

# **The Padgett Sunday Supper Club**

# **Ice Cream Cookery**

**&**

## **Other Frozen Desserts**

*Compiled by Jerry Stratton for the Padgett Sunday Supper Club.*

*“Dedicated to preserving vintage recipes and the joy of eating.”*

*clubpadgett.com/ice*

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# Campania Lemon Sorbet

*La Cucina: The Regional Cooking of Italy, 2009*



- 1 lb lemons
- 1-½ cups sugar
- 3 cups water
- 3 egg whites

Zest three of the lemons and reserve. Juice all lemons. Mix sugar, zest, and water in a saucepan. Bring to a boil and simmer for five to six minutes. Cool to room temperature. Strain and stir in the lemon juice.

Pour into a cold freezer storage bowl and freeze. Stir vigorously every forty to sixty minutes. When it begins to solidify, beat the egg whites stiff and fold into the syrup. Freeze for four hours or overnight.

# Candy Cane Ice Cream

Miss Verna L. Miller, *Frigidaire Recipes*, 1928



- ½ lb candy canes, ground or crushed
- 1 cup milk
- 2 cups whipping cream

Dissolve candy canes in milk in the top of a double boiler. Chill in the refrigerator. Pour into mixer bowl and put in the freezer to chill, along with the beater and a storage container. When very thick and syrupy remove syrup and beat quickly, adding the cream while beating. When whipped light and frothy, pour into the chilled storage container and return to the freezer for several hours or overnight.

# Cherry-Almond Cream

*Norge Cold Cookery and Recipe Digest, 1947*



- $\frac{2}{3}$  cup sugar
- $\frac{1}{3}$  cup water
- 3 egg whites
- 1 cup whipping cream
- $\frac{1}{8}$  tsp salt
- 1 tsp vanilla
- $\frac{1}{2}$  cup maraschino cherries, chopped
- $\frac{1}{2}$  cup blanched almonds, chopped

Beat egg whites until stiff. Boil the sugar and water to 235°. Pour over the egg whites while beating. Continue beating until it nears normal temperatures, about 90°. Chill in the refrigerator.

Whip the cream, not too stiff. Fold into the chilled syrup. Fold in the salt, vanilla, cherries, and nuts. Freeze overnight.

# Chocolate Pet Milk Ice Cream

*Tempting Lost Cost Meals, 1940*



- 1 cup evaporated milk
- 6 tbsp cocoa
- 6 tbsp sugar
- ¼ tsp salt
- ½ cup evaporated milk
- ½ cup water
- 4 oz marshmallows
- 2 tsp vanilla

Chill the cup of evaporated milk until icy cold. Whisk the cocoa, sugar, and salt together in the top of a double boiler. Stir the ½ cup of evaporated milk and ½ cup of water into the cocoa mixture. Heat the cocoa mixture over boiling water until smooth, stirring constantly. Chill in the refrigerator. Mix the vanilla into the cold cocoa mixture.

Whip the icy cold cup of evaporated milk with a rotary or electric beater at high speed, until stiff. Fold whipped milk into chilled cocoa. Pour into a freezer bowl and freeze, without stirring, overnight or until firm.

# Coffee Marlow

*Montgomery Ward's Cold Cooking, 1942*



- ½ lb marshmallows
- ½ cup hot coffee
- 1 cup whipping cream

Melt marshmallows over hot water. Add hot coffee and mix thoroughly. Cool to room temperature. Chill very slightly and beat well. Beat cream to a barely-whipped custard consistency. Fold beaten cream into marshmallows.

Pour into a cold freezer dish and freeze overnight.

# Cranberry Ice

*Norge Cold Cookery and Recipe Digest, 1947*



- 1 quart fresh or frozen cranberries
- 1 cup water
- 1-½ cups sugar
- Juice of ½ lemon
- Juice of ½ orange

Boil cranberries and water until berries soften and pop. Run cranberries through food mill or sieve, or purée in blender. Add sugar to purée and dissolve over low heat. Add lemon and orange juice. Cool to room temperature..

Freeze.



