

TIPS ON PREPARING JELL-O GELATIN

Some tricks used by the experts to make gelatin molds more beautiful.

To prepare Jell-O Gelatin, dissolve the gelatin completely in boiling water or other liquid—for a clear, uniformly set mold, gelatin must be completely dissolved. Then add cold liquid—or use several ice cubes, see Speed-Set Jell-O Gelatin (page 82).

To double a recipe, use two 3-oz. packages or one 6-oz. package of Jell-O Gelatin and twice the amounts of the other ingredients except salt, vinegar, and lemon juice—you'll find about 1½ times the amounts of these ingredients are sufficient.

For large molds, decrease the required liquid about ¼ cup for each 3 ounces of Jell-O Gelatin. (This has already been done in many recipes in this book for your convenience.) A firmer consistency makes mold less fragile, less likely to crack.

For soft-set Jell-O Gelatin, increase liquid about ½ cup for each 3 ounces of Jell-O Gelatin—this is too soft to unmold, but has excellent eating quality.

To add fruits and vegetables, chill the gelatin until very thick, not set, before adding other ingredients. If gelatin isn't thick enough, fruits and vegetables may float or sink. (Do not add fresh or frozen pineapple, figs, mangoes, or papayas or frozen fruit juice blends containing these fruits—an enzyme in these fruits, when fresh, keeps Jell-O Gelatin from setting. When cooked or canned, these fruits are excellent in Jell-O.)

To mold Jell-O Gelatin, pour it into molds or serving dishes—a 3-oz. package without fruits or vegetables makes 2 cups, a 6-oz. package makes 4 cups. Chill until firm—see chart on page 88. (Any metal pan, bowl, cup, or can may be used as a mold.)

To layer gelatin mixtures, chill each layer until set, but not firm, before

Tips and Tricks

*For molding,
flaking, and cubing*

Jell-O Gelatin is really kid stuff to prepare. However, we have some things for you to do with it that are distinctly adult. Do you know, for example, that you can flake Jell-O, cube it, whip it, layer it, scallop it, and crown it, as well as turn it out in glorious molds? Well, you can. All these things you can do with Jell-O change it somewhat. Oh, it's still delicious, still light, still filled with fresh fruit taste—but somehow it seems a little more exotic. How about it?



(clockwise from bottom)
CUT-OUT (page 86)
CANDY STRIPE PARFAIT (page 86)
TILT-TOP DESSERT (page 86)
WHIPPED JELL-O GELATIN (page 84)
FLAKED JELL-O GELATIN (page 85)
CUBED JELL-O GELATIN (page 85)
(center)
SCALLOPED DESSERT (page 86)

adding the next layer—if the first layer is too firm, the layers may slip apart when unmolded. Many layers may be built up in this way. Except for the first layer, the gelatin mixtures should be cool and slightly thickened before being poured into mold—if mixture is warm, it may soften the layer beneath and mixtures may run or mix together.

To make special designs, foods can be arranged in gelatin to make a simple mold more decorative in two ways:

Simple way: Chill gelatin until thick; then pour about ¼ inch gelatin into mold. Place a design of fruits or vegetables in gelatin. Chill until set, but not firm. Then pour remaining cooled gelatin into mold.

Expert way: Pour about ¼ inch of gelatin into mold; chill until set, but not firm. Cool remaining gelatin. Arrange design on set gelatin, cover carefully with a few spoonfuls cooled gelatin to anchor design, and chill until set, but not firm. Then pour remaining cooled gelatin into the mold.

To chill gelatin molds, leave mold in refrigerator until firm (see chart on page 88). Since metal chills more quickly than glass, gelatin in metal molds will be firm in less time than gelatin in a glass mixing bowl or serving dish. To hasten chilling, chill the mold a few minutes in a pan of ice and water before placing in refrigerator. For storage overnight or longer, it's wise to cover the gelatin to prevent evaporation and drying.

To make one serving, dissolve 1¼ tablespoons Jell-O Gelatin in ½ cup boiling water. Chill until firm.

SPEED-SET JELLO GELATIN

An easy trick—substitute ice cubes for cold water in preparing gelatin to shorten the required chilling time.

To use ice cubes, dissolve Jell-O Gelatin in boiling water as directed on package; then add ½ tray ice cubes

(7 to 10, depending on size) for 3-oz. package Jell-O Gelatin or 14 to 20 ice cubes for 6-oz. package Jell-O Gelatin. Stir about 3 minutes to melt ice, or until gelatin is thickened. Remove any unmelted ice. Pour into serving dishes or individual molds. Chill until soft-set and ready to eat from dishes, about 30 minutes, or until firm enough to unmold, about 1 hour.

