THE BEST OF ARGO

OUR

45

MOST POPULAR RECIPES & TIPS
Argo Corn Starch has been the secret ingredient for generations of American cooks. Naturally tasteless and colorless, corn starch allows the true flavor of food to come through without alteration. For over a century, Argo has led the way in premium product quality, innovation and customer support. Our latest innovation, the re-sealable canister, protects Argo’s freshness and makes it easier to use. Use Argo Corn Starch instead of flour for thickening gravies and sauces. Argo’s superior thickening power allows you to use half as much, saving 47% of the calories compared to flour!

Kingsford’s® Corn Starch is found in select areas in the Western United States, specifically California, and portions of Idaho, Nevada and Utah.

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All of our recipes have been triple-tested in the Argo Test Kitchens to ensure accurate performance and delicious taste and flavor.
CHICKEN & CORN
CHOWDER

COOK bacon in a large pot over medium heat until browned and crisp; drain on paper towels and crumble when cool enough to handle. Reserve 2 tablespoons bacon drippings.

SAUTÉ chicken, onion, bell pepper and garlic in hot bacon drippings; cook 3 to 5 minutes until chicken is no longer pink and onion begins to soften. Add chicken broth, frozen corn and cream-style corn. Combine corn starch with milk and stir into soup.

HEAT to boiling over medium heat, stirring constantly; reduce heat and simmer 15 minutes. Add salt, pepper and cheese; stir until cheese is melted.

LADLE soup into bowls; sprinkle bacon over individual servings.

5 slices bacon
12 ounces boneless, skinless chicken breasts, cut in bite size pieces
½ cup chopped onion
½ cup chopped bell pepper (any color)
1 garlic clove, minced
4 cups chicken broth
1½ cups frozen whole kernel corn
1 can (14 ¾ ounces) cream-style corn
¾ cup Argo® Corn Starch
1 cup milk
½ teaspoon salt
¼ teaspoon Spice Islands® Fine Grind Black Pepper
1½ cups (6 ounces) shredded cheddar cheese

Prep Time: 20 minutes
Cook Time: 15 minutes
Makes: 6 servings
2 tablespoons olive oil
1 medium onion, chopped
1 cup chopped celery
1 cup thinly sliced carrots
8 cups chicken broth
½ cup (4 ounces) wild rice
1 cup water
½ cup Argo® Corn Starch
1½ teaspoons Spice Islands® Poultry Seasoning
2 cups cooked, chopped turkey OR chicken
1 can (12 ounces) evaporated milk
4 ounces Swiss cheese, sliced OR shredded
¼ cup sherry (optional)

**SAUTÉ** onion, celery and carrots in olive oil in a large pot over medium heat for 3 to 5 minutes or until onions are translucent.

**STIR** in chicken broth and wild rice; simmer for 45 minutes.

**COMBINE** water and corn starch in small bowl; stir until smooth. Pour mixture into soup pot. Continue cooking until soup thickens slightly, about 5 minutes.

**ADD** poultry seasoning, turkey, milk and cheese. Heat an additional 1 to 2 minutes, or until cheese is melted. Stir in sherry, if desired.

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Prep Time: 10 minutes
Cook Time: 1 hour
Makes: 12 servings
MANDARIN HOT & SOUR SOUP

3 dried wood ear mushrooms
¼ cup rice vinegar
¼ cup reduced-sodium soy sauce
2 teaspoons chili-garlic sauce
1 teaspoon sesame oil
1 teaspoon sugar
½ teaspoon Spice Islands® Ground White Pepper
6 cups chicken broth
8 ounces boneless lean pork OR chicken, cut in thin strips
8 ounces soft tofu, drained and finely diced
1 can (8 ounces) bamboo shoots, julienned
½ cup Argo® Corn Starch
¼ cup water
2 eggs, lightly beaten
1 green onion, thinly sliced
1 tablespoon chopped cilantro

SOAK dried mushrooms in warm water for 15 minutes or until softened. Drain and slice into thin strips.

COMBINE rice vinegar, soy sauce, chili-garlic sauce, sesame oil, sugar and white pepper in a small bowl; set aside.

BOIL broth in a large pot. Add mushrooms, soy sauce mixture, pork, tofu and bamboo shoots. Combine corn starch with water in a separate bowl until smooth. Add to soup, stirring constantly until soup boils and thickens. Remove soup from heat.

DRIZZLE eggs slowly into soup, stirring gently in a circular motion until short threads form. Serve with green onion and cilantro sprinkled on top.

Prep Time: 20 minutes
Cook Time: 15 minutes
Makes: 6 servings
MELT butter in a large pot over medium heat. Add onion, thyme, white and cayenne pepper; cook until onions are tender, 3 to 4 minutes. Combine chicken broth, beer and 2 tablespoons corn starch, stirring until corn starch is dissolved. Add to pot and bring to a boil. Reduce heat.

SIMMER 5 minutes. Add cream.

TOSS cheese with 1 tablespoon corn starch. Gradually add cheese to soup, stirring until melted before adding more cheese. Add hot pepper sauce, if desired.

SERVE immediately. Delicious served with Peppered Parmesan Shortbread.

2 tablespoons butter OR margarine
1/2 cup finely chopped onion
1/2 teaspoon Spice Islands® Thyme
1/2 teaspoon Spice Islands Ground White Pepper
1/4 teaspoon Spice Islands Cayenne Pepper
2 1/2 cups chicken broth
1/2 cup beer
3 tablespoons Argo® Corn Starch, divided
1 cup heavy cream
3 cups (12 ounces) shredded Colby OR Co-Jack cheese
1 teaspoon hot pepper sauce (optional)

Prep Time: 15 minutes
Cook Time: 15 minutes
Makes: 6 servings
COMBINE flour, cheese, butter, corn starch, thyme and cayenne pepper in a food processor. Pulse until mixture resembles coarse oatmeal. Add sour cream, a spoonful at a time, pulsing until mixture is combined. Remove from food processor.

KNEAD 2 to 3 times forming dough into a ball. Divide the dough in half. Shape each half into a flat log, about 2-inches wide and ½-inch thick. Wrap logs in plastic wrap.

REFRIGERATE for 2 hours or overnight.

BRUSH the top of each log with milk and sprinkle with black pepper. Slice the dough at ¼-inch intervals and place, cut side down, on baking sheets.

BAKE in preheated 325°F oven for 25 to 30 minutes until golden brown. Cool on a wire rack. Delicious served with Beer Cheese Soup.

