

DAIRY FOODS



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MILK ROUTE



HEALTH

SAVINGS



tempting
MEALS



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Dairy Foods

INA B. ROWE

MILK is truly a masterpiece of nature's planning. It starts the newborn baby on its way to health and growth. Other foods will be needed as the child develops and can handle them, but there will be no age in which milk cannot form the background of the food plan. Milk will supply factors hard to get from other sources; it will support other foods where they fall short; it will help bring a poor or mediocre diet up to the level which rates good or excellent.

Let's take a closer look at the most important components of milk:

1. Protein—Protein builds and repairs the tissues. It is part of every cell. It helps form red corpuscles, blood serum or plasma, and the antibodies which carry immunity to disease. It hastens the healing of wounds. It is a part of all the enzymes and hormones which carry on the body's vital work. Material for this construction work must be provided in the food we eat.

Milk protein is protein of the highest quality. When eaten with cereals, it makes up what the cereal proteins lack, so that the milk is utilized to better advantage, and the cereal proteins are improved. Meat, fish, and eggs are other important protein sources. Grain foods, the legumes (peas, beans, lentils), and some vegetables also furnish protein, which becomes more useful to the body when used in combination with milk or cheese, meat, and eggs.

2. Calcium—Calcium helps form the skeleton (bones and teeth) where 99 per cent of the body calcium is stored. The remaining 1 per cent is found in the fluids and soft tissues of the body. This small fraction performs many vital

functions. It helps control heart action, contributes to nerve stability, aids in the clotting of the blood, helps maintain the right acid-base balance. If your food does not supply it, calcium will be taken from your skeleton to supply these vital needs.

While it might be possible to get the recommended amount from other foods, it is not practical to do so. For example, to replace the calcium found in 1 quart of milk would require more than 3 dozen eggs; more than 10 ounces of sardines, including the bones; 27 pounds of potatoes; 2½ cups dry soybeans; or 6¾ pounds of cabbage, which is considered one of the better non-dairy sources. Not only is the quantity of calcium in milk greater, but it is in a form which can be used by the body with the least waste.

Low blood calcium may show up in irregular heart beat, irritability, nervous tension, eventual deterioration of the skeleton, and delay in clotting of the blood. In an emergency, such as surgery or a mutilating accident, the time required for blood to clot may mean the difference between life and death.

3. Riboflavin—This is one of the B-vitamins needed for growth, for health of the skin, and for utilization of food energy. Milk is our best source of riboflavin. No other food furnishes so much in a form so easy to take. If milk is omitted from the diet, riboflavin is another food essential which is almost sure to be in short supply.

4. Other vitamins—Thiamine, niacin, and other B-vitamins occur in milk, but also in other foods eaten in a well rounded diet. The fat-soluble vitamins A, D, K, and E are found in the cream or the butterfat. They are present in whole milk, but go out with the cream when the milk is skimmed or separated. It is for vitamin A in the fat soluble group that whole milk is most important. If only skimmed milk is used, the shortage should be made up through other sources, such as butter and cream, egg yolk, liver, and green or bright yellow vegetables. Vitamin D, sometimes called the sunshine vitamin, is formed in the body when the sun shines directly on the bare skin. Egg yolk and fish liver oils are the best food

sources, although some vitamin D is found naturally in the fat of milk (butter and cream). It is a common and healthful practice to add vitamin D to milk to insure good use of the bone-building materials naturally present. Vitamins K and E are found in many foods, including milk, and need no special planning.

Milk is not a dependable source of vitamin C. Cooked or raw tomatoes, citrus fruits, and crisp raw vegetables are the foods to which we turn for this vitamin.

Milk Alone Is Not Enough

Indispensable as milk is, it will not supply all food needs. However, it is a mistake to think of milk as just another thirst quencher. Though it makes a delightful cold or hot drink, it is really a food in liquid form. It has more solids than most fresh fruits and vegetables. When you consider how much milk has to offer, there is no food more competent to meet the needs of the body at so low a cost.

How Much Milk per Day?

For children:	3 to 4 cups
For teenagers:	4 cups or more
For adults:	2 or more cups
During pregnancy:	4 cups, unless your doctor says otherwise

Notice that in the growth periods—childhood, adolescence, pregnancy—the need for milk is high. New tissues are being formed from the food we eat and the need for calcium particularly takes a sharp rise. After he has reached full growth, the adult man's need for growth materials remains stationary for a time as the body is then concerned chiefly with repair and maintenance.

