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EC9973 Milk in Your Meals

Mabel Doremus

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MILK IN YOUR MEALS

Extension Service of the
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College of Agriculture
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Cooperating
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Cover photograph is reprinted through courtesy of the National Dairy Council.

This cottage cheese and peach salad, together with a glass of milk and dainty sandwiches, makes a nourishing summer lunch. Photo by National Dairy Council.
Milk in Your Meals

Mabel Doremus

Milk-minded homemakers serve their families milk or milk products at every meal. They use milk in soups, puddings, and other desserts, and in sauces for vegetables, fish, and eggs. It is their custom to drink milk at every meal. One quart of milk daily for children and at least one pint for adults is the recommended amount.

Food Value of Milk

Milk is an important part of the Basic-7 foods. It should be considered a valuable food as well as a beverage. It is, in fact, one of the best foods for good nutrition. Children need it for health and normal growth; adults need it for continued health and well-being.

Milk has long been a vital part of the balanced ration for farm animals. Chickens, pigs, and calves that receive their daily quota regularly are larger, healthier animals, which means more money in the farmer’s pocket. It is of far greater importance that the family receive a generous daily supply of milk and other dairy products for optimum growth and health.

Because milk contains so many of the elements of a healthful diet, it is a food no one should do without. One quart of milk daily furnishes one gram of calcium. That is the average amount of calcium needed by children during their periods of rapid growth. Calcium also helps to regulate the heart beat and aids in coagulation of the blood and in proper functioning of the nerves and muscles. During pregnancy and nursing, a mother should have 1 1/2 grams of calcium daily to help insure the sturdy development of her child. This is equivalent to 1 1/2 quarts of milk.

Milk is a good source of phosphorous, which is necessary, along with calcium, to build bones and teeth. Phosphorous is also an important constituent of the soft body tissues and body fluids. It helps to regulate the work of the body.

Milk supplies a noteworthy amount of protein of exceptional quality for the building and repair of tissues. Three cups of milk would furnish more than one-third of the protein needed each day. This milk protein, under normal conditions, is among the most completely digested and absorbed of all food proteins.

Milk is an abundant source of Vitamin A needed for growth and resistance to infection, a fairly good source of Vitamin B to build good appetites, and an excellent source of Vitamin G to promote growth and good health.

In addition to the above, whole milk contains small amounts of sugar and fat for energy. All of the food elements of milk are readily available to the body and are efficiently used.

Fallacies About the Use of Milk

One fallacy is in the saying that milk and fish should not be eaten at the same meal. There is no proof whatever to substantiate this statement. The fallacy may have originated when the fish spoiled because
A peppermint milk drink which contains two or three tablespoons of vanilla ice cream makes a refreshing drink. Photo courtesy National Dairy Council.

of poor refrigeration in warm weather, and milk may have been a part of the meal. Experience has proved that oyster stew, creamed salmon, or fish chowder are not foods to be avoided.

Some folks claim that milk is fattening. Instead of being fattening, milk is growth and health promoting. The percentage composition of milk is roughly 87 per cent water and 4 per cent each of protein, fat, and carbohydrate. Whether or not a food is fattening depends upon the total calories in the daily diet and not upon any specific food.

It has been said that milk and acid fruits should not be eaten at the same time because the acid of the fruit will curdle the milk. The very first process of digestion is the curdling of milk by acids and enzymes in the gastric juice.

Some people claim that raw milk is constipating, when the truth is that milk is a very quickly and thoroughly digested liquid which contains little or no residue. If a person suffers from constipation, it is probably from eating too few fruits and vegetables and whole grain products.

Another fallacy is that thunderstorms cause milk to sour. In reality the souring was probably due to the warm weather that is associated with thunderstorms.

Cooking With Milk

When cooking with milk, it is well to remember that acid and heat coagulate the albumin and may cause curdling. When combining milk with foods that contain acid, this curdling may be overcome by preparing
a white sauce which holds the protein in suspension in the liquid. If not using the white sauce, be sure to add the acid to the milk rather than the milk to the acid. It helps also to have both the same temperature.