1 ½ cups flour
1 cup grated Parmesan cheese
½ cup cold butter (no substitutions), cubed
¼ cup Argo® Corn Starch
¾ teaspoon Spice Islands® Thyme
½ teaspoon Spice Islands Cayenne Pepper
½ to ½ cup sour cream
1 tablespoon milk
1 teaspoon Spice Islands Medium Grind Black Pepper

PEPPERED PARMESAN SHORTBREAD

Prep Time: 25 minutes
Chill Time: 2 hours
Bake Time: 25 to 30 minutes
Makes: 36 shortbreads
1 tablespoon Mazola® Corn Oil
2 large onions, sliced
2 cloves garlic, minced
1½ pounds beef chuck, cut into 1-inch cubes
1 can (14½ ounces) diced tomatoes, undrained
1 can (14 ounces) beef broth
2 teaspoons Worcestershire sauce
1 teaspoon Spice Islands® Thyme
1 teaspoon salt
¼ teaspoon Spice Islands Fine Grind
Black Pepper
1 pound small red potatoes, cut into eighths
1½ cups frozen cut green beans
1½ cups frozen sliced carrots
½ cup water
¼ cup Argo® Corn Starch

HEAT oil in 5-quart Dutch oven over medium heat. Add onions; cook, stirring occasionally until lightly browned. Stir in garlic; cook 1 minute. Add beef, tomatoes, beef broth, Worcestershire sauce, thyme, salt and pepper. Bring to a boil. Reduce heat and cover.

SIMMER 1 hour. Add potatoes; cook 15 minutes. Stir in green beans and carrots and simmer 15 minutes longer.

COMBINE water and corn starch in a small bowl until blended. Stir into meat mixture. Stirring constantly over medium heat, bring to boil. Boil 1 minute.

LADLE into serving bowls.
TOSS steak, orange peel, ginger and 1 tablespoon corn starch in medium bowl to coat meat lightly; set aside.

STIR sherry, soy sauce, bouillon granules, sugar, crushed red pepper, water and 2 tablespoons corn starch in small bowl until blended.

HEAT oil in wok OR large skillet over medium heat. Add beef and stir-fry for 2 minutes until nearly cooked through. Add broccoli and stir-fry 3 minutes or just until tender. Stir soy sauce mixture until blended, pour into wok. Stirring constantly, bring to boil. Boil 1 minute.

SERVE with rice OR pasta.

12 ounces flank OR sirloin steak, cut across grain into thin strips
Grated peel of 1 large orange (about 2 teaspoons)
1 tablespoon grated fresh ginger
3 tablespoons Argo® Corn Starch, divided
3 tablespoons sherry OR orange juice
2 tablespoons soy sauce
1 teaspoon beef bouillon granules
1 tablespoon sugar
½ to ½ teaspoon Spice Islands® Crushed Red Pepper
½ cup water
2 tablespoons Mazola® Corn Oil
3 cups broccoli florets
Hot cooked rice OR pasta

Prep Time: 20 minutes
Cook Time: 5 to 8 minutes
Makes: 4 servings
To Make Chicken:
MIX corn starch, cayenne pepper, salt and black pepper in shallow bowl; set aside. Beat egg whites in mixing bowl until frothy. Place coconut in a separate shallow bowl.

DREDGE chicken tenders in corn starch mixture; shake off excess. Dip chicken in egg whites, then press chicken into coconut. Turn over and press into coconut again to coat both sides.

HEAT 2 to 3 inches of oil in a deep pot over medium heat to 350˚F. Add chicken to the hot oil in batches. Deep fry until cooked through, about 2 to 3 minutes. Transfer chicken to paper towel-lined plate to drain.

SERVE hot with Spicy Apricot Dipping Sauce.

To Make Spicy Apricot Dipping Sauce:
COMBINE dipping sauce ingredients in a small bowl. Stir to mix thoroughly.

Chicken
- ½ cup Argo® Corn Starch
- 1 teaspoon Spice Islands® Cayenne Pepper
- ¼ teaspoon salt
- ½ teaspoon Spice Islands Fine Grind Black Pepper
- 3 egg whites
- 2 cups sweetened shredded coconut
- 1½ pounds chicken tenders
- Mazola® Corn Oil for deep frying

Spicy Apricot Dipping Sauce
- 1 cup apricot preserves
- 1 tablespoon red wine vinegar
- 1 teaspoon Spice Islands Crushed Red Pepper

Prep Time: 20 minutes
Deep Fry Time: 2 to 3 minutes
Makes: 4 servings
2 tablespoons Argo® Corn Starch
3 tablespoons brown sugar
½ teaspoon Spice Islands® Crushed Red OR Cayenne Pepper
½ cup Karo® Light Corn Syrup*
½ cup soy sauce
2 tablespoons dry sherry
1 tablespoon sesame oil
1 tablespoon rice vinegar
1 tablespoon minced fresh ginger
2 teaspoons minced garlic

**STIR** corn starch, brown sugar and crushed red pepper together in a small saucepan OR 1-quart microwave-safe dish. Add remaining ingredients; stir well.

**COOK** over medium heat OR microwave on HIGH (100%) power for 2 minutes stirring occasionally. Heat until mixture boils for 1 full minute. Cook and stir an additional 1 to 2 minutes, or until thickened to a syrup-like consistency.

**DRIZZLE** over your favorite stir-fry just before serving. Also delicious as a glaze for grilled meats. Store covered in refrigerator for up to 2 weeks.

*To reduce calories substitute Karo Lite Syrup.*
COMBINE corn starch, flour, baking powder, garlic salt, onion powder, black pepper and cayenne pepper in a medium bowl. Add water and egg; stir until mixture is smooth.

HEAT 3 to 4 inches of oil in a deep pot over medium heat to 350°F.

DIP vegetables into batter, stirring batter occasionally. Fry a few vegetables at a time, turning once, 2 to 3 minutes or until golden brown and crisp.

DRAIN on paper towels. Serve immediately.

Recipe Variation: 1½ pounds raw, peeled shrimp can be substituted for the vegetables.