It may be wise for a woman to continue a liberal use of milk throughout the childbearing years. For her own sake and that of her unborn children, her nutritional status should be as high as food can make it. This is extremely important in the critical early weeks of pregnancy, especially when the diet has been poor, and again in the third trimester when growth of the fetus is most rapid. When she begins to nurse her baby, the use of more milk is recommended because it takes food calcium to manufacture mother's milk. The growth factor, riboflavin, and the protein of milk are as important as calcium at this time.

Time out for a milk break.

A liberal use of milk is also desirable in old age. At this time of life repair of body tissues is slower and less efficient than in the younger years. Therefore the need for high grade repair materials, particularly protein and calcium, takes a sharp rise. Milk is bland in flavor, easily digested, and requires no chewing. A glass of warm milk before retiring is relaxing and often means the difference between wakefulness and a good night's sleep. On the reduced income of retirement years, since milk has so much to offer at so low a cost, it helps to balance the budget.

Cheese and cottage cheese are comparable to milk, but are not its full equal. Cheddar cheese and cottage cheese are both excellent sources of



protein, as good as the milk from which they were made. They are also good sources of calcium and riboflavin. Ounce for ounce, cheddar outranks cottage cheese in calcium because less of the calcium is lost in the whey.

Cooking with Milk

Effect of Cooking on Food Value of Milk

Milk used in cooking is as important nutritionally as the milk you drink. The food values for which milk is irreplaceable are not harmed by cooking. A small amount of calcium, milk sugar, and protein may be lost if it sticks to the pan or rises as a "skin," but you can prevent these losses by cooking it slowly, using the right kind of pan partially covered, and stirring frequently.

Milk Aids Browning

Baked foods containing milk, such as bread, cake, and biscuits, brown readily, and milk-rich bread makes golden

brown, evenly colored toast. However, it is only one step from browning to scorching. For example, if hamburger patties contain too much dry milk, they may scorch in the frying pan. The remedy is to broil or bake the patties, or to use less dry milk.

Hazards in Milk Cookery

Boiling Over and Scorching—When using direct heat, cook milk in a heavy aluminum utensil or in stainless steel with a copper or aluminum coating or core. Copper and aluminum are good conductors of heat. Utensils not recommended for cooking milk over direct heat are flammable glass, enamelware, and "bare" stainless steel. These materials are relatively poor conductors

of heat, and the milk may scorch. However, in the oven or in a double boiler, utensils made from these latter materials may be very desirable for milk cookery.

Milk in the Pressure Saucepan—Milk held under 10 pounds pressure will not boil over if you keep the heat low enough just to maintain pressure. To water-cool before opening is very important. If not water-cooled, even though the pressure has dropped to zero, the milk may still be hot enough to foam over when the pan is opened.

Curdling—This may occur if the milk is on the verge of souring or it may be caused by other ingredients being cooked with the milk. Milk combined with an acid food such as tomatoes can be expected to curdle if the mixture boils. For some foods preheating is some protection against curdling. An example is scalloped potatoes. If the sliced potatoes are dropped into hot milk and brought just to boiling, then finished in the oven, they seldom curdle. Since salt may bring about curdling, it is advisable when practicable to season at the end of the cooking period.

Milk Thickened with Eggs (Custards)—Temperatures below boiling are always recommended for milk-and-egg cookery such as custards, because egg is extremely sensitive to heat. One beaten egg will thicken one cup of milk. However, for a firmer custard use more egg and for a thinner mixture, such as cooked eggnog, use less egg, or add more milk at the time of serving.

A custard which is high in sugar can take more heat than one which is less sweet, but the amount of sugar will depend on how the custard is to be used. One-fourth cup of sugar to 1 cup of milk is considered a high proportion and is desirable for custard pie. Two tablespoons of sugar to 1 cup of milk is considered enough for a baked or stirred custard.

To scald the milk for a custard is desirable although not compulsory. Scalding shortens the cooking time, gives a smoother custard, and makes less demand for attention by the cook.

Cooking Vegetables in Milk

If you cook your vegetables in milk instead of water and eat the milk as part of the seasoning, food value will not be drained away. Bring the milk to a boil in a heavy aluminum pan. Immediately put in the vegetables and reduce the heat. Leave the cover slightly ajar. Cook at a slow simmer until the vegetables are just tender. Do not overcook.