It is desirable to cook milk at a low temperature. If heating milk directly over a flame, take care to have flame as low as possible to prevent scorching. Heating over hot water is a good practice. The lactose of milk may be caramelized by long baking.

There are many ways of supplying milk in the diet besides in the form of fluid milk to drink. However, a good habit for a family is to have a pitcher of cold milk on the table at meal time. Other ways of putting milk and milk products into menus are on cereals and as the liquid for cooking cereals; in milk soups; in creamed vegetables, fish and eggs; and in desserts such as custards, puddings, sherbets, and ice cream. The use of cheese in cooking, as a supply of good protein, is on the increase. Except for the absence of milk sugar and riboflavin, the constituents that make milk outstanding as a food are present in cheese in increased quantities. Riboflavin is lost in the whey in the cheese-making process. Cheese keeps well and is low in water content.

Milk has a way of stretching other foods and at the same time making them tastier. It helps to make other protein foods more nearly complete and supplies the minerals and proteins lacking in cereals.

Recipes Using Milk and Milk Products

**Breads**

**Sour Cream Biscuits**

2 c. flour  
½ tsp. salt  
2½ tsp. baking powder  
2 tb. shortening

Sift together the flour, salt, baking powder, and soda. Work in the butter with the tips of the fingers or cut in with two knives. Add the sour cream and stir in quickly and vigorously until it thickens. Turn the dough onto a lightly floured board. Press or roll lightly to ½ to ¾ inch thickness. Cut with a floured biscuit cutter. Place on a buttered baking sheet, brush tops with milk and bake in a hot oven (425° F.) for about 12 minutes or until the crust is an even brown. This recipe makes about 12 to 15 biscuits.

**Sour Cream Spice Muffins**

2 eggs  
1½ c. brown sugar  
1 c. thick sour cream  
2 c. flour  
¼ tsp. salt

½ tsp. cinnamon  
¼ tsp. nutmeg  
1 tsp. baking powder  
½ tsp. soda  
1 c. raisins

Beat the egg yolks, add the sugar and sour cream and mix well. Sift together the flour, salt, cinnamon, nutmeg, baking powder and soda and add with the raisins to the first mixture, stirring just enough to moisten dry ingredients. Fold in the stiffly beaten egg whites and fill buttered muffin tins with the mixture. Bake in moderate oven (400° F.) for 20 to 30 minutes. Makes 12 muffins.
Cereals

Cereal Cooked in Milk

<table>
<thead>
<tr>
<th>Kind of Cereal</th>
<th>Amount of Milk</th>
<th>Amount of Cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Granular</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Farina and similar cereals</td>
<td>2 c.</td>
<td>1/3 c.</td>
</tr>
<tr>
<td>Corn meal</td>
<td>2 c.</td>
<td>3/4 c.</td>
</tr>
<tr>
<td>Flaked</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolled Oats</td>
<td>2 c.</td>
<td>1/2 c.</td>
</tr>
<tr>
<td>Flaked Wheat</td>
<td>2 c.</td>
<td>1/2 c.</td>
</tr>
<tr>
<td>Rice—steamed</td>
<td>1 1/2 to 2 c.</td>
<td>1 c.</td>
</tr>
</tbody>
</table>

Scald milk in double boiler. Add cereal slowly. Cook over hot water, stirring constantly until slightly thickened. Add 1/2 tsp. salt; cover. Cook 15 minutes, stirring occasionally. Serves four.

Variations:
1. Add 1/4 cup seedless raisins or dates.
2. Serve with honey or brown sugar.
3. Use wheat cereal as a basis for milk puddings, such as chocolate, caramel, date or raisin, or molasses puddings. (See desserts.)

Desserts

Molasses Rice Pudding

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>1/3 c. rice</td>
<td>1/4 tsp. mace</td>
<td></td>
</tr>
<tr>
<td>1/3 c. molasses</td>
<td>1/4 tsp. cloves</td>
<td></td>
</tr>
<tr>
<td>3/4 tsp. salt</td>
<td>4 c. milk</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. cinnamon</td>
<td>1 tb. butter</td>
<td></td>
</tr>
</tbody>
</table>

Wash the rice and place in a shallow baking pan. Add the molasses, salt, cinnamon, mace, and cloves and mix well. Add the milk and bake in a slow oven (300° F.) for 2 to 2 1/2 hours, stirring mixture every 15 minutes for the first hour. Add the butter when the pudding is stirred the last time. Serve with whipped cream if desired. Serves six.

