow them to soak over night; then cook them in milk in the morning and serve with sugar and cream. A very tasty accompaniment to this may be made by washing some dates; cut them up and put them in a saucepan with just enough water to cover and allow them to simmer for five minutes, then drain and place around the hot pop corn, or mix them with it. Stewed apples, prunes, plumped raisins, fruit juice, or any kind of plain fruit also make a nice addition to pop corn served as a cereal.

An unusual but delicious way to serve Nelson's corn, popped, as a cereal is to combine it

with cheese, one of the varieties which is mild in flavor and soft in texture. When the popped corn is cooked, just before removing from the stove stir in a cupful of grated cheese and a little butter and salt, allow to melt and become blended with the pop corn, then serve. This is eaten without cream and sugar.

Pop Corn Omelet.—Nelson's pop corn makes a delicious addition to the breakfast omelet. Put enough popped corn through the meat grinder to make a cupful and add to it a quarter of a cupful of milk, allow it to soak a few minutes, then add two well-beaten eggs (whipped separately), half a teaspoonful of salt, a few grains of paprika and a teaspoonful of chopped parsley. Melt one tablespoonful of butter in an omelet pan, turn in the mixture and cook with moderate heat until firm. Fold, turn out upon a hot platter and garnish with crisp bacon and a generous sprinkling of the unground popped corn.

Pop Corn Hash.—Chop fine some cold boiled potatoes and any other vegetables desired that may be on hand. Put them into a buttered frying pan, heat quickly and thoroughly, and salt to taste. Then add a large spoonful of ground, popped corn (Nelson's is the best for popping), for each person to be served. When heated thoroughly, dish and serve.

Pop Corn Scrapple.—Add to one cupful of hominy and two cupsful of cornmeal enough boiling water to cook thoroughly in a double boiler until of the consistency for frying. Take from the fire and stir in two heaping cupsful of popped and ground corn — Nelson's corn makes crisp and flaky kernels—then pour into buttered pans and when cold slice and fry. This is especially good on a cold, snappy morning.

Pop Corn and Bacon.—Just before the morning bacon, or sausage, is altogether cooked, add to the grease a generous handful of Nelson's corn when popped; allow it to brown and serve with the meat. It adds a delicious, nutty flavor.

MEAT SUBSTITUTES.

Pop Corn Roast.—Mix together two cupsful of bread crumbs, one-half a cupful of chopped nut meats and of popped and ground corn—Nelson's Pop Corn for Popping—half a cupful each of hot water and melted butter, one teaspoonful of onion juice, one teaspoonful of tomato catsup, one and one-half teaspoonsful of salt, one saltspoonful of pepper and one beaten egg. When mixed thoroughly put into buttered mold and bake about an hour. Cover the first part of the time, then baste three times with hot butter. Turn into a hot dish, sprinkle with popped corn and serve with a brown sauce.

Pop Corn Cutlet.—Mix two cupsful of bread crumbs, two cupsful of popped and ground corn —Nelson's corn gives a nutty flavor—one cupful of milk or cream, two eggs, and salt and pepper to taste; mold into cutlet form, flour and fry in hot butter as you do veal cutlet. Garnish with chopped parsley and tomato sauce.

Pop Corn Rolls.—To one tablespoonful of butter and one teaspoonful of peanut butter add two and one-half tablespoonsful of hot water. When the butters are melted stir into them one cupful of finely ground, popped corn (Nelson's corn always pops) and a small quantity of bread crumbs, enough to make a paste which can be molded with the hands into small cakes. Fry these in butter until a delicate brown and serve with tomato sauce. These make a dainty luncheon or supper dish.

SOUP AND STUFFING.

A very delicious soup may be made by cooking a can of peas in a quart of milk until soft, press through a sieve to remove outer covering of peas, add a tablespoonful of onion juice, a tablespoonful of butter, pepper and salt to taste, and a good handful of Nelson's corn when popped, mixed with a few bread crumbs. After this has cooked up well, serve and add a tea-

spoonful of whole, popped grains to each plateful of soup. Corn may be used instead of the peas, and an equally good soup will result.

Stuffing For Fowl or Meats.—Soak in cold water half a loaf of crumbed bread and an equal bulk of Nelson's corn (after it is popped) until soft; squeeze and add a slice of onion, a tablespoonful of chopped parsley, salt and pepper to taste, and two well-beaten eggs. Put this in a pan with some butter and put in the oven long enough to brown slightly, stirring often, then use.

WITH VEGETABLES.

Parsnips and Pop Corn.—Wash, scrape and slice thin two good-sized parsnips and cook them until perfectly tender in two quarts of water. When they are nearly done add a teaspoonful of salt and when altogether done a tablespoonful of flour mixed smooth with a little cold water. Stir well and let boil until the flour is cooked, then stir in half a cupful of popped and ground corn—Nelson's pop corn is the best that grows—let boil up once or twice, or until the corn is hot and serve.

Pop Corn With Turnips or Carrots.—Mashed turnips or carrots can be made more tasty by

stirring in a cupful of Nelson's corn, popped and ground.