If thickening is desired, blend 1 to 2 tablespoons of flour with 2 tablespoons of butter. This will thicken 2 cups of milk. Let this mixture rest on top of the vegetables when you put them in. Stir it very gently into the milk when the vegetables are nearly done, but still firm. Season after the vegetables are cooked. The smaller amount of flour gives a little body to the sauce, but it isn't a gravy.

Potatoes, peas, young string beans, asparagus, carrots, corn, small or sliced onions are among the vegetables which can be cooked in milk. There may occasionally be slight thickening of the milk proteins, but this is not objectionable and can be corrected by stirring when the cooking is finished.

Cereals Cooked in Milk

Oatmeal, cornmeal, farina, and rice can all be cooked in milk. It will increase their food value and give a good flavor. Nutritionally speaking, milk supplies certain protein factors that many cereal proteins lack, thus making better use of the protein from both the milk and the cereals.



Choose a cheese and fruit dessert for something simple but extra special.

Recipes Using Dairy Foods

Desserts

CUSTARD SAUCE

(Also called Stirred Custard, Soft Custard)

2 cups milk	¼ cup sugar
2 eggs (or 2 yolks plus 1 egg; or 4 or 5 yolks)	½ teaspoon salt Flavoring

Scald the milk in the inset pan of the double boiler. Beat the eggs enough to mix yolks and whites. Add sugar and salt and pour the scalded milk over. Set inset pan containing the custard mixture over water which is steaming hot but not boiling and which is not

deep enough to touch the bottom of the inset pan. Stir constantly until it coats the spoon, or shows a slight thickening as you stir. Set the inset pan immediately into cold water to stop further cooking, add flavoring, stir again occasionally. When partially cooled, refrigerate until ready to use. Makes 2½ cups.

COOKED EGGNOG

(A dairy or candy thermometer is need for this)

2 quarts milk	1 teaspoon salt
6 eggs	2 teaspoons vanilla
1 cup sugar	

Heat the milk to 170 degrees. Beat the eggs with the sugar. Pour some of the hot milk into the egg mixture, recombine with the remaining milk, and heat again to 170 degrees. Set the pan immediately into cold water to stop further cooking. Add the salt, and stir frequently until cool. Add vanilla. Chill over night in the refrigerator, but do not freeze. If too thick to serve as a beverage, add cold milk or thin cream to correct the consistency. Add other flavorings as desired at this time. Serve from a punch bowl. Whipped cream may be floated on top of the punch bowl, and the eggnog dipped through a "well" in the center. A sprinkling of nutmeg or colored sugar may be used as a garnish. Makes 2½ quarts.

BAKED CUSTARD

Follow the recipe for Custard Sauce through the point where milk and egg mixtures are combined. Add flavoring and pour into custard cups or a shallow rectangular baking pan. Set in another pan containing warm water. Bake at 300 to 325 degrees for about 45 minutes, or until no milk adheres to a knife thrust into the custard half way from edge to center. Remove from hot water and cool on a rack. The custard will become firmer as it cools, so do not overcook.

Another test: Shake the pan slightly as it bakes. When nearly done a crust or skin will begin to form and when shaken the center will be seen to have passed the liquid stage. Firming will continue on the cooling rack. Serves 6.

TOASTED FRENCH CREAM CUSTARD

BASE:

1 quart rich milk or half-and-half milk and cream	¾ cup sugar
6 eggs, slightly beaten (or 1½ cups mixed yolks and whites, any proportion)	½ teaspoon salt
	1 teaspoon flavoring

Scald the milk and combine with the remaining ingredients. Pour into a rectangular baking pan to a depth of about 1 inch. Set the pan in another pan containing warm water to come up as deep as the custard. Bake at 300 to 325 degrees until drops of milk do not adhere to a knife thrust in halfway from edge to center, or until when shaken, the mixture is soft but not fluid at the center. Remove from the hot water and cool on a rack. Refrigerate when cool. Serves 9 to 12.

Topping No. 1

Just before serving remove custard from refrigerator, and absorb any drops of moisture showing on the top with a piece of soft paper towel or paper napkin. Over the top sprinkle light brown sugar making it about ¼ inch deep. Place this under the broiler in the hottest position and broil just until tiny bubbles cover the surface of the brown sugar. Most of the sugar will still be dry. Cut into squares and lift with a pancake turner or broad spatula, and serve on dessert plates. If allowed to stand after broiling, the sugar may become sirupy. Some prefer it sirupy.