Indian Pudding

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4 c. milk</td>
<td>1 tsp. ginger (or 1/2 tsp. ginger and 1/2 tsp. cinnamon)</td>
<td></td>
</tr>
<tr>
<td>1/3 c. cornmeal</td>
<td>3 tb. sugar</td>
<td></td>
</tr>
<tr>
<td>3/4 c. dark molasses*</td>
<td>1 well-beaten egg (optional)</td>
<td></td>
</tr>
<tr>
<td>1/4 c. butter</td>
<td>1/2 c. raisins (optional)</td>
<td></td>
</tr>
<tr>
<td>1 tsp. salt</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Boil the milk in the top of a double boiler. Stir in cornmeal. Place these ingredients over boiling water. Cook them for 15 minutes. Stir the molasses into them and cook for 5 minutes. Remove them from the heat and stir in the remaining ingredients. Pour the batter into a well-greased baking dish. To have a soft center pour 1 cup milk over the top. Bake the pudding in a slow oven (325° F.) from 1 1/2 to 2 hours. Serve the pudding hot with Hard Sauce or Cream. It is a New England custom to serve it with vanilla ice cream.

* One cup of molasses may be used instead of sugar.
Chocolate or Whipped Cream may be added or Coffee may replace some Milk.

Spanish Cream

2 tb. gelatin  
1 qt. milk  
3 eggs  
½ c. sugar  
¼ tsp. salt  
2 tsp. vanilla

Soak gelatin in cold milk 5 minutes. Put on fire and stir until dissolved; add egg yolks which have been beaten with half of the sugar; cook in double boiler until slightly thickened; remove from stove and add egg whites which have been well beaten with the rest of the sugar. Add vanilla and salt; turn into a wet mold and chill. Unmold and serve with whipped cream or a fruit sauce. This will separate and form a jelly in the bottom and a custard on top.

Bread Pudding

6 slices bread  
2 eggs  
¼ c. sugar  
¼ c. light corn syrup  
½ tsp. salt  
⅓ c. milk  
⅓ tsp. vanilla

Cut slices of bread in quarters diagonally, and place in a buttered baking dish two slices deep. Beat eggs slightly and stir in sugar, corn syrup and salt. Add the 1½ cups of milk and vanilla. Mix well and pour over bread. Bake in a moderate oven (350°F) for 40 to 45 minutes. Serve with milk. Serves six.

Cottage-Apple Pie

2 eggs  
1 c. cottage cheese  
1 c. sugar  
1 tsp. vanilla  
½ tsp. salt  
4 large apples, peeled and thinly sliced  
1 c. milk, scalded  
Pastry

Beat eggs, ½ cup sugar and salt together. Add scalded milk gradually. Combine egg mixture, cheese and flavoring; blend well. Mix thinly sliced apples with remaining ½ cup sugar and nutmeg; spread in pastry lined pie plate. Bake in hot oven (425°F.) 15 minutes. Reduce oven heat to slow temperature (325°F.). Pour custard mixture over apples and continue baking for 45 minutes or until custard sets. Makes one 9-inch pie.

Cottage Cheese Pie

Turn on oven and set regulator at hot (450°F.). Line a 9-inch pie pan with pastry and then chill.

¼ c. sugar  
1 tb. flour  
½ tsp. salt  
2 tsp. grated lemon rind  
1 c. sieved cottage cheese  
1 c. top milk  
2 egg yolks, beaten  
¼ c. currants  
2 tb. lemon juice  
2 egg whites  
¼ c. sugar

Mix together in large bowl the ¼ c. sugar, flour, salt, and grated lemon rind. Add, mixing well, the cottage cheese, top milk, beaten egg yolks, currants, and lemon juice. Beat egg whites until stiff. Add gradually
the remaining $\frac{1}{4}$ c. sugar, continuing to beat until stiff and meringue holds sharp peak. Fold into cheese mixture; pour into pastry lined piepan. Bake for 10 minutes, then turn oven regulator down to moderate (350° F.) and bake 35 minutes or until custard is done. Serve warm or chilled. Serves six.