# Frozen Egg Nog

*Magic Short-cut Recipes for the Automatic Refrigerator, 1934*



- 2 egg yolks
- 2 egg whites
- $\frac{2}{3}$  cup sweetened condensed milk
- 1 tsp vanilla
- a few grains of salt
- $\frac{1}{2}$  cup whipping cream

Beat the egg yolks. Beat in the condensed milk and vanilla. Chill in refrigerator. Add the salt to the egg whites and beat to stiff peaks. Fold into chilled milk mixture.

Whip cream to foamy, fluffy thickness. Fold into chilled milk mixture. Pour into freezing bowl and freeze for two to four hours, until firm.

# Fruit or Cashew Mousse

*Recipes on Parade: Desserts Edition, 1965*



- $\frac{1}{3}$  cup unroasted cashews (or almonds), or 1 cup fruit
- 2 egg whites
- $\frac{1}{8}$  tsp salt
- $\frac{1}{3}$  cup sugar
- 1 cup whipping cream

Chop cashews or fruit. Stir-fry cashews until medium brown over medium heat. Set aside to cool. Beat egg whites and salt until stiff. Slowly add sugar while beating. Whip the cream to soft peaks. Fold the cream and cooled nuts or fruit into the meringue. Freeze overnight.

# Golden Mango Parfait

Mrs. H.L. Crute, *Southern Living Desserts Cookbook*, 1971



- 6 egg yolks
- 1¼ cup sugar
- ⅓ cup water
- dash of salt
- 1 cup mashed mango
- 2 cups whipping cream
- ½ tsp almond extract
- ½ tsp vanilla

Beat the egg yolks well in a double boiler. Bring 1 cup sugar, water, and salt to a boil in a 1-quart saucepan over low heat, stirring constantly. Without stirring, cook to soft-ball stage (234°). Beat the syrup gradually into the egg yolks. Cook over simmering water, stirring constantly, until thickened. Cool.

Add mango. Chill. Whip cream until soft peaks form. Add ¼ cup sugar gradually, beating to stiff peaks. Fold cream into mango with the almond and vanilla extract. Freeze for three to four hours.

# Hilo Mango Ice Cream

Mrs. Alonzo Gartley, Jr., *Hilo Woman's Club Cook Book*, 1967



- 2 cups soft ripe mango pulp
- $\frac{3}{4}$  cup sugar
- juice of one lemon
- pinch of salt
- 1 cup whipping cream
- 2 eggs
- 2 tbsp sugar
- $\frac{1}{2}$  tsp almond extract

Mash the mango pulp thoroughly. Add the  $\frac{3}{4}$  cup sugar, lemon juice, and salt, and mix well. Freeze for 45–60 minutes. Beat egg whites with the 2 tbsp sugar. Beat egg yolks and mix well with the meringue.

Whip cream until like thick custard but do not over whip. Fold into egg mix. Add frozen mango and mix lightly. Freeze for at least 2- $\frac{1}{2}$  hours.

# Lemon Cream Sherbet

Miss Alice Bradley, *Electric Refrigerator Menus and Recipes*, 1927



- $\frac{2}{3}$  cup sugar
- $\frac{1}{3}$  cup lemon juice (about two lemons)
- 1- $\frac{1}{2}$  cups milk
- $\frac{1}{2}$  cup whipping cream or sour cream
- pinch of salt
- 2 tsp gelatin
- 2 tbsp cold water

Sprinkle the gelatin over the cold water and allow to dissolve. Meanwhile, mix the sugar, lemon juice, milk, cream, and salt together well. When the gelatin is soaked, place it in a pan of water and bring the water to a boil. When the gelatin turns transparent, whip it into the sherbet.

Chill in the freezer until it starts to ice around the edges, about two hours. Beat about ten minutes or until very light. Return to freezer and freeze several hours or overnight.

# Lemony-Kraut Ice Cream

*Put Some Kraut in Your Life, 1970*



- 1 tbsp cornstarch
- ½ cup sugar
- 2 tbsp lemon zest
- ¾ cup milk
- 1 egg, separated
- 4 tbsp lemon juice
- 4 tbsp sauerkraut juice
- 2 cups whipping cream

Mix the cornstarch, sugar, and lemon zest in a saucepan. Stir in the milk. Cook over medium heat, stirring constantly, until mixture thickens. Boil for one minute. Remove from heat.