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VEGETABLE TEMPURA

1/4 cup Argo® Corn Starch
1/4 cup flour
1 teaspoon Argo® Baking Powder
2 1/2 teaspoons Spice Islands® Garlic Salt
1 1/2 teaspoons Spice Islands Onion Powder
1/4 teaspoon Spice Islands Fine Grind Black Pepper
1/8 teaspoon Spice Islands Cayenne Pepper
1/2 cup water OR beer
1 egg, slightly beaten
Mazola® Corn Oil for deep frying
4 cups cut-up vegetables, such as zucchini, carrots, onions and/or mushrooms

Prep Time: 10 minutes
Cook Time: 10 to 15 minutes
Makes: 4 to 6 servings
STIR together ¼ cup chicken broth and 2 tablespoons corn starch in a small bowl until smooth; set aside.

SEASON pork chops with salt and pepper, then coat lightly with remaining 2 tablespoons corn starch. Heat oil in large skillet over medium-high heat. Add pork chops.

COOK, turning once, 8 to 10 minutes or until done. Remove; keep warm.

DRAIN any excess fat from skillet. Add remaining chicken broth, orange juice, carrots and onion. Cover.

SIMMER 10 to 12 minutes or until carrots are tender. Stir honey, corn syrup, vinegar, Dijon mustard and crushed red pepper into corn starch mixture. Add to skillet. Stirring constantly, bring to boil over medium heat and boil 1 minute. Stir in parsley. Return pork chops to skillet until heated through.

SERVE with rice, if desired.

1 can (14 ounces) chicken broth, divided
¼ cup Argo® Corn Starch, divided
4 pork chops (½-inch thick)
Salt & pepper
1 tablespoon Mazola® Corn Oil
2 cups orange juice
1 cup baby carrots
2 tablespoons minced onion
3 tablespoons honey
2 tablespoons Karo® Light Corn Syrup*
1 tablespoon white vinegar
1 tablespoon Dijon mustard
⅛ teaspoon Spice Islands® Crushed Red Pepper (optional)
2 tablespoons minced fresh parsley
Cooked rice (optional)

*To reduce calories substitute Karo Lite Syrup.
CHICKEN MARSALA

4 boneless, skinless chicken breasts
2 tablespoons flour
½ teaspoon salt
½ teaspoon Spice Islands® Garlic Powder
¼ teaspoon Spice Islands Fine Grind Black Pepper
3 tablespoons olive oil, divided
1 cup sliced fresh mushrooms
2 teaspoons Argo® Corn Starch
½ cup Marsala wine
½ cup chicken broth
½ teaspoon Spice Islands Sweet Basil
½ teaspoon Spice Islands Onion Powder
Cooked linguine (optional)

PREP TIME: 15 minutes
COOK TIME: 15 minutes
MAKES: 4 servings

Pound chicken pieces to ¼-inch thickness (place between 2 sheets of waxed paper).

Combine flour, salt, garlic powder and pepper in a large bowl. Add chicken; coat with flour mixture.

Heat 2 tablespoons oil in large skillet over medium-high heat. Cook chicken 8 to 10 minutes, or until done, turning once. Remove from pan.

Add 1 tablespoon oil and mushrooms to skillet. Sauté 2 to 3 minutes. Mix corn starch, wine, chicken broth, basil and onion powder until well blended; add to mushrooms. Simmer, uncovered, 2 minutes or until thickened.

Serve chicken and sauce over linguine, if desired.
4 boneless, skinless chicken breasts
Salt (optional)
2 tablespoons butter OR margarine
1 tablespoon Argo® Corn Starch
1 cup chicken broth
2 tablespoons lime juice
2 tablespoons brown sugar
1 tablespoon Dijon mustard
1 clove garlic, minced
Cooked rice (optional)
Parsley (optional)

SPRINKLE chicken lightly with salt, if desired.

MELT butter in large skillet over medium heat. Add chicken and brown 2 to 4 minutes on each side; remove from skillet and cover to keep warm.

COMBINE corn starch, chicken broth, lime juice, brown sugar, Dijon mustard and garlic in a small bowl. Pour into skillet. Bring to boil, stirring constantly, and boil 1 minute. Return chicken to skillet.

SIMMER 5 minutes or until cooked through. Serve with rice and garnish with parsley, if desired.
MIX corn starch, milk and salt in a large bowl with a wire whisk. Combine butter, cornmeal and eggs in a separate bowl; beat until well mixed. Stir into milk mixture.

HEAT a greased non-stick skillet over medium heat. Pour in about ¼ cup batter, tilt skillet to spread. Flip when edges of crepe begin to curl, about 30 to 60 seconds. Cook an additional 10 to 15 seconds or until edges begin to curl. Repeat with remaining batter. Keep warm until ready to serve.

FILL each crepe with taco meat and fillings of your choice.

**Corn Crepes**
- ¾ cup Argo® Corn Starch
- ½ cup milk
- ½ teaspoon salt
- 2 tablespoons butter OR margarine, melted
- 2 tablespoons cornmeal
- 2 eggs

**Suggested Fillings**
- Prepared taco meat
- Chopped tomatoes
- Diced green onions
- Shredded lettuce
- Shredded cheese
- Diced olives
- Salsa
- Sour cream

Prep Time: 10 minutes
Cook Time: 15 minutes
Makes: 6 servings
SZECHWAN CHICKEN & SHRIMP WITH PEANUTS

8 ounces boneless, skinless chicken breast, cut into cubes
8 ounces large raw shrimp, peeled and deveined
2 tablespoons Argo® Corn Starch, divided
1 tablespoon minced fresh ginger
2 cloves garlic, minced
½ teaspoon Spice Islands® Crushed Red Pepper
½ cup chicken broth
2 tablespoons rice wine vinegar
2 tablespoons oyster sauce
2 tablespoons sugar
2 tablespoons Mazola® Corn Oil
1 green bell pepper, cut into thin strips
½ cup peanuts
Cooked rice

TOSS chicken and shrimp in medium bowl with 1 tablespoon corn starch, ginger, garlic and crushed red pepper to coat lightly; set aside.

MIX chicken broth, vinegar, oyster sauce, sugar and remaining 1 tablespoon corn starch in small bowl; set aside.

HEAT oil in wok OR large skillet over medium-high heat. Add chicken and shrimp mixture and stir-fry 2 to 3 minutes or until chicken is no longer pink. Add green pepper strips and stir-fry 2 minutes. Add peanuts and stir-fry 1 minute longer.

STIR chicken broth mixture until blended, then pour into wok. Stirring constantly, bring to boil, and boil 1 minute. Serve with rice.