**Custard**

3 c. milk, scalded  \(\frac{1}{4}\) tsp. salt
4 eggs  1 tsp. vanilla
\(\frac{1}{2}\) c. sugar

*For soft or stirred custard:* Beat eggs slightly; add sugar. Blend. Slowly pour in scalded milk; stir constantly. Strain. Cook over simmering water, stirring constantly. Do not have water touching bottom of custard pan. Cook until mixture coats spoon. Remove from heat promptly. Cool immediately. Add salt and vanilla. Serve plain, with fruit, or as a sauce with other desserts, or with meringue as a floating island.

*For baked or firm custard:* Beat eggs slightly. Add sugar and salt. Blend. Slowly pour in the scalded milk; stir constantly. Add flavoring. Strain. Pour into buttered molds; set molds in baking pan. Pour hot water into pan just barely to reach top of molds. Sprinkle top lightly with nutmeg if desired. Bake until knife inserted in center comes out clean. Remove promptly. Cool; then chill. Unmold; serve plain, with fruit, or with sauce. Serves six.

Attractive desserts made of milk and eggs. Custards may be baked as shown at the left of the picture or served as soft custard in a sherbet cup. The soft custard is also appetizing when served to drink from a goblet or glass.
Chocolate Peppermint Custard

| 6 tb. sugar | 2 eggs |
| ¼ tsp. salt | ½ tsp. vanilla |
| 4½ tb. flour | 1 tb. butter |
| 2½ c. milk | Peppermint flavoring |
| 2 sq. chocolate | Whipped cream |

Mix the sugar, salt and flour in a double boiler and add the milk gradually. Add the chocolate and cook, stirring constantly for 3 to 5 minutes or until thickened. Cover and cook for 10 minutes longer. Add a little of this mixture to the slightly beaten eggs, mix well and return to the double boiler. Cook for a minute longer, stirring constantly. Add the vanilla, butter and 4 to 6 drops of peppermint flavoring and stir until the butter is melted. Chill. Pour into serving dishes and garnish with whipped cream sweetened and flavored with vanilla and peppermint. Serves six.

Lemon Souffle With Lemon Sauce

| 4 eggs | ¼ c. lemon juice |
| ¾ to 1 c. sugar | 1 tb. grated lemon rind |
| ½ tsp. salt |

Beat the egg yolks until thick. Add the sugar and salt gradually, beating thoroughly after each addition. Stir in the lemon juice and rind. Fold in the stiffly beaten egg whites and pour into a buttered baking dish. Place in a pan of hot water and bake in a moderate oven (325° F.) for about 50 to 60 minutes or until set.

Serve immediately with Lemon Sauce made as follows:

| ½ c. sugar | 2 tb. butter |
| 4 tsp. cornstarch | ¼ c. lemon juice |
| ¼ tsp. salt | 1 tsp. lemon rind |
| 1½ c. milk |

Mix the sugar, cornstarch and salt in a double boiler and add the milk gradually. Cook, stirring constantly for 3 to 5 minutes or until thickened. Cover and cook for 10 minutes longer. Remove from the heat and add the butter, lemon juice and rind. Serves six.

