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## EC9973 Milk in Your Meals

Mabel Doremus

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**MILK**

Extension Circular 9973  
September 1946

**IN  
YOUR**

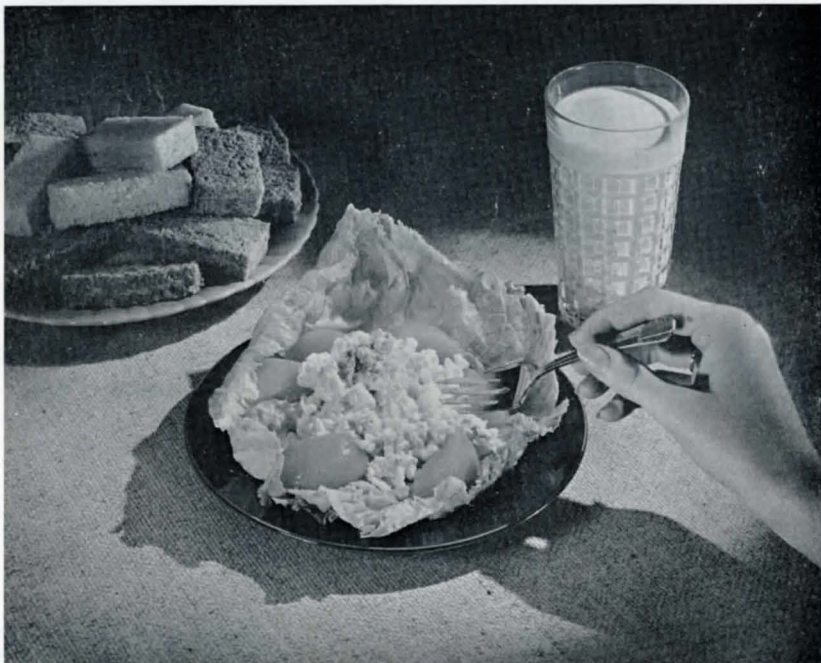
**MEALS**

Extension Service of the  
University of Nebraska  
College of Agriculture  
U. S. Department of Agriculture  
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

**M**ILK-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 1½ grams of calcium daily to help insure the sturdy development of her child. This is equivalent to 1½ 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.

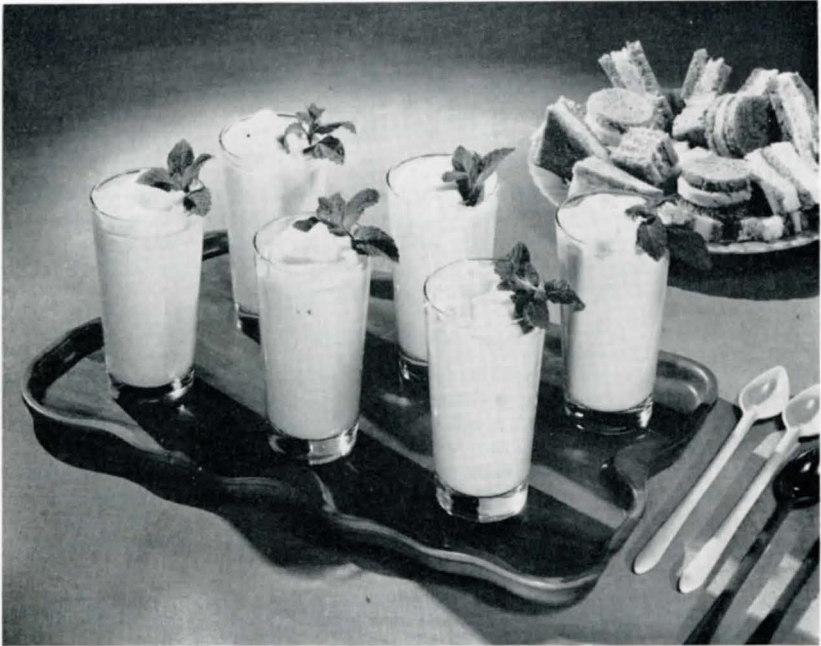
Milk supplies a noteworthy amount of *protein* of exceptional quality for the building and repair of tissues. Three cups of milk would furnish more than one-third of the protein needed each day. This milk protein, under normal conditions, is among the most completely digested and absorbed of all food 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. soda           |
| ½ tsp. salt           | 2 tb. shortening      |
| 2½ tsp. baking powder | ¾ c. thick sour cream |