Prep Time: 20 minutes
Cook Time: 15 minutes
Makes: 4 servings
**TWO RECIPES FOR GRAVY**

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**EASY GRAVY**

- 2 tablespoons fat drippings (from any type of roasted meat)
- 2 cups broth OR bouillon*
- 2 tablespoons Argo Corn Starch
- ¼ cup cold water

**COOK** fat drippings and broth OR bouillon in a roasting pan or saucepan over medium heat, until hot.

**STIR** corn starch mixture into the stock OR broth using a wire whisk. Add sage. Stirring constantly, bring to a boil. Boil 1 minute, until thickened. If desired, season with salt and pepper to taste.

*This can be a gluten-free recipe if gluten-free broth or bouillon is used.

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**GUILT-FREE GRAVY**

- 3 tablespoons Argo® Corn Starch
- ¼ cup apple cider OR water
- 2 cups fat-free turkey stock OR broth
- ½ teaspoon Spice Islands® Sage

**COMBINE** corn starch and cider in a small bowl until smooth. Set aside.

**COOK** stock OR broth over medium heat until hot.

**STIR** corn starch mixture into the stock OR broth using a wire whisk. Add sage. Stirring constantly, bring to a boil. Boil 1 minute, until thickened. If desired, season with salt and pepper to taste.

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**Microwave Directions**: Combine all ingredients in a 2-quart, microwave-safe bowl. With a whisk, stir until corn starch is completely dissolved. Microwave on HIGH (100%) power for 7 to 9 minutes or until mixture boils, stirring every minute. Boil for 1 minute. Season with salt and pepper.
1 cup cold milk
1 tablespoon Argo® Corn Starch
2 tablespoons butter OR margarine
¼ teaspoon salt
⅛ teaspoon Spice Islands® Fine Grind Black Pepper
1 cup (4 ounces) shredded cheddar cheese

STIR milk gradually into corn starch until smooth in a small microwave-safe bowl. Add butter, salt and pepper.

MICROWAVE on HIGH (100%) power for 2 minutes, stirring after 1 minute. Microwave an additional 30 to 60 seconds until thick and bubbly. Stir in cheese until smooth. Serve over broccoli, cauliflower, asparagus OR baked potatoes.
MIX brown sugar, corn starch and salt in a large microwave-safe bowl. Whisk in milk and egg yolks until well blended.

MICROWAVE on HIGH (100%) power for 5 to 7 minutes, stirring every 1 to 2 minutes. Cook until pudding is thick and has boiled at least 1 minute. Remove from microwave. Stir in butter and vanilla. Cover surface with plastic wrap.

CHILL 30 minutes.

STIR in toffee chips. Pour into a bowl OR individual serving dishes. Garnish with pecans and whipped topping, if desired.

½ cup brown sugar
2½ tablespoons Argo® Corn Starch
¼ teaspoon salt
2 cups milk
2 egg yolks
2 tablespoons butter
1 teaspoon Spice Islands® Pure Vanilla Extract
½ cup toffee chips
¼ cup chopped pecans, toasted
Whipped topping (optional)
MIX sugar, corn starch and salt in a large microwave-safe bowl. Whisk in milk and egg yolks until well blended.

MICROWAVE on HIGH (100%) power for 5 to 7 minutes, stirring every 1 to 2 minutes. Cook until pudding is thick and has boiled at least 1 minute. Remove from microwave. Stir in butter and vanilla. Cover surface with plastic wrap.

CHILL 30 minutes.

LAYER pudding with bananas and fudge topping in individual clear serving bowls. Garnish with whipped topping, chopped pecans and cherries, if desired.

3/4 cup sugar
2 tablespoons Argo® Corn Starch
1/4 teaspoon salt
2 cups milk
2 egg yolks
2 tablespoons butter
1 teaspoon Spice Islands® Pure Vanilla Extract
1 to 2 bananas
1/4 cup fudge topping
Whipped topping, chopped pecans, cherries (optional)
MIX sugar, cocoa powder, corn starch and salt in a large microwave-safe bowl. Whisk in milk and egg yolks until well blended.

MICROWAVE on HIGH (100%) power for 5 to 7 minutes, stirring every 1 to 2 minutes. Cook until pudding is thick and has boiled at least 1 minute. Remove from microwave. Stir in butter and vanilla. Cover surface with plastic wrap.

CHILL 2 hours.

SPOON pudding into individual clear bowls OR stemware. Top with caramel topping and peanuts. Garnish with whipped topping, if desired.
HELPFUL CORN STARCH TIPS:

1. Dredge meat in Argo Corn Starch for added crispness when browning OR to help batter and breading adhere when deep-frying. Corn starch is key to crisp tempura (see our recipe on page 12).

2. Add 1 teaspoon of Argo Corn Starch to the custard base for homemade vanilla ice cream to increase creaminess.

3. Meringues won’t weep (become watery) if 1 teaspoon Argo Corn Starch is added to the sugar before beating into the egg whites.

4. For silky smooth puddings and custards, mix Argo Corn Starch with the sugar from the recipe first, then stir into the cold liquid. The sugar helps disperse the corn starch evenly in the liquid for a perfect consistency.

5. It is easy to make your own cake flour! Place 2 tablespoons Argo Corn Starch in a measuring cup. Fill remainder of cup with all-purpose flour.

6. Conversions:
   1 pound Argo Corn Starch = 3½ cups
   1 ounce Argo Corn Starch = 3½ tablespoons
HOW TO USE CORN STARCH AS A THICKENER

**A**
For a medium to thin consistency in soups and sauces, add 1 tablespoon Argo Corn Starch per cup of liquid (such as broth, stock, water or milk). For thicker sauces (more gravy-like consistency) add 2 tablespoons corn starch per cup of liquid.

**B**
Make a slurry by mixing Argo Corn Starch and cold liquid together, stirring until very smooth. Add this mixture to the food to be thickened. Never add corn starch to hot liquids, as this will cause immediate lumping.

**C**
Use medium heat, stirring gently and constantly. Sauces will go from opaque (cloudy) to transparent (clear) as thickening occurs. Continue to stir and boil for 1 minute. Remove from heat.

**A FEW THINGS TO KEEP IN MIND:**

- Avoid cooking with high heat, which can cause lumping and scorching.
- Prolonged boiling or rough stirring (beating) will cause the starch to break down and the sauce to become thin.
- Acids, such as fruit juices, reduce the thickening power of corn starch, so add acids after the sauce has thickened.
TOP 5 ADVANTAGES FOR USING CORN STARCH VS. FLOUR

1. Corn starch is a “super-thickener” compared to flour, so use half as much corn starch as you would flour. When you thicken with corn starch, you use 47% fewer calories than thickening with flour.