Main Dishes

Corn Ring With Creamed Dried Beef

| 2½ tb. butter | 1½ c. fine soft bread crumbs |
| 3 tb. flour | 3 c. cooked or canned whole grain corn |
| 1 c. milk | 1 egg |
| Salt and pepper | Creamed dried beef |
| 1 tsp. grated onion |

Melt the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Season with salt and pepper to taste, add onion, bread crumbs, drained corn and slightly beaten egg and mix well. Pack in a ring mold lined with waxed paper. Bake in a moderately hot oven (375° F.) for about 50 minutes or until set. Unmold on serving dish, remove paper and fill the center with creamed dried beef. Creamed fish, chicken or sausage may also be used in this ring. Serves six.
MILK IN YOUR MEALS

**Corn—Swiss Style**

- 2 c. corn
- 2 tb. flour
- ⅛ tsp. salt
- ⅛ tsp. pepper
- ⅛ tsp. celery salt
- ¼ tsp. parsley, minced
- ⅛ tsp. onion, minced
- ⅛ c. milk
- ½ c. American cheese, grated
- 2 tb. pimiento, chopped

Combine all ingredients except cheese. Pour into buttered shallow baking dish, sprinkle with cheese. Bake in a moderate oven (350° F.) for 20 minutes. Serves six.

**Ham and Spaghetti Casserole**

<table>
<thead>
<tr>
<th>Beef or Pork or Chicken may replace the Ham.</th>
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</thead>
<tbody>
<tr>
<td>Beef or Pork or Chicken may replace the Ham.</td>
</tr>
</tbody>
</table>

- 1 9-oz. package spaghetti
- 2 c. thin strips cooked ham
- 2 tb. butter
- Salt and pepper
- ¼ c. chopped green pepper
- Buttered soft bread crumbs
- 3 tb. flour
- 2 c. milk

Cook the spaghetti in boiling salted water for about 10 minutes or until tender. Drain. Melt the butter in the top of a double boiler placed directly over low heat. Add the green pepper and cook, stirring occasionally until soft. Place over hot water, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Pour over the spaghetti, add the ham and season with salt and pepper to taste. Pour into a buttered baking dish, cover with crumbs and bake in a moderately hot oven (375° F.) for 25 to 30 minutes. Serves six to eight.

**Cheese Stuffed Peppers**

- 6 green peppers
- 1½ c. cottage cheese
- 2½ c. boiled rice
- 1 egg
- Salt and pepper
- ½ c. buttered soft bread crumbs

Wash peppers, cut off tops and remove stems, seeds and white fibre. Cook peppers and the tops in boiling salted water for about 10 minutes. Drain. Mix the cottage cheese, rice, slightly beaten egg, salt and pepper to taste, and the pepper tops chopped coarsely. Fill the peppers with this mixture. Top with the buttered bread crumbs and place in a buttered baking pan. Bake in a moderately hot oven (375° F.) for about 30 minutes. Serve with buttered carrots if desired. Serves six.

**Peppers Stuffed With Potatoes In Cheese Sauce**

- 3 large green peppers
- 2 tb. butter
- 2½ tb. flour
- 1¾ c. milk
- Salt and pepper
- 1½ to 2 c. grated American cheese
- 3½ c. diced cooked potatoes
- Broiled bacon

Wash peppers, cut in half lengthwise and remove seeds and white fibre. Cook peppers in boiling salted water until tender. Drain. Melt
RECIPES WITH MILK

the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Season with salt and pepper, add cheese and stir until the cheese is melted. Add the potatoes, reheat and pile in the pepper shells. Serve with the crisp broiled bacon. Serves six.

Potato Cheese Balls

1/2 c. American cheese grated
Salt
2 c. potatoes, mashed

Add the cheese and salt to potatoes, mix well, make into round balls. Roll in bread crumbs, then in egg beaten with milk. Brown in a hot oven (450° F.).

Cheese Shortcake

1 c. flour
1/4 tsp. salt
1 1/2 tsp. baking powder
2 tb. shortening

Dash of cayenne
1/2 c. coarsely grated American cheese
6 tb. milk

Sift flour, salt, and baking powder; cut in shortening until mixture resembles coarse crumbs. Add cayenne and cheese; mix well. Add milk all at once and mix only until dough follows fork around bowl. Turn out on lightly floured surface; knead gently 1/2 minute. Roll or pat 1/2-inch thick and cut with doughnut cutter. Place on ungreased baking sheet. Bake in hot oven (425° F.) 12 to 15 minutes. Makes 6 to 8 individual shortcakes.

