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# INSTANT CLEAR GEL TIPS AND RECIPES

## Clear Gel Food Starch The Cook's Secret Ingredient!

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DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

**INSTANT CLEARGEL** is a pre-gelatinized, modified food starch derived from waxy maize. It has good heat and acid tolerance making it well suited for applications containing acid or those that require cooking or baking.

It is recommended that **INSTANT CLEARGEL** be thoroughly blended with sugar or other dry ingredients before it is added to liquids in order to prevent lumping and to insure smoothness. The presence of sugar acts to control the rate of the hydration of the starch.

**INSTANT CLEARGEL** is a very versatile "instant" starch. It can be used in dry mix gravies and sauces that are heated and in many bakery applications where its heat and acid stability are desired. It is particularly well suited for instant fruit pie fillings where it is used to thicken the filling (without cooking) before it is deposited into pie crusts. The pies are then baked. The cold temperature storage stability of **INSTANT CLEARGEL** enables these products to be refrigerated or frozen.

**INSTANT CLEARGEL** will begin to swell or thicken as soon as it is added to water, milk or juices; it will impart a smooth, short texture when fully hydrated. The viscosity will increase slightly upon heating. It has excellent heat and acid resistance and can be used in acid containing foods and in those applications where heating is required. **INSTANT CLEARGEL** also has good cold temperature storage stability making it particularly well suited for refrigerated and frozen foods.

**Instant Cleargel** is a modified corn starch that is popular with pie bakers but is generally not available in stores. Do not use the instant version for canning of pie fillings. It is designed for heating only the one time which is when the pie is actually baked.

1 T. cornstarch = 1 1/2 T **instant Cleargel**

2 T. flour or tapioca = 1 T. **instant Cleargel**

### Apple Pie Filling--7 quarts

6 qts. peeled and sliced apples  
(store in water with ascorbic acid until ready to use)  
5½ cups sugar  
1 Tbsp. Cinnamon  
3/4 cup lemon juice  
7 drops yellow food coloring (opt.)  
1½ cups **Cleargel (Instant)**  
7½ cups cold water  
1 tsp. nutmeg (opt.)

Mix dry ingredients well. Slowly add water, color, and lemon juice while constantly stirring. When thoroughly mixed together, turn on heat until thick and bubbly. Mix in apples with bubbly mixture until heated well. Put into quart jars and process for 35 min.

### Frozen Jam

5 cups mashed fruit  
2 cups granulated sugar  
1/2 cup light corn syrup (stops crystallizing of sugar)  
3-5 Tbsp. **Cleargel (Instant)**

Mix dry ingredients well. Slowly add to fruit, syrup, and mix well. Put in freezer containers and freeze.

### Cooked Jam

5 cups mashed fruit or 1/2 sliced and the rest mashed  
1 Tbsp. Lemon juice  
1/2 cup **Cleargel, (Instant)** (more or less as needed, may thin with water)  
2 cups sugar  
3 cups water  
1 pkg Kool-aid if desired

Bring fruit and water to boil, stirring. Slowly add Cleargel mixed with sugar and Kool-aid stir until sugar is dissolved. Bring to a boil. Fill jars and process. About 4 pints.

\*Because of the low sugar content, once opened it should be used within 2-3 weeks.

### Vanilla Pudding

1/3 cup instant dry milk  
1/2 cup sugar  
1/3 cup **Cleargel (Instant)**  
1/4 tsp. Salt

Combine dry ingredients. Add 2 cup cold milk & 1/4 tsp vanilla Mix in blender, or mixer. Thin if needed. May vary with lemon, coconut, etc. Add more sugar with cocoa.

### Cream Soup

1/3 cup **Cleargel (Instant)**  
1/3 cup dry powdered milk  
1 tsp. salt and  
1/8 tsp. Pepper  
1/4 tsp. Garlic powder  
6 mushrooms or beef or chicken base

Put all ingredients into blender. Blend then add 2 1/2 cup milk and blend again, add mushrooms or base to taste, blend 10 sec.

\*This is good for casseroles which will be heated. It saves the cost and salt of canned soup, or the bother of white sauce.

### Vanilla Syrup

1 cup milk or whipping cream  
1/2 margarine or butter  
1 cup sugar  
1 Tbsp. **Cleargel, (Instant)** (keeps the butter from separating)  
1/4 tsp. vanilla

Heat first two ingredients until melted. Mix next two ingredients then add to hot mixture. Add vanilla, then mix well in blender. Very good on waffles, pancakes, french toast, or steamed puddings.