2. Corn starch thickens with a smooth glossy appearance. Sauces are clear and are more translucent, as opposed to opaque, cloudy, flour-based sauces. It is the best choice for glazes, gravies, fruit pies and Asian sauces.

3. Corn starch is flavorless, so it doesn’t mask the flavor of foods in the dish.

4. Corn starch is gluten-free.

5. Besides thickening, corn starch helps prevent eggs from curdling in recipes such as custards, puddings, cheesecake and quiches.
MIX butter, sugar and vanilla thoroughly using an electric mixer. Gradually blend in flour and corn starch. Stir in 1 cup candies, if desired.

FORM into 1-inch balls and place on ungreased baking sheets. Gently flatten each cookie using fingers or a flat bottomed drinking glass (dipped in sugar to prevent sticking). Press in additional candies to decorate.

BAKE in a preheated 300°F oven for 25 to 30 minutes, or until bottoms begin to brown.

COOL for 5 minutes; remove to a wire rack to cool completely.

Decorating Tip: Microwave ½ cup semi-sweet chocolate chips and 1 teaspoon shortening in a small resealable plastic bag on HIGH (100%) power for 30 to 60 seconds, until melted. Snip off corner of bag and drizzle chocolate over cookies. While chocolate is still soft, top with additional candies.

1 cup butter (no substitutes), softened
½ cup sugar
1 teaspoon Spice Islands® Pure Vanilla Extract
2 cups flour
¼ cup Argo® Corn Starch
1 to 2 cups M&M’s® Chocolate Candies

Prep Time: 20 minutes
Bake Time: 25 to 30 minutes
Makes: 3½ dozen cookies
LeMON BARS

Crust
1 cup flour
½ cup powdered sugar
½ cup Argo® Corn Starch
½ cup butter OR margarine, softened

Filling
¾ cup sugar
2 eggs
1 tablespoon Argo Corn Starch
¼ teaspoon Argo® Baking Powder
3 tablespoons lemon juice
Additional powdered sugar for sprinkling over top

To Make Crust:
COMBINE all crust ingredients in a bowl until well mixed and crumbly. Press into bottom of ungreased 8 x 8-inch pan.

BAKE in a preheated 350°F oven for 15 to 20 minutes, or until edges are lightly browned.

To Make Filling:
MIX all filling ingredients with an electric mixer OR wire whisk until well blended.

POUR filling over hot crust. Return to oven and continue baking for 18 to 20 minutes or until filling is just set.

COOL completely before cutting into bars. Sprinkle with powdered sugar.

Prep Time: 20 minutes
Bake Time: 33 to 40 minutes
Cool Time: 20 minutes
Makes: 16 bars
Prep Time: 15 minutes

Bake Time: 10 to 12 minutes

Makes: 3 dozen cookies

1 cup flour
½ cup Argo® Corn Starch
½ cup powdered sugar
¾ cup butter OR margarine
1 teaspoon Spice Islands® Pure Vanilla Extract

**COMBINE** flour, corn starch and powdered sugar in bowl; set aside.

**BEAT** butter in a large bowl with an electric mixer until smooth. Add flour mixture and vanilla; beat until well blended (if necessary, refrigerate dough 1 hour or until easy to handle).

**SHAPE** dough into 1-inch balls. Place 2 inches apart on ungreased baking sheets; flatten slightly with floured fork.

**BAKE** in a preheated 350°F oven for 10 to 12 minutes or until edges are lightly browned. Remove; cool completely on wire racks. Store in tightly covered container.
**Prep Time:** 20 minutes  
**Bake Time:** 50 minutes  
**Cool Time:** 2 hours  
**Makes:** 24 bars

**Chocolate Pecan Pie Bars**

**To Make Crust:**

**COMBINE** flour, ¼ cup sugar and corn starch in a large bowl. Cut in butter until crumbly. Press into greased 13 x 9-inch pan.

**BAKE** in a preheated 350°F oven for 15 minutes until edges are lightly browned.

**Filling**

1 ¼ cups *Karo* Light OR Dark Corn Syrup*  
4 eggs, lightly beaten  
¼ teaspoon salt  
1 ½ teaspoons *Spice Islands* Pure Vanilla Extract  
6 ounces (1 ½ cups) pecans, chopped  
1 cup semi-sweet chocolate chips

*To reduce calories substitute Karo Lite Syrup.*

**To Make Filling:**

**STIR** together corn syrup, remaining sugar, eggs, salt and vanilla in a large bowl until blended. Add pecans and chocolate chips.

**POUR** over crust and bake an additional 35 minutes until filling is firm around the edges and slightly soft in center.

**COOL** completely, about 2 hours, before cutting into bars.

**Crust**

1 ½ cups flour  
1 ½ cups sugar, divided  
½ cup *Argo® Corn Starch*  
¼ cup butter OR margarine, softened

**Filling**

1 ¼ cups *Karo® Light OR Dark Corn Syrup*  
4 eggs, lightly beaten  
¼ teaspoon salt  
1 ½ teaspoons *Spice Islands® Pure Vanilla Extract*  
6 ounces (1 ½ cups) pecans, chopped  
1 cup semi-sweet chocolate chips
CHOCOLATE CHIP SHORTBREAD COOKIES

MIX butter, brown sugar and vanilla using an electric mixer. Gradually blend in flour and corn starch. Add chocolate chips.

FORM into 1-inch balls; place on ungreased baking sheets. Pour sugar on a small plate; dip bottom of drinking glass in sugar and gently press down on each cookie to flatten.

BAKE in a preheated 300°F oven for 25 to 30 minutes, or until bottoms begin to brown.

COOL for 5 minutes; remove to a wire rack to cool completely. Lightly sprinkle additional sugar on top of warm cookies, if desired.

1 cup butter (no substitutes), softened
1/2 cup brown sugar
1 teaspoon Spice Islands® Pure Vanilla Extract
2 cups flour
1/4 cup Argo® Corn Starch
1/2 cup mini chocolate chips
1 tablespoon sugar (optional)

Prep Time: 20 minutes
Bake Time: 25 to 30 minutes
Makes: 31/2 dozen cookies
PEANUT BUTTER SHORTBREAD COOKIES

1 cup butter (no substitutes), softened
½ cup creamy peanut butter
½ cup brown sugar
1 teaspoon Spice Islands® Pure Vanilla Extract
2 cups flour
¼ cup Argo® Corn Starch
½ cup semi-sweet chocolate chips, melted (optional)

MIX butter, peanut butter, brown sugar and vanilla thoroughly using an electric mixer. Gradually blend in flour and corn starch.