Beat the egg yolk in a medium bowl. Gradually blend in the hot milk syrup. Cool. Stir in the lemon and sauerkraut juices.

Beat the egg white until stiff. Fold with the cream into the syrup.

Freeze until ice crystals form around edges. Beat well. Freeze until firm.

# Maple Ice Cream

*Montgomery Ward's Cold Cooking, 1942*



- 1½ cups maple syrup
- 2 eggs
- ½ tsp vanilla
- 2 cups whipping cream
- dash of salt

Scald the syrup and cream together. Pour the hot syrup into the eggs while beating. Add salt and beat well until very frothy. Freeze until very cold. Add vanilla and whip until light and creamy. Return to freezer and fully freeze.

# Mocha Nut Ice Cream

Miss Verna L. Miller, *Frigidaire Recipes*, 1928



- 1 cup milk
- 2 tbsp finely-ground coffee
- 2 egg yolks, well-beaten
- 1 tbsp flour or browned flour
- 2 egg whites
- 1 cup whipping cream
- pinch of salt
- ½ cup sugar
- ½ cup chopped walnuts or hazelnuts (optional)

Cook a half cup of milk and coffee in double boiler for five minutes. Strain through cheese cloth and cool to room temperature. Meanwhile, mix flour and sugar with the remaining half cup milk. Cook in double boiler for fifteen minutes. Add egg yolks slowly and cook an additional five minutes, whisking continuously. Cool to room temperature.

Beat egg whites with salt until stiff. Combine coffee mixture and custard, then fold in the egg whites. Put in refrigerator to cool. Whip cream, fold into custard, and pour into a cold dish. Freeze overnight. If using nuts, fold into ice cream after it starts to solidify, an hour or two into freezing.



# Peach Ice Cream Cake

Renny Darling, *Great Beginnings & Happy Endings*, 1981



- 2 tbsp butter
- 3 tbsp vanilla wafer crumbs
- 4 peaches, peeled & chopped
- ½ cup sugar
- 2 tbsp lemon juice
- 6 egg whites
- ½ cup sugar
- 2 cups whipping cream
- 4 tbsp sugar
- 1 tsp vanilla
- 2 tbsp orange liqueur

Spread butter onto bottom and sides of a 10-inch springform pan. Sprinkle buttered pan with crumbs, tilting to coat evenly. Store in freezer. Cook peaches, ½ cup sugar, and lemon juice for about five minutes or until sugar completely dissolves. Purée peaches in a processor or blender. Beat egg whites with ½ cup sugar to stiff peaks.

Whip cream with 4 tbsp sugar, vanilla, and liqueur to stiff peaks. In a large cold bowl, fold fruit, egg whites, and cream together until blended. Pour into crust and freeze until firm. Store with double covering of plastic wrap and foil. Remove from freezer fifteen minutes before serving. Serve with whipped cream or preserves.

# Peach Mousse

Mrs. G.M. Hall, *Southern Living Desserts Cookbook*, 1971



- 1 envelope gelatin
- $\frac{1}{4}$  cup cold water
- 2 tbsp lemon juice
- 1 cup sugar
- 1 cup mashed peaches or mango
- 2 cups whipping cream

Soften the gelatin in the cold water, in the top of a double boiler. Dissolve over boiling water. Pour into a bowl and stir in the lemon juice, sugar, and peaches. Chill until thickened. Whip the cream and fold into the gelatin. Chill (for mousse) or freeze (for ice cream) until firm.

# Peanut Brittle Ice Cream

*Magic Short-cut Recipes for the Automatic Refrigerator, 1934*



- $\frac{2}{3}$  cup sweetened condensed milk
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  tsp vanilla
- 1 cup whipping cream
- 1 cup crushed peanut or other brittle

Blend the milk, water, and vanilla thoroughly. Chill in refrigerator. Whip cream to a foamy, fluffy thickness. Fold whipped cream into condensed milk mixture. Pour into freezer bowl and freeze to a stiff mush (1–2 hours) Scrape mixture from sides and bottom of pan.