Topping No. 2

6 tablespoons butter	¼ cup cream
¾ cup brown sugar, firmly packed	½ cup chopped nuts
	1 cup moist shredded coconut

Combine all ingredients, spread over the chilled custard, and broil until well browned. This topping is less likely to attract moisture in the refrigerator than Topping No. 1 and can be made before time to serve.

LEMON SNOW PUDDING

Custard sauce (page 7, use double recipe.)	1 lemon, juice and grated rind, or enough juice to make ¼ cup
1 envelope (tablespoon) gelatin, softened in ¼ cup cold water	¼ cup sugar

Add softened gelatin to warm custard mixture. Stir to dissolve. Add lemon juice, rind, and sugar. Pour into rectangular pan. Chill until firm and cut into squares. Serve with cream or whipped cream.

FRUIT WHIP

2 egg whites
 1/4 teaspoon salt

1-pound can jellied
 cranberry sauce*

Add salt to egg whites. Beat until foamy and white in color. Add the cranberry sauce slowly, a tablespoonful at a time, beating with an electric beater at top speed until entire amount is incorporated. Continue beating until the large bowl of the mixer is full to the top, the whip firm, and so fine-grained that no bubbles can be seen. Spoon into dessert glasses, and top with Custard Sauce. If sufficiently beaten, should make 12 to 15 large servings.

The whip should be made the last thing, just before the meal is served. If allowed to stand the egg whites reliquify, and it becomes coarse grained.

* Many other fruits, jams, or jellies may be used. Canned or frozen fruits may need extra sugar, as sugar is necessary to produce a fine grain and desirable flavor. Any jam or jelly which gives a pleasing color is suitable, except those which contain fats or oils in any form, such as nuts or orange rind. Pitted, cooked prunes, either dried or fresh, or cooked, dried, or canned apricots are very satisfactory.

INDIAN PUDDING

1 quart milk
 1/4 cup cornmeal
 1/2 cup mild flavored molasses or sorghum

1/2 teaspoon salt
 3/4 teaspoon ground ginger

Scald milk and stir cornmeal into it slowly so that it does not lump. Remove from heat and add molasses, salt, and ginger. Pour into a shallow baking dish and bake uncovered in a slow oven, 300 degrees for about 2 hours or until it thickens slightly. Stir frequently while cooking. Ten minutes before serving

remove from oven to let it cool slightly, but it should be warm when served. Spoon about a half cup into a dessert dish and top with vanilla ice cream. It may be served with whipped cream or plain cream. Serves about 6.

OLD FASHIONED RICE PUDDING

1/4 cup raw rice
 1/2 teaspoon salt
 1/4 cup sugar

1 quart milk
 1 teaspoon vanilla
 2 teaspoons butter

Combine the rice, salt, sugar, and milk in a baking dish. Bake at 300 degrees (slow oven) for about 1 1/4 hours, or until the rice is thoroughly cooked and the pudding is of the desired thickness. Add the vanilla and butter. Two or three times during the baking, as a "skin" forms and browns, stir it back into the pudding. One-half hour before removing it from the oven, raisins or other dried fruit may be added. Serve hot or cold as a dessert, or chill overnight and serve cold or reheated as a breakfast cereal. If it is to be used as a dessert, 1/2 cup sugar may be preferred. Serves 6 to 8.

Main Dishes

SCALLOPED CHICKEN

PART I—1 5-pound stewing hen, together with giblets and stock, cooked, and cooled

PART II—1 quart soft bread crumbs, lightly packed
 1/2 cup butter
 1 teaspoon poultry seasoning or mixed herbs
 1/4 cup minced parsley
 1/4 cup diced onion
 1 cup finely diced celery including some of the leaves
 Diced or ground cooked giblets

Prepare the crumbs. Melt butter, add herbs and parsley and half the butter to crumbs, and toss lightly. Take out 3/4 cup crumbs for topping. Add onion and celery to remaining butter and cook until transparent. Combine with the remaining bread crumbs and add gib-

lets. Spread over the bottom of a well buttered 9x13-inch baking pan.

PART III— $\frac{1}{2}$ cup chicken fat, skimmed from cooled broth. (Reserve the rest of the fat for other cooking uses, or add butter as needed to make the half cup.)
 $\frac{1}{2}$ cup flour
 5 cups liquid chicken broth and milk combined
 2 teaspoons salt
 6 eggs, beaten enough to blend
 Slivered, toasted almonds, if desired

Melt the fat in a large pan. Stir in the flour to make a smooth paste. Remove from heat and add broth and milk. Cook, stirring constantly, until smooth and thick. Pour hot into the beaten eggs.