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                | ½ tsp. cinnamon      |
| 1½ c. brown sugar     | ¼ tsp. nutmeg        |
| 1 c. thick sour cream | 1 tsp. baking powder |
| 2 c. flour            | ½ tsp. soda          |
| ¼ tsp. salt           | 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

| Kind of Cereal             | Amount of Milk | Amount of Cereal |
|----------------------------|----------------|------------------|
| <b>Granular</b>            |                |                  |
| Farina and similar cereals | 2 c.           | $\frac{1}{3}$ c. |
| Corn meal                  | 2 c.           | $\frac{3}{4}$ c. |
| <b>Flaked</b>              |                |                  |
| Rolled Oats                | 2 c.           | $\frac{1}{2}$ c. |
| Flaked Wheat               | 2 c.           | $\frac{1}{2}$ c. |
| Rice—steamed               | 1½ to 2 c.     | 1 c.             |

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

#### Variations:

1. Add  $\frac{1}{4}$  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

|                             |                           |
|-----------------------------|---------------------------|
| $\frac{1}{3}$ c. rice       | $\frac{1}{4}$ tsp. mace   |
| $\frac{1}{3}$ c. molasses   | $\frac{1}{8}$ tsp. cloves |
| $\frac{3}{4}$ tsp. salt     | 4 c. milk                 |
| $\frac{1}{2}$ tsp. cinnamon | 1 tb. butter              |

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 2½ 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

|                                 |                                      |
|---------------------------------|--------------------------------------|
| 4 c. milk                       | 1 tsp. ginger (or $\frac{1}{2}$ tsp. |
| $\frac{1}{3}$ c. cornmeal       | ginger and $\frac{1}{2}$ tsp.        |
| $\frac{3}{4}$ c. dark molasses* | cinnamon)                            |
| $\frac{1}{4}$ c. butter         | 3 tb. sugar                          |
| 1 tsp. salt                     | 1 well-beaten egg (optional)         |
|                                 | $\frac{1}{2}$ c. raisins (optional)  |

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 1½ 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.

### Spanish Cream

Chocolate  
or  
Whipped Cream  
may be  
added  
or  
Coffee  
may  
replace  
some Milk.

|               |                         |
|---------------|-------------------------|
| 2 tb. gelatin | $\frac{1}{2}$ c. sugar  |
| 1 qt. milk    | $\frac{1}{4}$ tsp. salt |
| 3 eggs        | 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                    | $\frac{1}{4}$ tsp. salt    |
| 2 eggs                            | $1\frac{1}{2}$ c. milk     |
| $\frac{1}{4}$ c. sugar            | $\frac{3}{4}$ tsp. vanilla |
| $\frac{1}{4}$ c. light corn syrup | Milk                       |

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  $1\frac{1}{2}$  cups of milk and vanilla. Mix well and pour over bread. Bake in a moderate oven ( $350^{\circ}$  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                              |
| $\frac{1}{2}$ tsp. salt   | 4 large apples, peeled and<br>thinly sliced |
| 1 c. milk, scalded        | Pastry                                      |
| $\frac{1}{4}$ tsp. nutmeg |   |

Beat eggs,  $\frac{1}{2}$  cup sugar and salt together. Add scalded milk gradually. Combine egg mixture, cheese and flavoring; blend well. Mix thinly sliced apples with remaining  $\frac{1}{2}$  cup sugar and nutmeg; spread in pastry lined pie plate. Bake in hot oven ( $425^{\circ}$  F.) 15 minutes. Reduce oven heat to slow temperature ( $325^{\circ}$  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 ( $450^{\circ}$  F.). Line a 9-inch pie pan with pastry and then chill.

|                            |                           |
|----------------------------|---------------------------|
| $\frac{1}{4}$ c. sugar     | 2 egg yolks, beaten       |
| 1 tb. flour                | $\frac{1}{4}$ c. currants |
| $\frac{1}{8}$ tsp. salt    | 2 tb. lemon juice         |
| 2 tsp. grated lemon rind   | 2 egg whites              |
| 1 c. sieved cottage cheese | $\frac{1}{4}$ c. sugar    |
| 1 c. top milk              |                           |

Mix together in large bowl the  $\frac{1}{4}$  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.