FORM into 1-inch balls and place on ungreased baking sheets. Gently press down on each cookie to flatten using fingers OR a flat bottomed drinking glass (dipped in sugar to prevent sticking). For a more traditional appearing peanut butter cookie, dip a fork in sugar; flatten cookie by making crisscross marks with the tines of a fork.

BAKE in a preheated 300°F oven for 25 to 30 minutes, or until bottoms begin to brown.

COOL for 5 minutes; remove to a wire rack to cool completely. Drizzle with melted chocolate, if desired.

Recipe Note: For European style shortbread, turn dough onto a lightly floured surface and knead until smooth, about 2 minutes. Pat into a ⅜-inch thick rectangle measuring 11 x 8-inches. Cut into 2 x 1-inch strips. Place 1-inch apart on ungreased baking sheets. Prick with a fork. Bake at 300°F for 25 to 30 minutes or until bottoms begin to brown.

Prep Time: 20 minutes
Bake Time: 25 to 30 minutes
Makes: 3½ dozen cookies
SALTED PEANUT BARS

Crust
1¼ cups flour
⅔ cup brown sugar
2 tablespoons Argo® Corn Starch
½ teaspoon salt
½ teaspoon Argo® Baking Powder
¼ teaspoon baking soda
½ cup butter OR margarine
2 egg yolks
1 teaspoon Spice Islands® Pure Vanilla Extract
3 cups mini marshmallows

To Make Crust:
MIX flour, brown sugar, corn starch, salt, baking powder and baking soda in a large bowl. Cut in butter using a pastry blender OR two knives. Add egg yolks and vanilla. Mixture will be crumbly. Press into an ungreased 13 x 9-inch pan.

BAKE in a preheated 350˚F oven for 12 to 15 minutes. Remove from oven and sprinkle with marshmallows; return to oven for 3 to 5 minutes, until marshmallows are puffy.

COOL completely for 30 minutes.

To Make Topping:
HEAT corn syrup, butter and peanut butter chips in a saucepan over low heat until smooth. Remove from heat. Add vanilla, cereal and peanuts.

SPREAD over baked crust; chill 1 hour or until firm before cutting into bars.

Crust
11/3 cups flour
2/3 cup brown sugar
2 tablespoons Argo® Corn Starch
1/2 teaspoon salt
1/2 teaspoon Argo® Baking Powder
1/4 teaspoon baking soda
1/2 cup butter OR margarine
2 egg yolks
1 teaspoon Spice Islands® Pure Vanilla Extract
3 cups mini marshmallows

Topping
2/3 cup Karo® Light Corn Syrup
2/3 cup butter OR margarine
1 package (10 ounces) peanut butter chips
2 teaspoons Spice Islands Pure Vanilla Extract
2 cups crisp rice cereal
2 cups salted peanuts

Prep Time: 25 minutes
Bake Time: 15 to 20 minutes
Cool/Chill Time: 30 minutes + 1 hour
Makes: 24 bars
TURTLE SHORTBREAD BARS

1 cup butter (no substitutes), softened
1/2 cup brown sugar
1 teaspoon Spice Islands® Pure Vanilla Extract
3 squares (1 ounce each) semi-sweet chocolate, melted, cooled 5 minutes
2 cups flour
1/4 cup Argo® Corn Starch
1 package (14 ounces) caramels
2 tablespoons light cream
6 ounces (1 1/2 cups) pecans, chopped

MIX butter, brown sugar and vanilla thoroughly using an electric mixer. Beat in melted chocolate. Gradually blend in flour and corn starch.

PRESS dough into 13 x 9-inch ungreased baking pan.

BAKE in a preheated 300°F oven for 20 minutes. While bars are baking, unwrap caramels; place in a small saucepan with the cream. Heat until creamy, stirring constantly. Remove bars from oven and spread caramel topping over all. Sprinkle with chopped pecans. Return to oven for an additional 15 to 20 minutes. Cool; cut into bars.

Prep Time: 20 minutes
Bake Time: 35 to 40 minutes
Makes: 32 bars
1 tablespoon Argo® Corn Starch
½ cup sugar
¼ cup pineapple juice
¼ cup orange juice
¼ cup lemon juice
¼ cup water
1 tablespoon butter OR margarine
8 cups assorted cut up fresh fruit

COMBINE corn starch and sugar in a small microwave-safe bowl. Gradually add juices until well blended. Add water and butter.

MICROWAVE on HIGH (100%) power for 3 minutes, stirring after each minute. Continue to microwave another 60 to 90 seconds, stirring every 30 seconds until mixture thickens and boils.

COOL at least 30 minutes. Pour over fruit. Chill 30 minutes before serving. Delicious as a dessert or salad.
TRIPLE BERRY FRUIT CRISP

1 bag (16 ounces) frozen mixed berry blend (OR 1½ cups each of blueberries, raspberries and strawberries)
¼ cup sugar
1 tablespoon Argo® Corn Starch
½ cup water
1 tablespoon lemon juice
½ teaspoon almond extract
½ cup butter OR margarine, softened
1 cup brown sugar
1 cup quick oats (not instant)
½ cup flour
½ teaspoon Spice Islands® Ground Saigon Cinnamon

MIX berries, sugar and corn starch in a large bowl. Add water, lemon juice and almond extract. Pour mixture into a greased 8 x 8-inch baking dish.

COMBINE butter, brown sugar, quick oats, flour and cinnamon in a bowl with a pastry blender until butter is in small pieces. Sprinkle over top of berries.

BAKE in a preheated 350°F oven for 45 minutes until fruit is bubbly and topping is browned. Serve warm or at room temperature. Delicious with a scoop of vanilla ice cream.

Prep Time: 15 minutes
Bake Time: 45 minutes
Makes: 8 servings
CARAMEL APPLE PIE

MIX sugar, pumpkin pie spice and corn starch in a large bowl. Cut apples into ¼-inch thick slices and place in a separate bowl. Sprinkle apples with lemon juice and rum; add to dry ingredients. Stir to combine. Place in pie crust. Dot with 2 tablespoons of butter. Drizzle with caramel sauce.

STIR flour and brown sugar together in small bowl. Cut in ¼ cup butter until mixture resembles coarse meal. Sprinkle evenly over top of pie.

