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EC61-927 Spotlight on Milk

Ethel Diedrichsen

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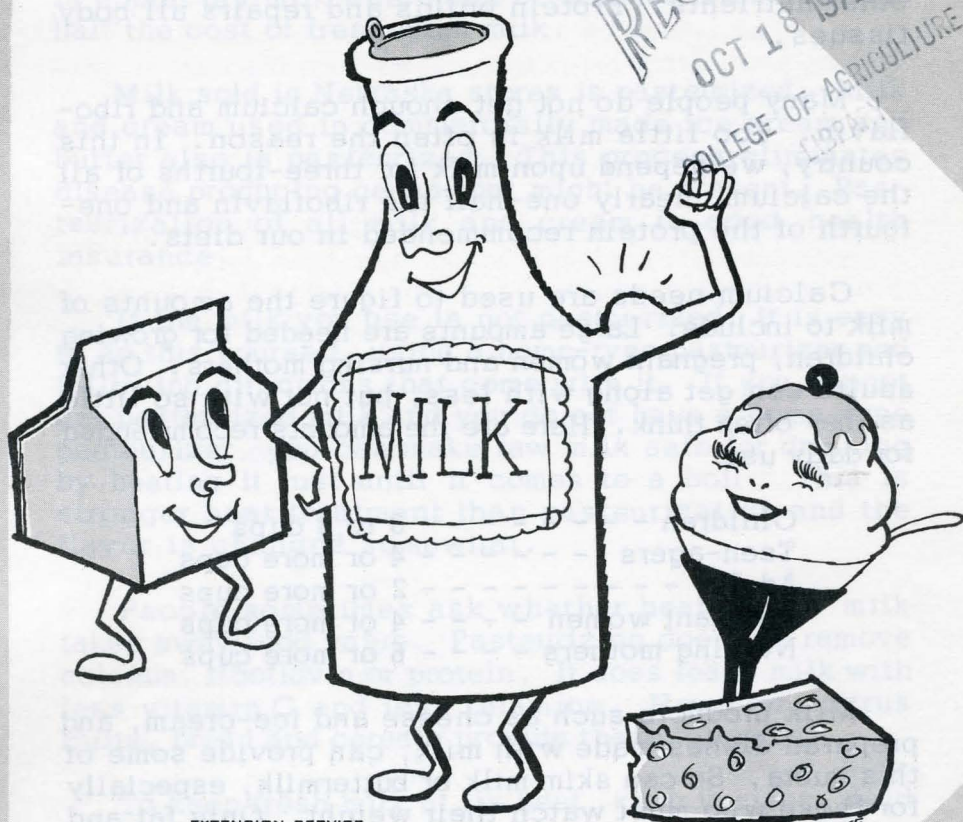
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Spotlight on MILK



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SPOTLIGHT ON MILK

by Ethel Diedrichsen
Extension Specialist, Food and Nutrition

Milk is one of our best foods. It contains many vitamins and minerals, plus fats, sugars and high quality proteins. It is especially important for calcium, riboflavin and protein. Calcium is the mineral needed throughout life for strong bones. Riboflavin is the vitamin needed for healthy skin and nerves and for using other nutrients. Protein builds and repairs all body tissues.

Many people do not get enough calcium and riboflavin. Too little milk is often the reason. In this country, we depend upon milk for three-fourths of all the calcium, nearly one-half the riboflavin and one-fourth of the protein recommended in our diets.

Calcium needs are used to figure the amounts of milk to include. Large amounts are needed for growing children, pregnant women and nursing mothers. Other adults can get along with less, but not with so little as they often think. Here are the amounts recommended for daily use:

Children - - - - -	3 to 4 cups
Teen-agers - - - - -	4 or more cups
Adults - - - - -	2 or more cups
Pregnant women - - - -	4 or more cups
Nursing mothers - - - -	6 or more cups

Milk products such as cheese and ice-cream, and prepared dishes made with milk, can provide some of this quota. So can skim milk or buttermilk, especially for those who must watch their weight. Only fat and vitamin A have been removed from the skim milk or buttermilk.

It is almost impossible to substitute fruits and vegetables for milk. To get as much calcium as you get in one quart of milk you would need to eat more than 7 pounds of carrots or 6 pounds of cabbage; 27 pounds of potatoes; 28 oranges or 39 eggs. You will find that money spent for milk is money well spent.

Wise shopping can help you get more for your money. In some cities, you can save one cent or more per quart by buying milk at the store instead of having it delivered. Milk may also be cheaper in 2-quart or gallon containers than by the quart. Fluid skim milk, buttermilk and canned evaporated milk are cheaper than fresh whole milk, as a rule. A still greater milk bargain is nonfat dry milk which can be reconstituted at about half the cost of fresh skim milk.

Milk sold in Nebraska stores is pasteurized. Milk and cream used in commercially made ice cream and butter also is pasteurized. This process eliminates disease producing germs that might be present. Pasteurization of all milk and cream is good health insurance.

If the milk you use is not pasteurized, it is easy to do this yourself, using a home-type pasteurizer and following directions that come with it. If you cannot get pasteurized milk and you do not have a home-type pasteurizer, you can make raw milk safe for drinking by heating it just until it comes to a boil. This is stronger heat treatment than pasteurization and the flavor is changed somewhat.

People sometimes ask whether heating raw milk takes away food value. Pasteurizing does not remove calcium, riboflavin or protein. It does leave milk with less vitamin C and less thiamine. However, citrus fruits, bread and cereals provide these vitamins.