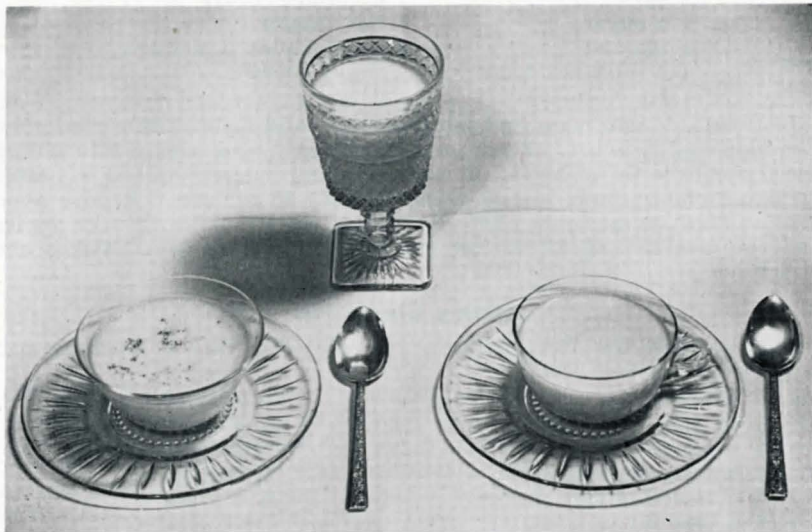
### Custard

|                        |                         |
|------------------------|-------------------------|
| 3 c. milk, scalded     | $\frac{1}{4}$ tsp. salt |
| 4 eggs                 | 1 tsp. vanilla          |
| $\frac{1}{2}$ c. sugar |                         |

Chocolate  
or  
Cocoanut  
or  
Caramel  
or  
Cocoa  
may be  
added.

*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                     |
| $\frac{1}{2}$ tsp. salt  | $\frac{1}{2}$ tsp. vanilla |
| $4\frac{1}{2}$ tb. flour | 1 tb. butter               |
| $2\frac{1}{2}$ 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                      | $\frac{1}{4}$ c. lemon juice |
| $\frac{3}{4}$ to 1 c. sugar | 1 tb. grated lemon rind      |
| $\frac{1}{8}$ 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:

|                         |                              |
|-------------------------|------------------------------|
| $\frac{1}{2}$ c. sugar  | 2 tb. butter                 |
| 4 tsp. cornstarch       | $\frac{1}{4}$ c. lemon juice |
| $\frac{1}{4}$ tsp. salt | 1 tsp. lemon rind            |
| $1\frac{1}{4}$ 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**

|                           |  |
|---------------------------|--|
| $2\frac{1}{2}$ tb. butter | $1\frac{1}{2}$ 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.

**Corn—Swiss Style**

|                    |                              |
|--------------------|------------------------------|
| 2 c. corn          | ¼ tsp. parsley, minced       |
| 2 tb. flour        | ¼ tsp. onion, minced         |
| ¼ tsp. salt        | ½ c. milk                    |
| ¼ tsp. pepper      | ⅓ c. American cheese, grated |
| ¼ tsp. celery salt | 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**

**Beef  
or  
Pork  
or  
Chicken  
may  
replace  
the Ham.**

|                           |                             |
|---------------------------|-----------------------------|
| 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      | 1 egg                           |
| 1½ c. cottage cheese | Salt and pepper                 |
| 2½ c. boiled rice    | 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 | Salt and pepper                   |
| 2 tb. butter          | 1½ to 2 c. grated American cheese |
| 2½ tb. flour          | 3½ c. diced cooked potatoes       |
| 1¾ c. milk            | Broiled bacon                     |

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

- |                             |                   |
|-----------------------------|-------------------|
| ½ c. American cheese grated | ½ c. bread crumbs |
| Salt                        | 1 egg             |
| 2 c. potatoes, mashed       | 1 tb. milk        |

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            | Dash of cayenne                      |
| ¼ tsp. salt           | ½ c. coarsely grated American cheese |
| 1½ tsp. baking powder | 6 tb. milk                           |
| 2 tb. shortening      |                                      |