BAKE in a preheated 400°F oven for 10 minutes. Reduce heat to 350°F and bake an additional 40 to 50 minutes, until golden brown. Delicious when served warm with a scoop of vanilla ice cream.
GLAZED FRESH STRAWBERRY PIE

To Make Cookie Crust:
MIX all crust ingredients. Press into 9-inch pie pan. Bake at 350°F for 8 minutes or until lightly browned.

To Make Filling:
MASH (or puree) enough strawberries to equal 1 cup; add water. Combine sugar and corn starch in small saucepan. Stir in mashed strawberries.

COOK over medium heat, stirring constantly until mixture thickens and comes to a full boil (15 to 20 minutes). Boil 1 minute; remove from heat. Stir in almond extract and salt. Cool 10 minutes.

FILL cooled crust with remaining whole strawberries; pour cooked strawberry mixture over berries. Refrigerate at least 3 hours. Garnish with whipped topping, if desired.

Recipe Note: A baked 9-inch pie crust may be substituted for the cookie crust.

Cookie Crust
1½ cups crushed shortbread cookies
½ cup butter, melted
¼ cup chopped almonds

Filling
2 pints (about 2 pounds) strawberries, hulled
½ cup water
1 cup sugar
2 tablespoons Argo® Corn Starch
½ teaspoon almond extract
¼ teaspoon salt
Whipped topping (optional)

Prep Time: 30 minutes
Bake Time: 8 minutes
Cook Time: 15 to 20 minutes
Cool Time: 10 minutes
Chill Time: 3 hours
Makes: 8 servings
LEMON MERINGUE TART

To Make Crust:
MIX butter, sugar and vanilla using an electric mixer. Gradually blend in flour and corn starch. Press into bottom and sides of 9-inch ungreased springform pan.
BAKE in a preheated 350°F oven for 20 minutes or until lightly browned. Remove from oven. Increase oven temperature to 450°F.

To Make Filling:
WHISK sugar, corn starch, lemon juice and eggs in a heavy saucepan over medium heat. COOK, stirring constantly for 8 to 10 minutes, or until thick. Stir in sour cream and butter. Immediately pour over hot crust.

To Make Meringue:
BEAT egg whites and cream of tartar in large bowl with an electric mixer until soft peaks form. Gradually beat in sugar until stiff peaks form.
MOUND meringue evenly over warm filling, spreading to edges of pan.
BAKE at 450°F for 5 to 6 minutes until lightly browned. Cool at least 30 minutes before serving. Store leftovers in refrigerator.

Crust
¾ cup butter (no substitutes), softened
½ cup brown sugar
1 teaspoon Spice Islands® Pure Vanilla Extract
1½ cups flour
3 tablespoons Argo® Corn Starch

Filling
1 cup sugar
1½ tablespoons Argo Corn Starch
½ cup lemon juice
2 eggs
¼ cup sour cream
1 tablespoon butter

Meringue
4 egg whites
¼ teaspoon Spice Islands Cream of Tartar
¼ cup sugar
EASY FRUIT PIZZA

Crust
1 package (16½ ounces) prepared sugar cookie dough

Filling
1 package (8 ounces) cream cheese, softened
1 jar (7 ounces) marshmallow cream
1 teaspoon Spice Islands® Pure Vanilla Extract

Fruit & Glaze
½ cup sugar
1 tablespoon Argo® Corn Starch
½ cup orange juice
¼ cup water
2 tablespoons lemon juice
Dash salt
2 to 3 cups assorted cut-up fresh fruit

To Make Crust:
PRESS cookie dough into greased 12-inch pizza pan. Bake in a preheated 350°F oven for 15 minutes until done, but still soft. Cool.

To Make Filling:
MIX filling ingredients in a medium bowl with an electric mixer until thoroughly combined. Spread over crust.

To Make Fruit & Glaze:
COMBINE sugar and corn starch in a small saucepan until well mixed. Add orange juice, water, lemon juice and salt. Bring to a boil over medium heat, stirring constantly.

BOIL for 1 minute. Remove from heat.

COOL 20 minutes in the refrigerator. Slice fresh fruit and arrange on cream filling.

DRIZZLE with glaze and chill at least 30 minutes.
INDIVIDUAL VANILLA CHEESECAKES

12 paper baking cups (2½-inch)  
12 vanilla wafers  
1 package (8 ounces) cream cheese, softened  
2 tablespoons sugar  
1 tablespoon Argo® Corn Starch  
1 egg  
½ cup Karo® Light Corn Syrup*  
1 tablespoon lemon juice  
1 teaspoon Spice Islands® Pure Vanilla Extract  
Fresh fruit, jam, pie filling OR chocolate curls

**Prep Time:** 15 minutes  
**Bake Time:** 20 minutes  
**Chill Time:** 1 hour  
**Makes:** 12 cheesecakes

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*To reduce calories substitute Karo Lite Syrup.

**LINE** muffin pan with 12 paper baking cups. Place 1 vanilla wafer in each.

**BEAT** cream cheese, sugar and corn starch with an electric mixer until well mixed. Add egg and blend well. Add corn syrup, lemon juice and vanilla. Beat 1 minute.

**POUR** filling into paper baking cups, dividing evenly. Bake in a preheated 350°F oven for 20 minutes, until just set.

**CHILL** for 1 hour. Top with fresh fruit, jam, pie filling OR chocolate curls as desired.
CHOCOLATE MOUSSE CAKE

1 package (12 ounces) semi-sweet chocolate chips
1/2 cup butter OR margarine
6 eggs, separated
1/2 cup sugar
2 tablespoons Argo® Corn Starch
2 tablespoons powdered sugar

Prep Time: 10 minutes
Bake Time: 40 to 45 minutes
Makes: 10 servings

COMBINE chocolate and butter in small saucepan. Cook over low heat, stirring frequently, just until chocolate melts. Pour into large bowl; cool to room temperature.

BEAT egg whites until foamy in medium bowl with an electric mixer at high speed. Gradually add sugar, beating until soft peaks form. Add egg yolks to chocolate mixture; stir until blended. Stir in corn starch.

FOLD egg whites into chocolate mixture until thoroughly blended. Pour into a greased 9-inch springform pan that has been lightly dusted with corn starch.

BAKE in a preheated 300°F oven for 40 to 45 minutes or until set. Run knife around edge immediately after removing from oven.