To use ice and water mixture, dissolve Jell-O Gelatin in boiling water as directed on package; then substitute a mixture of ice cubes or crushed ice and water for the cold water, stirring until ice melts completely. Chill.

To add fruits or vegetables or to whip, let gelatin stand 5 or 6 minutes to thicken after removing unmelted ice. Then fold in ingredients or whip (see directions on page 84). Chill until firm.

To use premeasured frozen mold, freeze ¼ cup water in a 2- or 3-cup mold for 3-oz. package Jell-O Gelatin or 1½ cups water in a 1-quart mold for 6-oz. package Jell-O Gelatin. Then dissolve Jell-O Gelatin in boiling water as directed on package and pour the hot mixture over ice in mold. Stir until ice is dissolved, or until gelatin starts to thicken. If ice does not melt completely, remove unmelted pieces before chilling mold. To add fruits or vegetables, freeze water in a larger mold to allow space for added ingredients and allow gelatin to stand 3 to 4 minutes to thicken before folding in the ingredients. Chill until firm.

TIPS ON UNMOLDING JELLO GELATIN

The art of unmolding gelatin is easy to learn—it just takes a little practice.

Before unmolding gelatin, make certain that gelatin is completely firm—it should not feel sticky on top and should not sag toward side if mold is tilted. If gelatin is firm, dip a small pointed knife in warm water and run tip of it around top edge of mold to loosen. Or moisten tips of fingers and



(a) Before unmolding gelatin, run knife tip around top.



(b) Or pull from edge of mold gently with moist fingers.



(c) Dip mold just to rim in warm water for 10 seconds.



(d) Lift from water and shake gently to loosen gelatin.

gently pull gelatin from top edge of mold. When using disposable metal cans as molds, puncture bottoms—this makes it easier to unmold the gelatin because it eliminates any vacuum in cans, which are usually deeper in relationship to top surface than other molds.

Moisten top of gelatin and a chilled plate—the moist surfaces make it easier to slide the gelatin into the center of the plate after it has been unmolded.

Dip mold in warm water—do not use hot water as it will melt the gelatin. (If oven-proof glass, china, or paper containers are used as molds, the water should be slightly warmer.) Working quickly, dip the mold just to the rim in the warm water—about 10 seconds. Lift from water, hold upright, and shake slightly to loosen the gelatin from mold.

Invert moistened plate on mold. Always unmold gelatin on a chilled or



(e) Place a moistened serving plate on top of the mold.



(f) Invert mold and plate together; gently remove mold.

cold plate or platter—a warm plate will melt the gelatin.

Then invert plate and mold together. Lift off mold carefully—if gelatin doesn't release easily, dip the mold in warm water again. If necessary, move gelatin to center of plate.

NOTE: If desired, try this new way of unmolding gelatin. Oil mold slightly; then place a 1-inch strip of aluminum foil across bottom and up sides, letting it extend as tabs on both sides. Smooth foil to remove wrinkles and press to shape of mold. Add gelatin and chill until firm. Then moisten top of gelatin and a plate, place plate over gelatin, and invert together. Gently pull one of the tabs to break vacuum in mold; then remove mold and the foil strip.

HOW TO WHIP JELLO GELATIN

(Pictured on page 80)

One of the easiest things you can do to change the texture and appearance of Jell-O Gelatin—just whip it until thick and fluffy.

Prepare Jell-O Gelatin (any fruit flavor) as directed on package and chill until very thick. Then beat with rotary beater or electric mixer until mixture is fluffy and thick—about double in volume results in the best eating quality and flavor.

To shorten the chilling and beating times, chill the gelatin until slightly thickened. Then place the bowl of gelatin in another bowl of ice and water before starting to beat.

Pour whipped gelatin into molds or shallow pan, or add cubes of Jell-O Gelatin (page 85) or fruit and pour into molds. Chill until firm. Unmold, cut in squares, or spoon into serving dishes; serve with fruit or a custard sauce, if desired. A 3-oz. package makes about 4 cups, or 4 or 5 servings; a 6-oz. package makes about 8 cups, or 8 to 10 servings.

Snows: Prepare whipped Jell-O Gelatin, adding unbeaten egg whites to the thickened gelatin before starting to beat. Use 1 or 2 egg whites for a 3-oz. package Jell-O Gelatin, or 2 or 3 egg whites for a 6-oz. package.

HOW TO CUBE JELLO GELATIN

(Pictured on page 80)

Brightly colored cubes that are delicious served alone, with fruits, or in desserts and salads.

- 1 package (3 oz.) Jell-O Gelatin (any fruit flavor)
- 1 cup boiling water
- $\frac{3}{4}$ cup cold water*

*For very firm cubes, cold water may be reduced to $\frac{1}{2}$ cup. For softer cubes, cold water may be increased to 1 cup.