Pour enough of the sauce over the bread crumbs just to cover. Top with a generous layer of thinly sliced chicken. Add a thin layer of shredded process cheese if desired. Pour remaining sauce over, scatter reserved crumbs and almonds, if used, on top, set the pan in a container of water, and bake at 300 degrees for 30-45 minutes, or until the custard is set and the crumbs are browned. Do not let surrounding water boil. Serves about 15.

POLENTA

1 quart scalded milk	$\frac{1}{2}$ pound shredded
1 cup yellow granular cornmeal	cheese
1 teaspoon salt	Other seasonings as desired

Add cornmeal slowly to the hot milk. Cook until thickened, then continue cooking over hot water for 10 minutes. Remove from heat. Add remaining ingredients, and stir until the cheese is melted. Pour into a loaf pan, having it about 3 inches deep. Let stand over night, or longer. To serve, turn out on cutting board, slice very thin, and brown slowly in butter or drippings. Add one or more additional seasonings if desired: a few shakes of tabasco sauce, $\frac{1}{2}$ teaspoon instant coffee, 1 tablespoon Worcestershire sauce, or $\frac{1}{2}$

teaspoon crumbled sage or caraway seed.

CHICKEN HUNTINGTON

2 cups chicken stock	1 tablespoon minced pimento
4 ounces noodles	1 teaspoon salt (or to taste)
2 cups diced cooked chicken	1 cup top milk or light cream
$\frac{3}{4}$ cup shredded cheese	Small can sliced mushrooms if desired
1 tablespoon minced green pepper	

Bring chicken stock to boiling, add noodles, and cook 5 minutes stirring frequently. Add remaining ingredients. Put in baking dish and bake until heated through. Serves 6 to 8.

CASSEROLE OF CHICKEN AND BROCCOLI

6 serving portions of cooked broccoli	2 cups Cheese Sauce (see page 12)
6 serving portions of thinly sliced cooked chicken (or turkey)	Buttered crumbs

Arrange hot broccoli in a heat-proof glass pan about 1 $\frac{1}{2}$ inches deep. Top generously with chicken or turkey. Pour hot cheese sauce over, and top with buttered crumbs. Place under the broiler about 5 inches from the heat and broil until it starts to brown. Serves 6.

CREAMED CHIPPED BEEF

$\frac{1}{4}$ pound dried (chipped) beef	3 tablespoons flour
3 tablespoons butter	3 cups milk
	Seasonings as needed

Break the dried beef into small pieces. If very salty, scald quickly and drain. Melt butter, add flour. Remove from heat and add milk slowly, stirring constantly. Return to heat and cook until smooth and slightly thickened. Add dried beef and continue cooking slowly for about 10 minutes, or until thick and smooth. Correct the seasonings and serve. The dried beef will absorb part of the liquid to help thicken the sauce. Serves 4 to 6.

QUICK MACARONI AND CHEESE

1 quart milk	½ teaspoon salt
1 8-ounce package elbow macaroni	2 tablespoons butter
½ pound shredded process cheese	A few shakes tabasco sauce if desired

Heat the milk to boiling. Add the macaroni, reduce the heat to a slow simmer, and continue to cook for 5 minutes or until partly tender. Add remaining ingredients, transfer to a baking dish and finish in a moderate oven (350 degrees) until well heated through and the milk is absorbed by the macaroni. Serves 6 to 8.

LIMA BEAN CASSEROLE

2 cups cooked lima beans	2 tablespoons drippings or butter
2 cups diced celery	3 tablespoons flour
2 tablespoons diced onions	2 cups milk
2 tablespoons diced green pepper	1 tablespoon salt
	1 cup shredded cheese
	½ cup buttered crumbs

Soak one cup dry lima beans in water to cover for 24 hours.* Simmer slowly in the same water, adding more if needed, until the beans are tender and the water absorbed. (Canned limas may be used.) Brown the vegetables lightly in the fat. Blend in the flour. Remove from heat and add the milk, a little at a time, stirring to prevent lumps. Add the cheese and salt. Combine with the beans. Put into a buttered casserole, top with crumbs, and bake about 30 minutes at 350 degrees. Serves 6-8.

* To prepare beans more quickly, add water to beans, boil 2 minutes, let soak in same water 1 hour, cook until tender.