Beat two minutes. Fold in peanut brittle. Smooth and return to freezer for one hour or until frozen.

# Peanut Butter Ice Cream

Miss Mary Keswick, *A Vermont Cookbook*, 1958.



- $\frac{1}{4}$  cup peanut butter, chilled
- $\frac{1}{2}$  cup maple syrup, chilled
- $1\frac{1}{2}$  cup whipping cream, chilled

Whip peanut butter and syrup together until smooth in a chilled mixing bowl. Add cream and whip to soft peaks.

Freeze in chilled container overnight.

If you have boiled cider, this is a great recipe to use it with. Replace the maple syrup with boiled cider one-for-one and you have an apple-peanut butter ice cream.

# Peppermint Stick Ice Cream

*The Progressive Farmer's Southern Cookbook, 1961*



- 16 fresh marshmallows
- 1 cup hot milk
- 1 cup whipping cream
- 1 cup crushed peppermint stick candy

Stir the marshmallows into hot milk until dissolved. Chill. Whip the cream to soft peaks and fold into marshmallow mix. Fold crushed peppermint into the cream mix. Freeze.

# Philadelphia Ice Cream

*Montgomery Ward's Cold Cooking, 1942*



- 3 tsp gelatin
- ¼ cup cold water
- 2 cups milk
- 2 cups whipping cream
- 1 cup sugar
- 1 tbsp vanilla

Scald milk. Dissolve gelatin in cold water and mix into hot milk. Add sugar and stir to dissolve. Allow to cool. Stir in vanilla. Partially freeze, about one to two hours.

Whip cream and fold in. Freeze several hours or overnight.

# Plombir Slivochnyi

*Foods of the World: Russian Cooking, 1972*



- 2 tsp vanilla
- 1 tsp almond extract
- 1-½ cups finely chopped glazed fruits
- 3 cups whipping cream
- ½ cup powdered sugar
- ½ cup blanched, toasted, ground almonds

Sprinkle the glazed fruits with the vanilla and almond extracts, and let soak for at least 15 minutes. Whip the cream until it begins to thicken. Gradually beat in the powdered sugar a tablespoon at a time. Continue to beat until firm. Fold in the glazed-fruit mixture and ground almonds. Pour into chilled freezer bowl and cover with plastic wrap.

Freeze at least four hours or until firm.

# Saffron Ice Cream

*Essential Saffron Companion*, 1998



- 2½ cups milk
- ¾ cup whipping cream
- 20 saffron filaments
- 5 egg yolks
- ¾ cup sugar

Bring the milk and the cream to a boil. Add the saffron, remove from heat, and let sit overnight in the refrigerator to infuse. Beat the egg yolks and sugar until smooth and pale. Pour in a half cup of the milk infusion and continue beating until well-blended. Mix the egg yolks and the rest of the milk in a double boiler, mixing over low heat until thickened enough to coat a spoon. Allow the mixture to cool. When cold, beat well, place in a freezer, and beat again every hour until it sets.



# Vanilla Ice Cream

*Betty Crocker's New Outdoor Cookbook, 1967*



- ½ cup sugar
- ¼ tsp salt
- 1 cup milk
- 3 egg yolks, beaten
- 1 tbsp vanilla
- 2 cups whipping cream

Mix the sugar, salt, milk, and egg yolks in a saucepan. Stir constantly over medium heat just until bubbles appear around the edge of the mixture. Cool to room temperature. Stir in vanilla. Freeze until mixture is mushy and partially frozen. Whip cream until soft peaks form.

Beat partially frozen mixture until smooth. Fold in whipped cream. Freeze 3–4 hours or overnight, until firm. Stir thoroughly at 30 minutes, 60 minutes, 90 minutes, and 120 minutes.

# Vanilla Parfait

*Betty Crocker's New Dinner for Two, 1964*



- 1 egg, separated
- ½ cup whipping cream
- 1-½ tbsp sugar
- 1 tsp vanilla

Beat egg white until stiff. Whip cream until stiff. Beat egg yolk with sugar until fluffy. Fold all ingredients together. Pour into refrigerator tray and freeze 4–5 hours or overnight.