COOL on wire rack. Remove side of pan. Sprinkle with powdered sugar.
**CHERRIES JUBILEE**

1 cup unsweetened cherry juice blend  
¼ cup sugar  
2 tablespoons Argo® Corn Starch  
1 teaspoon Spice Islands® Ground Saigon Cinnamon  
½ teaspoon Spice Islands Lemon Peel  
4 cups frozen dark sweet cherries (unsweetened, thawed)  
½ teaspoon almond extract  
⅓ cup amaretto  
Vanilla ice cream

**MIX** juice, sugar, corn starch, cinnamon and lemon peel in a large skillet. Bring to a boil, stirring constantly. Reduce heat.

**SIMMER** 2 to 3 minutes or until thickened. Remove from heat, stir in cherries and almond extract.

**HEAT** amaretto in a small, long handled pan just until warm. Ignite with a long match; pour over cherry mixture. Stir gently until flame dies down.

**SPOON** cherry mixture over individual bowls of ice cream. Serve immediately.
MINI PUMPKIN CHEESECAKES

LINE muffin pans with 18 paper baking cups. Place 1 gingersnap in each.

BEAT cream cheese, sugar, corn starch and pumpkin pie spice with an electric mixer. Add eggs and mix well. Add pumpkin and syrup; beat 1 minute.

POUR filling into paper baking cups, dividing evenly. Bake in a preheated 325°F oven for 30 to 35 minutes, until just set.

CHILL for 1 hour. Garnish as desired.

Prep Time: 15 minutes
Bake Time: 30 to 35 minutes
Chill Time: 1 hour
Makes: 18 mini cheesecakes

18 paper baking cups (2½-inch)
18 gingersnap cookies
12 ounces cream cheese, softened
¼ cup sugar
1 tablespoon Argo® Corn Starch
1 teaspoon Spice Islands® Pumpkin Pie Spice
2 eggs
1 cup canned pumpkin
½ cup Karo® Lite Syrup
To Make Dough:
MIX 2 cups flour, yeast, sugar and salt in a large bowl. Combine water, shortening and mashed potatoes and heat to 120° to 130°F. Add to flour mixture; add eggs. Beat on low speed with an electric mixer for 3 minutes until smooth. Gradually add more flour until dough is sticky.

KNEAD dough on floured surface until smooth, 8 to 10 minutes. Place in greased bowl, turning once to coat. Cover.

REFRIGERATE 2 to 24 hours.

To Make Filling:
COMBINE sugar and corn starch in a 2-quart saucepan. Stir in lemon peel, lemon juice and water. Cook and stir over medium heat until slightly thickened and bubbly. Beat egg yolks in a small bowl. Gradually stir half the lemon mixture into the eggs; return the egg yolk mixture to the saucepan. COOK and stir over medium heat until mixture comes to a boil; allow to boil for 2 minutes. Remove from heat and stir in butter. Cover surface of the lemon filling with plastic wrap. CHILL for at least 1 hour; filling will keep up to one week.

To Assemble Rolls:
GENTLY PRESS chilled dough down; divide in half. Roll one half into a 12 x 9-inch rectangle. Spread with 2 tablespoons butter and half the lemon filling. Roll up jelly roll style and cut into 1-inch slices. Place cut side down in a greased 13 x 9-inch pan. Cover. Repeat with remaining dough.

LET RISE until doubled, 1½ to 2 hours.

BAKE at 400°F for 15 to 18 minutes. Cool for 5 minutes and remove from pan. Cool an additional 20 minutes.

FROST with Lemon Cream Cheese Frosting.

To Make Frosting:
BEAT cream cheese, butter and lemon juice in a mixing bowl until creamy, 2 to 3 minutes.

ADD powdered sugar gradually until frosting is light and fluffy. Stir in lemon peel. Refrigerate icing if not using immediately.
For over a century, Argo® Corn Starch has been used in conventional and microwave cooking. But, did you know Argo Corn Starch can be used for such things as starching a shirt or to stiffen curtains? And, since Argo Corn Starch is 100% pure corn starch, you can use it to rub, scrub and pour with a clean conscience.

**HOUSEHOLD**

For washing windows add ½ cup ammonia, ½ cup white vinegar and 2 tablespoons Argo Corn Starch to a bucket of warm water. Apply with a clean cloth, being sure to keep the solution well mixed. Wipe clean with a paper towel or lint-free cloth.

**SPOTS, POTS & POLISH**

Corn starch absorbs grease very well. To remove a greasy spill from washable clothing or table linens, sprinkle the spots with Argo Corn Starch. Rub it into the stain, then brush it off. Repeat until grease is removed, then launder as usual.

To clean pots and pans, sprinkle Argo Corn Starch on a damp sponge or dishcloth and rub until clean. Corn starch is a gentle abrasive, so it’s ideal for stainless steel, aluminum, glass and non-stick surfaces.

Polish silver with this simple paste made by mixing Argo Corn Starch with water. Use a damp cloth to apply paste to your silverware. Let it dry, then rub it off with a cheesecloth or another soft cloth to reveal a brilliant shine.
**HEALTH**

**BURNS, RASHES & RELIEF**

To soothe a sunburn, mix 1 cup Argo Corn Starch into a bathtub of warm water. Soak 20 to 30 minutes. Or apply a wet corn starch and baking soda dressing. Stir 1 tablespoon each Argo Corn Starch and baking soda into 2 quarts warm water; dip gauze pads and let them rest on the sunburn for 20 to 30 minutes.

For relief from rashes, hives or poison ivy, stir ¼ cup Argo Corn Starch with 3 tablespoons water until a thick paste forms. Apply paste lightly with fingertips.

When used like a baby powder, Argo Corn Starch relieves diaper rash. To protect an infant’s tender skin, add ¼ cup Argo Corn Starch for each gallon of bath water. Stir the water and bathe as usual. Pat rather than rub the baby’s skin dry. Corn starch will leave a soothing, silky-smooth film on the baby’s skin.

**STICKING, SHUFFLING & COMFORT**

Before storing swim gear such as bathing caps, fins, and rubber rafts, dust with Argo Corn Starch to prevent sticking. Do the same with wading pools.

Dust playing cards or other game cards with Argo Corn Starch to prevent sticking and make it easier to shuffle and deal.

To increase comfort and to absorb moisture in athletic shoes, dust insides with Argo Corn Starch.

**RECREATION**

Handles of tennis rackets, golf clubs and the like are easier to grip when they are dry. Dust lightly with Argo Corn Starch to absorb perspiration. Carry Argo Corn Starch with your athletic gear.
For additional recipes and information visit us at www.argostarch.com
OR call toll free (866) 373-2300.