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 ½ minute. Roll or pat ½-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         | 2 eggs                |
| 1 c. chopped cooked carrots | 1 tb. chopped parsley |
| 1 c. ground peanuts         | Onion juice           |
| 2 tb. fat                   | ½ tsp. mustard        |
| ½ c. green pepper           | 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       | 1 c. milk                   |
| 3 tb. flour        | 1 c. grated American cheese |
| 1 tsp. salt        | 3 well-beaten egg yolks     |
| ¼ tsp. dry mustard | 3 stiffly beaten egg whites |
| ¼ tsp. paprika     |                             |

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                      | $\frac{1}{2}$ tsp. salt     |
| 1 c. soft bread crumbs                  | $\frac{1}{8}$ tsp. pepper   |
| $\frac{1}{2}$ 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**

Flavor with  
Grape or Orange or  
Prune or Raspberry or  
Loganberry or  
Blackberry or  
Pineapple or  
Cherry

Combine and shake in a covered jar, or beat with Dover egg beater to make light and frothy 1 cup cold milk;  $\frac{1}{2}$  to 1 tb. sugar; 1 tb. fruit juice or fruit syrup; dash salt.

**French Chocolate**

|   |                                 |
|---|---------------------------------|
| 2 $\frac{1}{2}$ sq. unsweetened chocolate | $\frac{1}{2}$ tsp. salt         |
| cut in pieces                             | $\frac{1}{2}$ c. cream, whipped |
| $\frac{1}{2}$ c. water                    | 8 c. hot milk                   |
| $\frac{3}{4}$ 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**

|                             |                                       |
|-----------------------------|---------------------------------------|
| $\frac{1}{2}$ c. cocoa malt | 1 tsp. vanilla                        |
| 1 c. hot milk               | $\frac{1}{4}$ tsp. peppermint extract |
| 1 c. cold milk              | 1 c. vanilla ice cream                |
| $\frac{1}{4}$ 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**

|                                  |                           |
|----------------------------------|---------------------------|
| $\frac{1}{3}$ c. cranberry juice | Almond or lemon flavoring |
| 1 to 2 tsp. honey                | $\frac{2}{3}$ 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                         | Few grains pepper       |
| 1 No. 2½ can or 3½ c. cooked tomatoes | ⅛ tsp. sugar            |
| ½ c. chopped celery leaves            | 1½ tb. lemon juice      |
| ¼ c. chopped celery                   | 1½ tb. vinegar          |
| ½ small onion                         | 1½ c. cottage cheese    |
| 6 cloves                              | Lettuce or other greens |
| ¾ to 1 tsp. salt                      |                         |

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 | ¼ c. chopped canned pimiento |
| 1 c. hot water               | ¼ c. horse-radish            |
| ⅓ c. heavy cream, whipped    | ½ tsp. salt                  |
| 2 c. sieved cottage cheese   |                              |

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**

| Uses                           |                        | Fat   | Flour   | Milk | Salt               |
|--------------------------------|------------------------|-------|---------|------|--------------------|
| Cream soups                    | Thin white sauce       | 1 tb. | 1 tb.   | 1 c. | $\frac{1}{4}$ tsp. |
| Creamed and scalloped dishes   | Medium white sauce     | 2 tb. | 2 tb.   | 1 c. | $\frac{1}{4}$ tsp. |
|                                | Thick white sauce      | 3 tb. | 3 tb.   | 1 c. | $\frac{1}{4}$ tsp. |
| Croquettes, souffles, desserts | Very thick white sauce | 3 tb. | 4-6 tb. | 1 c. | $\frac{1}{4}$ tsp. |

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  $\frac{1}{4}$  teaspoon salt. Water in which vegetables have been cooked may be used as part of the liquid.

**Soups****Corn Bisque**

|  |                 |
|--|-----------------|
| 1 $\frac{1}{2}$ 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 white sauce | Salt and pepper          |
|                                     | 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**

|                                 |  |
|---------------------------------|--|
| $\frac{1}{2}$ c. diced carrots  | 2 tb. butter                           |
| $\frac{1}{2}$ c. diced potatoes | 3 $\frac{1}{2}$ tb. flour              |
| 2 tb. chopped onion             | 2 $\frac{1}{2}$ c. milk                |
| 1 $\frac{1}{4}$ tsp. salt       | $\frac{1}{2}$ c. diced cooked ham      |
| Few grains pepper               | $\frac{1}{2}$ c. cooked or canned peas |
| 2 c. water                      |  |