# Walnut Brittle Ice Cream

Miss Alice Bradley, *Electric Refrigerator Menus and Recipes*, 1927



- 1 cup milk
- 1 tsp gelatin
- 3 egg yolks
- $\frac{1}{4}$  cup sugar
- pinch of salt
- $\frac{1}{3}$  cup sugar
- $\frac{1}{3}$  cup black walnut pieces
- 1 cup whipping cream
- 2 tsp vanilla

Whisk gelatin into milk. Heat to scalding over double boiler, whisking often. Mix yolks with  $\frac{1}{4}$  cup sugar and salt. Whisk hot milk slowly into yolks. Return to double boiler and heat, stirring constantly, until thickened to coat spoon. Cool to room temperature.

Meanwhile, heat  $\frac{1}{3}$  cup sugar in pan, stirring until melted and lightly brown. Add walnuts and turn onto lightly buttered sheet. When cool, chop in blender, food processor, or food chopper. Add to custard. Beat cream until stiff. Fold whipped cream and vanilla into custard.

Freeze until it starts to ice at the edges, about an hour. Beat well. Freeze two more hours and beat well again. Freeze several hours or overnight.

# Syrups for Ice Cream

## Chocolate Syrup

- 4 ounces baker's chocolate
- 1 cup powdered sugar
- 2 cups water

Mix chocolate, sugar, and water together. Bring to boil and cook until mixture thickens, ten to fifteen minutes. Chill in refrigerator and use as needed.



## Coffee Syrup

- $\frac{3}{4}$  cup strong hot coffee
- 1 cup sugar
- 2 tbsp corn syrup

Mix coffee, sugar, and corn syrup together. Bring to boil and cook for ten minutes. Chill in refrigerator and use as needed.

# Making Great Ice Cream

- **Egg whites** should be at room temperature when beating.
- **Egg whites** should be beaten with a clean whisk, not the whisk used for whipping cream or yolks.
- Try to avoid getting **egg yolk** into egg white, but if there's only a tiny amount don't fret about it. The more yolk in the egg white, the harder it will be to beat. A speck won't make a difference. An entire yolk will make it impossible.
- Always use **whole milk** when making ice cream. Scalding it will improve the texture of the ice cream.
- Bowl and beater for **whipping cream** should be kept cold before using—store in the refrigerator or the freezer while working with the other ingredients. The same is true of the dish or pan for storing the dessert in the freezer: keep cold ahead of time.
- If a recipe calls for whipping or beating **after freezing**, leave the mix in the mixing bowl until the final beating, then remove to (cold) storage dish.
- For more great vintage recipes, visit [clubpadgett.com](http://clubpadgett.com)!



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# Special Ingredient Index

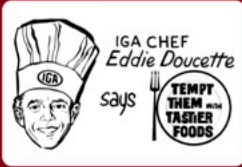
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ARE YOU READY FOR EDDIE!

Eddie Doucette was a pioneer TV chef, with the Chicago-area *Home Cooking with Eddie Doucette* in 1954 and *Cooking Can Be Fun* in 1967. He was proprietor of *Eddie Doucette's Pancake Plantation* in Chicago and was famous as "The IGA Chef", appearing with recipes in IGA newspaper ads throughout the country.

Doucette toured America proclaiming "Cooking Can Be Fun!" He toured the world to show that cooking with American foods is fun.

*Tempt Them with Tastier Foods* gives you wonderful vintage recipes "from the files of Eddie Doucette", television pioneer and culinary ambassador!



TEMPT THEM



WITH TASTIER FOODS

*Tempt Them with Tastier Foods* is filled with wonderful vintage recipes "from the files of Eddie Doucette", pioneer television chef, the sixties face of IGA, and America's culinary ambassador!

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The book cover features a background image of a road stretching into the distance. The title "A TRAVELING MAN'S COOKERY BOOK" is written in large, bold, white letters across the road. Above the title, the author's name "JERRY STRATTON" is visible. The cover is decorated with several small images of various dishes. On the left side, there is a white box containing the text "PADGETT SUNDAY SUPPER CLUB", "Vintage and Modern Recipes for Other People's Kitchens", and "CLUBPADGETT.COM". Below this text is a QR code and a circular logo with a fork and knife.

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