Cottage Cheese Loaf

1 c. cottage cheese
1 c. chopped cooked carrots
1 c. ground peanuts
2 tb. fat
1/2 c. green pepper

2 eggs
1 tb. chopped parsley
Onion juice
1/2 tsp. mustard
1 tsp. salt

Put cheese through sieve. Beat eggs lightly and combine all ingredients. Pack mixture well into greased loaf pan. Bake in moderate oven (350° F.) until well set. Turn out on a platter and serve with tomato sauce and sprinkle chopped green peppers over top.

Cheese Souffle

2 tb. butter
3 tb. flour
1 tsp. salt
1/4 tsp. dry mustard
1/4 tsp. paprika

1 c. milk
1 c. grated American cheese
3 well-beaten egg yolks
3 stiffly beaten egg whites

Melt butter; add flour and blend. Add seasonings and milk; cook until smooth and thick, stirring constantly. Add cheese; stir until melted; cool. Stir in egg yolks. Fold in egg whites. Pour into greased baking dish. Bake in pan of hot water in slow oven (300° F.), about 60 minutes, or until firm. Serve immediately. Serves four.
Cheese Fondue

1 c. milk, scalded 1/2 tsp. salt
1 c. soft bread crumbs 1/8 tsp. pepper
1/2 c. grated American cheese 3 egg yolks
2 tb. melted butter 3 stiffly beaten egg whites

Combine milk, crumbs, cheese, butter, and seasonings. Stir in unbeaten egg yolks. Carefully fold in egg whites. Pour into greased baking dish. Bake in pan of hot water in moderate oven (325° F.) until firm, 30 to 45 minutes. Serves six.

Milk Drinks

Milk Shakes

Combine and shake in a covered jar, or beat with Dover egg beater to make light and frothy

1 cup cold milk; 1/2 to 1 tb. sugar; 1 tb. fruit juice or fruit syrup; dash salt.

French Chocolate

2 1/2 sq. unsweetened chocolate 1/2 tsp. salt
cut in pieces 1/2 c. cream, whipped
1/2 c. water 8 c. hot milk
3/4 c. sugar

Combine chocolate and water and place over low flame. Cook 4 minutes or until smooth and blended, stirring constantly. Add sugar and salt and cook 4 minutes longer. Cool thoroughly—fold in whipped cream. (May be stored in refrigerator.)

In serving, place one rounded tablespoon of the chocolate mixture in each cup and pour hot milk over it, filling the cup. Serves 10 to 12.

This chocolate mixture also makes an excellent sauce to be served on ice cream and puddings. It may be served as a hot sauce by omitting the whipped cream.

Chocolate Mint Flip

1/2 c. cocoa malt 1 tsp. vanilla
1 c. hot milk 1/4 tsp. peppermint extract
1 c. cold milk 1 c. vanilla ice cream
1/4 tsp. salt

Combine cocoa malt and hot milk; stir until dissolved. Add cold milk, salt, and extracts. Chill. Just before serving pour into shaker, add ice cream, shake until smooth.

Cranberry Honey Milk

1/3 c. cranberry juice Almond or lemon flavoring
1 to 2 tsp. honey 2/5 c. milk

Combine all ingredients and beat with egg beater. Serves one.
Cottage cheese in tomato aspic. For variety, a mound of cottage cheese may be piled in the center of this salad ring.

**Salads**

**Cottage Cheese in Tomato Aspic**

2 tb. gelatin
1 No. 2½ can or 3½ c. cooked tomatoes
½ c. chopped celery leaves
¼ c. chopped celery
½ small onion
6 cloves
¾ to 1 tsp. salt

Few grains pepper
½ tsp. sugar
1½ tb. lemon juice
1½ tb. vinegar
1½ c. cottage cheese
Lettuce or other greens

Sprinkle the gelatin over ½ cup tomato juice drained from the tomatoes. Cook the remainder of the tomatoes and juice with the celery leaves, celery, onion, cloves, salt, pepper, and sugar for 10 minutes. Put through a sieve and add lemon juice and vinegar. Add the gelatin and tomato juice and stir until gelatin is dissolved. Pour into a ring mold and chill. When the mixture begins to congeal press in cottage cheese by spoonfuls. Chill until firm and unmold on lettuce or other greens. Serve with mayonnaise or salad dressing if desired. Serves six to eight.