Dissolve Jell-O Gelatin in boiling water. Add cold water. Pour into a shallow pan. Chill until firm—at least 4 hours or overnight. (Cubes hold their shape best when gelatin is chilled overnight.) Then cut in cubes, using sharp knife which has been dipped in hot water. To remove cubes from pan, apply warm wet cloth over bottom of pan; then remove with spatula. Or quickly dip pan in warm water and invert on wax paper. Serve in sherbet glasses with cream or fruit, if desired. Makes 4 servings.

HOW TO FLAKE JELLO GELATIN

(Pictured on page 80)

Delicate flakes of Jell-O Gelatin set off fruit or cream beautifully.

- 1 package (3 oz.) Jell-O Gelatin (any fruit flavor)
- 1 cup boiling water
- $\frac{3}{4}$ cup cold water

Dissolve Jell-O Gelatin in boiling water. Add cold water. Pour into a shallow pan. Chill until firm—at least 4 hours. Break into small flakes with a fork or force through a ricer or large-meshed strainer. Pile lightly in dishes. Top with fruit or ice cream, if desired. Makes $1\frac{1}{4}$ cups, or 4 servings.

Cream Flakes: Prepare flaked Jell-O Gelatin, folding in 6 to 8 tablespoons light cream before serving.

Fruited Flakes: Prepare flaked Jell-O Gelatin, folding in 1 cup drained fruit.

Peach Melba Sundae: Prepare flaked Jell-O Raspberry Gelatin, using two 3-oz. packages or one 6-oz. package. Spoon gelatin flakes into dishes, making a depression in the middle of each. Drain a 1-lb. can of peach halves; place a peach half, cut side up, in each dish. Top with scoop of ice cream. Makes 5 to 8 servings.

FLAVOR DUETS

Create new Jell-O Gelatin flavors and colors by combining two favorites.

- 2 packages (3 oz. each) Jell-O Gelatins (2 fruit flavors—see note)
- 2 cups boiling water
- 2 cups cold water

Dissolve Jell-O Gelatins together in boiling water. Add cold water. Pour into 1-quart bowl, individual molds, or dessert dishes. Chill until firm. Makes 4 cups, or 8 servings.

NOTE: Preferred flavor combinations include lemon with any red flavor, lemon with orange, raspberry with orange, lemon with orange-pineapple, and any two red flavors.

EASY TRICKS

Many special treats can be made with a simple trick or two and easy-to-make Jell-O Gelatin.

Marshmallow Mold: Prepare 1 package (3 oz.) Jell-O Gelatin (any fruit flavor) as directed on package; chill until almost set. Divide 12 diced marshmallows between 4 serving dishes and spoon on gelatin. (Marshmallows will try to pop toward surface.) Makes 4 servings.

Carousels: Prepare any fruit flavor Jell-O Gelatin as directed on package; pour into serving dishes. Chill until almost firm. Then insert several animal crackers into the gelatin around sides of dishes. If desired, insert a thin, red and white striped candy stick or soda straw in center of dish. Chill until firm. Makes 4 servings.

**RECOMMENDED SERVING SIZES
OF JELL-O GELATIN MOLDS**

TYPE OF MOLD	AVERAGE SERVING
Clear desserts or salads	½ cup
Whipped desserts or salads	¾ cup
Relish salads	⅓ cup
Entree salads	about 1 cup
8-inch pie	6 servings
9-inch pie	7 servings

CHILLING TIMES FOR PREPARING JELL-O GELATIN MOLDS

STAGES	PHYSICAL TESTS	CHILLING TIMES		USES
		Regular Method	Speed-Set Method	
Syrupy	Consistency of thick syrup.	About 1 hour	About 3 minutes	Glaze for sandwiches, pies, and such.
Slightly thickened	Consistency of unbeaten egg whites.	About 1 hour 15 minutes	About 5 or 6 minutes	For adding prepared Dream Whip Whipped Topping or whipped cream, or whipping gelatin with ice bath.
Very thick	Spoon drawn through gelatin leaves a definite impression.	About 1 hour 30 minutes		For adding fruit, vegetables, and other ingredients, or for whipping gelatin without ice bath.
Set, but not firm	Gelatin sticks to finger when touched and mounds or moves to side when tilted.	About 2 hours	About 30 minutes	For adding layers of gelatin.
Firm	Gelatin does not mound or move when mold is tilted and does not stick to finger.	At least 3 hours for individual molds or dishes; at least 4 hours for 2-cup to 1½-quart molds; or at least 5 hours for 2- or 3-quart or deep molds.	About 1 hour	For unmolding and serving.