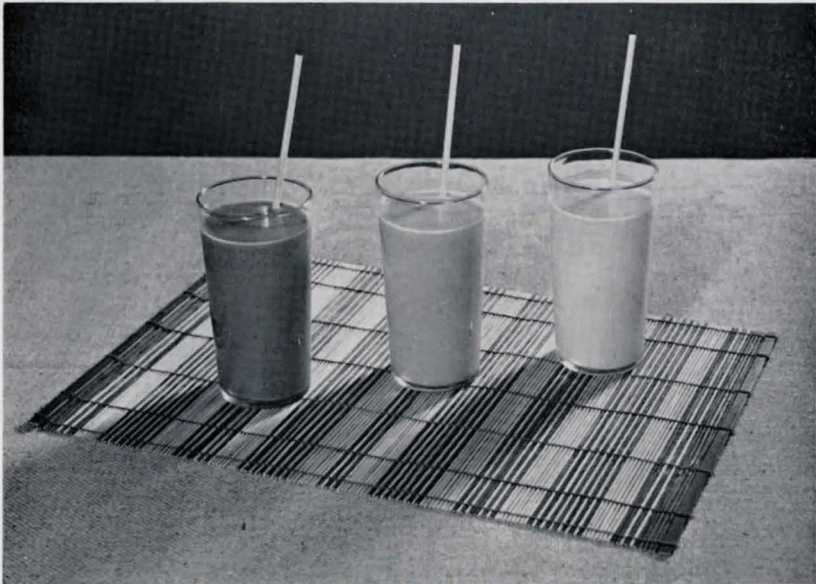
Combine carrots, potatoes, onion, salt, pepper and water in a saucepan. Cover and cook until the vegetables are tender. Melt the butter in a

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.

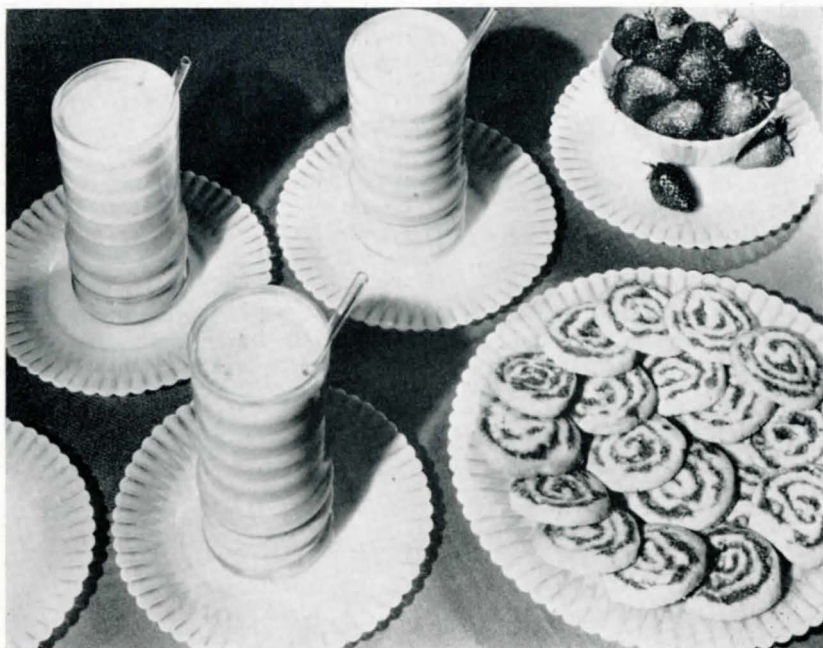
### Vegetable Cheese Soup

- |                                |   |
|--------------------------------|---|
| $\frac{1}{2}$ c. diced celery  | $\frac{1}{2}$ tsp. salt                       |
| $\frac{1}{2}$ c. diced carrots | 2 c. leftover vegetable liquid,               |
| 1 tsp. minced onion            | or water                                      |
| 3 tb. fat                      | $2\frac{1}{2}$ c. milk                        |
| 3 tb. flour                    | $\frac{1}{4}$ lb. soft American cheese, diced |
|                                | 1 tsp. minced parsley                         |

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.



These cooling milk drinks are, from left to right chocolate milk shake, cranberry honey milk, and orange milk shake.



Strawberry milk shake of part milk and part cream is delicate pink in color. It is cooling and filling. Photo courtesy National Dairy Council.