Macaroni and Pop Corn.—Cook one cupful of macaroni, broken into inch lengths, in boiling salted water until tender; drain and pour cold water through it to separate the pieces. Then add cream sauce made with four tablespoonsful of flour, the same quantity of butter, salt and pepper to taste, and a cupful of milk; add two cupsful of Nelson's corn, after it is popped and ground. Pour into a buttered baking dish, cover with buttered crumbs and a little grated cheese and bake until a golden brown.

Potato and Pop Corn Balls.—Mix two cupsful of hot mashed potatoes, one teaspoonful of chopped onion, one tablespoonful of chopped parsley, two tablespoonsful of butter, salt and pepper to taste, then shape them into small balls, open the center and put in some popped corn—Nelson's makes the crisp and flaky grains—place on a buttered dish and cook in a moderate oven a quarter of an hour, sprinkle ground popped corn over them before removing from the oven, and serve alone or with tomato sauce.

Stuffing For Onions.—Cook together for five minutes one tablespoonful of bread crumbs, five tablespoonsful of ground, popped corn (Nelson's

corn for popping), two tablespoonsful of butter, two tablespoonsful of chopped parsley, salt and pepper to taste and a dash of paprika. Take from the fire and add one beaten egg. Remove the centers from onions, fill with this mixture and bake.

SALADS.

Cut bananas into halves, scoop out the centers of each and fill with Nelson's corn (after it is popped and ground), and serve on lettuce with mayonnaise dressing.

Mix together one cupful of chopped celery, one cupful of raisins and one cupful of popped and rolled corn (Nelson's gives a nutty taste) and serve on lettuce or any salad green with mayonnaise dressing.

Mix together one pint of apples cut into small matchlike pieces, half a pint of pop corn, after it is popped and rolled (Nelson's corn pops best), and the same quantity of chopped celery. Dress with boiled dressing and serve in apple cups or on lettuce leaves.

Cut into thin slices four good sized boiled white potatoes and add to them the crisp white portion of two bunches of celery, chopped, and two and one-half cupsful of Nelson's corn, after it has been popped and ground, sprinkle with

salt and pepper, mix with half a pint of mayonnaise and just before serving cover the salad with half a pint of whipped cream.

CANAPES.

Cut bread into any shape and fry it in deep fat. Mix chopped olives and Nelson's corn (popped) with mayonnaise and spread on the fried bread.

Rub the yolks of hard-boiled eggs to a paste and add an equal quantity of sardines and Nelson's pop corn (popped and ground.) Moisten with lemon juice and serve on rounds of toast.

SANDWICHES.

Put half a pint of Nelson's corn, popped, through the grinder and mix it with six boned sardines, a little salt and pepper and enough tomato catsup, or strained tomato juice, to form a paste. Spread on hot buttered toast, sprinkle with grated cheese and serve at once.

Make a paste of cream cheese and Nelson's corn, popped and ground, and spread it on a slice of brown bread, cover the top with raisins, currants or chopped figs and cover this with another slice of buttered bread. This makes a wholesome sandwich for the lunch box.

For Sunday night supper when a light but nutritious bill of fare is wanted: Chop fine a cupful of raisins and mix them with a cupful of Nelson's corn, after it has been popped and rolled; blend this with the white of an egg, well whipped and seasoned with a pinch of salt. Spread between thin slices of buttered bread. Do not prepare until just before serving time.

A dainty sweet sandwich is made by mixing strained honey with Nelson's corn, popped and ground, and mashed ripe bananas and placing between slices of buttered bread.

Remove the stones from dates and fill the cavities with Neufchatel cheese into which ground, popped corn—Nelson's corn for popping—has been worked. Serve with salted crackers. This is a delicious novelty for luncheon.

DESERTS.

Pop Corn Cream Pudding.—Soak a quarter of a box of gelatine in a quarter of a cupful of cold water. Make a custard of two cupsful of milk, three egg yolks, a third of a cupful of sugar and a third of a teaspoonful of salt; add the gelatine and strain into a pan set in cold water. Stir in two-thirds of a cupful of Nelson's corn, popped and ground, and a teaspoonful of almond extract, stirring until it begins to thicken.

Then add the stiffly whipped whites of three eggs, mould, chill and serve garnished with the whole grains of popped corn. Whipped cream may be served with this pudding.

Pop Corn Custard.—Heat one quart of milk in a double boiler, when warm stir in the beaten yolks of four eggs, four tablespoonsful of granulated sugar and a scant tablespoonful of corn starch (mixed with a little cold water.) When this thickens add three-fourths of a cupful of Nelson's corn, after it is popped and ground, and a teaspoonful of almond extract. When cold cover with a meringue, made by whipping the whites of the eggs to a stiff froth and adding slowly eight teaspoonsful of powdered sugar and a few spoonsful of tart jelly, preferably currant.

Prune and Pop Corn Pudding.—Pick over and wash half a pound of prunes and soak them an hour in two cupsful of cold water, boil until soft and remove the stones, being careful to retain all the meat of the prunes; add to them one cupful of sugar, a small piece of stick cinnamon, one and a third cupsful of boiling water and let them simmer about ten minutes. Add one-third of a cupful of corn starch diluted with enough water to make it pour easily and cook five minutes. Remove the cinnamon, add a

tablespoonful of lemon juice, the stiffly beaten whites of two eggs and half a cupful of Nelson's corn, after it is popped and ground, mould, chill and serve with plain or whipped cream.