**Cottage Cheese and Horse-Radish Mold**

1 pkg. lime-flavored gelatin
1 c. hot water
½ c. heavy cream, whipped
2 c. sieved cottage cheese

¼ c. chopped canned pimiento
¼ c. horse-radish
1½ tsp. salt

Dissolve gelatin in hot water; cool. When it starts to congeal add remaining ingredients; mix well. Place in a mold or rectangular shaped pan and chill until firm. Serve on shredded lettuce or cabbage. Serves six.
Sauces

**White Sauce**

<table>
<thead>
<tr>
<th>Uses</th>
<th>Fat</th>
<th>Flour</th>
<th>Milk</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamed soups</td>
<td>1 tb.</td>
<td>1 tb.</td>
<td>1 c.</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>Creamed and scalloped dishes</td>
<td>2 tb.</td>
<td>2 tb.</td>
<td>1 c.</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>Croquettes, souffles, desserts</td>
<td>3 tb.</td>
<td>3 tb.</td>
<td>1 c.</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td></td>
<td>3 tb.</td>
<td>4–6 tb.</td>
<td>1 c.</td>
<td>¼ tsp.</td>
</tr>
</tbody>
</table>

Melt fat, and flour, and blend. Add milk, cook over low heat until thick, stirring constantly, or blend softened fat and flour until smooth and add to hot milk, stirring constantly until it begins to thicken. Add ¼ teaspoon salt. Water in which vegetables have been cooked may be used as part of the liquid.

Soups

**Corn Bisque**

1 ½ c. cooked or canned corn 4 tb. flour
1 tb. chopped onion 1 qt. milk
2 tb. butter Salt and pepper

Chop the corn very fine, add the onion and cook in the butter over low heat for about five minutes, stirring occasionally. Place over hot water, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Season with salt and pepper to taste. Serves six.

**Cream of Vegetable Soup**

1 tb. minced onion 1 to 2 c. vegetable pulp
2 c. thin, or very thin Salt and pepper
white sauce Paprika

Add onion to white sauce or cook onion in fat until glazed but not browned. Proceed to make white sauce, adding flour to fat and onion. Add cooked vegetable, cut in uniform small pieces, mashed or sieved. Heat thoroughly, and season to taste. Beat with rotary beater just before serving. Garnish top with a dash of paprika, chopped chives or parsley, sieved, hard-cooked egg yolk, grated cheese, whipped cream, or popcorn. This makes three servings.

**Vegetable Chowder**

½ c. diced carrots 2 tb. butter
½ c. diced potatoes 3½ tb. flour
2 tb. chopped onion 2½ c. milk
1¼ tsp. salt ½ c. diced cooked ham
Few grains pepper ½ c. cooked or canned peas
2 c. water

Combine carrots, potatoes, onion, salt, pepper and water in a saucepan. Cover and cook until the vegetables are tender. Melt the butter in a
double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the ham, peas, carrots, potatoes and the liquid in which vegetables were cooked. Reheat. Serves six.

**Vegetable Cheese Soup**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>½ c. diced celery</td>
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<tr>
<td>½ c. diced carrots</td>
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<tr>
<td>1 tsp. minced onion</td>
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<tr>
<td>3 tb. fat</td>
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<td>3 tb. flour</td>
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<tr>
<td>½ tsp. salt</td>
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<td>2 c. leftover vegetable liquid, or water</td>
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<tr>
<td>2½ c. milk</td>
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<tr>
<td>¼ lb. soft American cheese, diced</td>
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<tr>
<td>1 tsp. minced parsley</td>
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Cook celery, carrots and onion slowly in fat for five minutes without browning; blend in flour and salt. Add vegetable liquid and cook gently until vegetables are tender. Add milk and cheese and heat until cheese melts. Sprinkle with parsley just before serving. Serves four.
Strawberry milk shake of part milk and part cream is delicate pink in color. It is cooling and filling. Photo courtesy National Dairy Council.