To keep fresh milk at its best, keep it clean, cold and covered. Store promptly in coldest part of refrigerator. Refrigerate continuously until used. Do not mix new and old milk or cream except for immediate use.

Many people find milk refreshing and never tire of drinking it. However, cooked and prepared foods offer other ways to get milk into meals. For more milk at breakfast, pour hot milk over poached eggs on toast. Or use milk instead of water when you cook cereals. Directions for cooking cereals in milk are usually given on the package.

You can increase milk value in many foods that contain fluid milk by adding nonfat dry milk. Try this when preparing soups, mashed potatoes, cereals and other cooked foods. If you add 4 tablespoons of dry milk to each cup of fluid milk, you will get twice as much calcium and riboflavin as you do when fluid milk alone is used. Dry milk may also be sifted with dry ingredients. The following table may serve as a guide for adding more food value to recipes with the use of nonfat dry milk.

GUIDE FOR INCREASING FOOD VALUE

<u>To Prepared Food</u>	<u>Add Nonfat Dry Milk</u>
Breads, cakes, cookies, biscuits, pancakes and waffles.	Sift 2 tablespoons into each cup of flour.
Meat loaves and sausage	Mix 6 tablespoons with each pound of meat.
Cooked cereals	Mix 4 tablespoons with each cup of cereal before cooking
Gravy, white sauce and cream soup	Use 3 tablespoons with each cup of liquid.
Custard, puddings, cocoa and egg nog	Add 3 tablespoons to each cup of milk.
Whipped cream	Add 2 tablespoons to each cup of cream.

Puddings and pie fillings made with evaporated milk will have twice as much calcium if two or more parts evaporated milk are added to one part of water instead of the usual one to one proportion. Whipped evaporated milk or whipped dry milk has more nutritive value than whipped cream in dessert toppings.

Here are further suggestions for ways that milk can be used throughout the day. Fluid whole milk, skim milk or liquified nonfat dry milk may be used in any of these recipes calling for milk.



Chocolate Mint Cooler

4 cups milk
1/4 teaspoon salt

1/2 cup chocolate
malted milk powder
1 pint peppermint ice
cream

Combine all ingredients in mixer or blender. Mix at high speed for 1 minute. Mixture should be smooth and foamy.

Frankfurter and Potato Soup

2 cups diced potatoes
1 small onion, sliced
1 1/2 cups boiling water
2 frankfurters, cut in
1/4-inch slices

1 teaspoon salt
1/8 teaspoon pepper
2 cups milk
2 tablespoons chopped
parsley

Cook potatoes and onion in boiling water until soft. Put through ricer or mash slightly. Add frankfurters, seasonings and milk to potato mixture. Heat thoroughly, add parsley and serve. Makes 4 servings.

Five Minute Cabbage

3 cups milk	2 tablespoons melted
2 quarts shredded cabbage	butter
3 tablespoons flour	1/2 teaspoon salt
	Pepper

Heat milk, add shredded cabbage and simmer for 2 minutes. Mix flour with melted butter and add a little of the hot milk. Stir this mixture into the cabbage and cook for 3 or 4 minutes, stirring constantly. Season with salt and pepper and serve at once. Makes 6 servings.

Honey Bread Pudding

1 2/3 cups bread cubes	2 eggs, beaten
1/4 cup honey	1/2 teaspoon vanilla
2 tablespoons butter	1 2/3 cups hot milk
1/8 teaspoon salt	

Place the bread cubes in a small baking dish. Combine honey, butter, salt, eggs and vanilla. Slowly stir in the milk. Pour the mixture over the bread. Set the baking dish in a pan of hot water and bake at 350° for 30 to 40 minutes. Makes 4 servings.

Chicken Souffle

3 tablespoons chicken fat	2 1/4 cups ground
6 tablespoons flour	cooked chicken
1 1/2 cups milk	2 tablespoons chopped
3/4 cup chicken broth	parsley
1/2 cup soft bread	1/2 teaspoon salt
crumbs	3 eggs, separated

Blend fat and flour together. Gradually add milk and broth and cook until thickened, stirring constantly. Mix crumbs, chicken, parsley, salt and egg yolks and add to milk mixture. Fold in stiffly beaten egg whites. Pour into a greased baking dish and bake at 350° for about 45 minutes. A mushroom sauce may be served with the souffle. Makes 6 servings.

Bacon-Cheese Pie

9-inch unbaked pie shell

1/4 pound bacon
1/4 pound Swiss or
American cheese
3 eggs

2 cups milk
1 teaspoon salt
1/8 teaspoon pepper
Dash of cayenne

Fry the bacon until crisp, then drain. Crumble into the unbaked pie shell. Shred the cheese and spread over the bacon. Beat the eggs slightly, add milk and seasonings. Pour egg mixture over bacon and cheese. Bake in 400° oven for 30 minutes. Do not overbake. Remove from oven while center still appears soft. Cool 5 to 10 minutes before serving. Makes 6 servings.

SOUR CREAM

Dairy sour cream, which is currently popular, is cultured coffee cream. It has fewer calories than whipping cream and is often used as a garnish on gelatin salads, fruit desserts and puddings. It can add zest to soup, vegetable and meat dishes. It is not rich enough for cake making unless other shortening is also used. Because it contains some milk, it also supplies some calcium. Here are a few recipes using dairy sour cream.

Lima Beans with Sour Cream

2 cups cooked lima beans
2 tablespoons chopped
onion
2 tablespoons chopped
pimento

1/2 cup dairy sour cream
Salt and pepper

Combine ingredients. Heat through and serve. Makes 6 servings.