Quickly Prepared Desert.—A dainty and easily prepared desert is made by soaking a cupful of raisins in warm water until they are well plumped, drain them and mix them with a cupful of Nelson's corn, after it is popped and ground. Serve with plain or whipped cream.

Pop Corn Macaroons.—Mix half a cupful of popped and rolled corn (Nelson's is the best), half a package of chopped raisins, one cupful of powdered sugar, the whites of two eggs and a tablespoonful of flour together and drop on greased brown paper by tablespoonsful and bake in a moderate oven until light brown.

Pop Corn Wafers.—Cream together half a cupful of granulated sugar and a quarter of a cupful of butter; add one tablespoonful of milk, one well-beaten egg, one-quarter of a teaspoonful of salt, and one cupful of pop corn, popped and ground,—Nelson's makes crisp and flaky kernels. Mix into this one and one-half cupsful of pastry flour into which one teaspoonful of baking powder has been sifted, and half a teaspoonful of almond extract. Roll thin, cut into small

rounds, or fancy shapes, and bake. These are nice for the afternoon tea table or the kiddies' lunch box.

Pop Corn Trifle.—Place cut up marshmallows in a dish set in boiling water and when they are melted cover saltines with about an inch of the mixture, then sprinkle over the top, very thick, Nelson's corn, popped and rolled; set in a moderate oven until a delicate brown.

Pop Corn Marguerites.—Make a paste of Nelson's corn, popped and ground, and chopped raisins, mixed with boiled icing. Spread on vanilla wafers or crackers and put in the oven long enough to brown.

Pop Corn Pie.—Cream well together one large cupful of granulated sugar, one heaping tablespoonful of butter and when very light add the well-beaten yolks of three eggs, one cupful of molasses and one teaspoonful of grated nutmeg and lastly the stiffly whipped whites of the eggs. Put this mixture into pans lined with a rich crust; before removing from the oven cover the top thickly with the snowy kernels which come when Nelson's corn is popped.

Pop Corn and Baked Apples.—Peel and core tart apples, scoop out the centers and fill with a mixture of Nelson's corn, popped and ground,

chopped raisins and a little lemon peel. Place in a baking dish and pour over them half a cupful of water and dust with granulated sugar. Bake in a slow oven until tender, sprinkle with soft bread crumbs and sugar, bake ten minutes more and serve hot with cream or a thin custard.



CANDIES.

Pop Corn Fudge.—Boil together two cupsful of sugar, half a cupful of maple syrup, half a cupful of water and a third of a teaspoonful of salt until they will form a soft ball when dropped into cold water. Beat this slowly into the stiffly beaten whites of two eggs; when smooth, add two and one-half cupsful of corn, popped and

ground—Nelson's gives the nutty flavor. Pour into buttered pans and mark when cool.

Molasses Pop Corn Candy.—Boil together in a granite pan one pint of molasses, one cupful of brown sugar, a tablespoonful of butter, and two tablespoonsful of vinegar until it becomes brit-



tle when dropped into cold water. Just before removing from the fire add a large pinch of salt, a large cupful of Nelson's corn, popped, and half a teaspoonful of almond extract. Pour into buttered tins and mark into squares before it is cold.

Honey Pop Corn Balls.—Boil one cupful of strained honey until it will form a soft ball

when dropped into cold water. Have ready a good sized bowl of Nelson's corn, popped, pour the honey over it, mould the corn into balls and stand them on greased paper. A cupful of sugar and half a cupful of water may be boiled to a syrup and used in the same way.

Chocolate Pop Corn.—Cook together one cupful of sugar, a quarter of a cupful of syrup, half a cupful of water and two ounces of grated chocolate together until it hardens when dropped into cold water. Pour this over two quarts of Nelson's fluffy popped corn kernels, stir well with a fork in order to cover all the grains.

Dates Stuffed With Pop Corn.—Cut open the dates, remove the pits and fill the cavities with Nelson's corn, popped and ground, mixed with a little strained honey. Press the edges of the dates together and roll in confectioner's sugar.

Dear Friends:

The usefulness of a recipe book for suggestions in time of need prompts our placing this little pamphlet in your possession with the compliments of the Sam Nelson, Jr., Co.

It is not generally recognized, we believe, how nutritious, wholesome and appetizing Pop Corn may be made in conjunction with various dishes for regular meals, as well as for entertainment, for an evening by the fireside, or upon the occasion of "company" to whom you wish to present something new, or at least unusual.

Nelson's Corn for Popping is the pick of Iowa's fields—the Amber Rice variety—specially selected, carefully cultured and matured—and given our most careful inspection before boxing for the trade.

No better Pop Corn can be had, and we bespeak for Nelson's Corn your kind reception and trial. We are anxious to have our corn prove its merits to you, and we present this booklet as a means to that end.

Very sincerely yours,
SAM NELSON, JR., CO.,
Grinnell, Iowa.

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