Salads and Dressings**CAESAR SALAD**

(Named for its originator)

1. Prepare garlic-flavored oil by crushing 3 or 4 cloves of garlic into 1 cup salad oil. Let stand several hours at room temperature.

2. Prepare 1 cup crisp croutons by toasting half-inch cubes of bread in a slow oven (300 degrees) for about 10 minutes or until crisp and golden brown.

3. Prepare about 3 quarts leafy salad greens in a large bowl. Pour over them ½ cup garlic flavored salad oil. Add ½ cup grated Parmesan cheese and ¼ cup crumbled Blue cheese. Add 1 tablespoon Worcestershire sauce, ½ teaspoon dry mustard, a sprinkling of salt and pepper, and a few strips finely cut anchovies if desired. Break 1 raw egg over the top. Add ¼ cup lemon juice. Toss all together very thoroughly so that every leaf is thoroughly coated with egg, seasonings, and cheese. Blend the croutons with 1 tablespoonful of the garlic-flavored oil and toss lightly with the greens just before serving.

BLUE CHEESE SALAD DRESSING

1 cup French Dressing	½ of a 3-ounce package of Blue or Nu-world cheese
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French Dressing

1 teaspoon dry mustard	1 teaspoon paprika if desired
½ teaspoon salt	
1 teaspoon sugar (more may be used)	1 clove garlic sliced thin
¼ teaspoon pepper	¼ cup vinegar
	¾ cup salad oil

Blend the dry ingredients. Add the garlic, vinegar, and oil, and shake well to blend. Refrigerate until ready to use. Before serving strain out the garlic and add finely crumbled Blue or Nuworld cheese.

CREAM DRESSING

½ teaspoon salt	¼ cup honey
¼ teaspoon pepper	½ cup heavy cream, sweet or sour
¼ cup flavored vinegar (dill pickle vinegar suggested)	

Combine all ingredients and shake or beat well to blend.

Sauces

WHITE OR CREAM SAUCE

	Liquid	Flour	Fat	Uses
Very thin to thin	1 cup	½-1 tablespoon	1 tablespoon	Soups, milk toast
Medium	1 cup	1½-2 tablespoons	2 tablespoons	Creamed meats and vegetables; scalloped dishes and gravies
Thick to very thick	1 cup	4-6 tablespoons	1-4 tablespoons	Soufflés, croquettes

Melt fat, add flour, stir until smooth. Add all the liquid cold, cover, and cook 20 minutes in double boiler or 5 minutes over low heat, stirring constantly until thickened. Season as desired.

OR:

Scald milk. Blend flour and fat into a ball, put into hot milk and cook over hot water for 20 minutes. Stir to blend. If not quite thick enough, put over direct heat just until boiling starts, stirring constantly.

CHEESE SAUCE NO. 1

Prepare 2 cups thin to medium-thin white sauce. Remove from heat and stir in 1 cup (¼ pound) shredded process American cheese or well-aged natural Cheddar.

CHEESE SAUCE NO. 2

Shred ¼ pound process American cheese. Melt over hot water until liquid. Gradually stir in 1 cup (more for a thin sauce) top milk and heat to serving temperature. Do not boil. Just before serving add finely cut fresh chives, parsley, or onions. Serve over hot baked potatoes, or other cooked vegetable.

salad dressing barely to moisten. Check the seasoning and accentuate where needed. Form into small balls, about the size of a walnut. Chill to harden, then place a half pecan or walnut meat on each side of the ball. Serve at tea, or use as a salad accompaniment. Cooked leftover yolk may be used instead of whole eggs.

PIMENTO-CHEESE SANDWICH SPREAD

½ pound sharp process cheese	A few shakes of tabasco sauce if desired
½ cup butter	1 teaspoon Worcestershire sauce if desired
1 4-ounce can pimento peppers	

Shred the cheese on the medium shredder. Add the butter and pimentos and let the mixture come to room temperature. When soft enough to blend readily, beat at slow to medium speed until smooth, light, and fluffy. Pack into glass containers, cover tightly, and refrigerate until used. If it is to be kept more than a week, store in the food freezer, then bring to room temperature before using.

This spread combines the butter and filling in one mixture. The sandwiches may be toasted, double or open face.

Snacks and Spreads

TEA TREATS

½ pound well-aged cheddar cheese	Salad dressing (mayonnaise or cooked)
4 hard cooked eggs	

Grind cheese and eggs or press through shredder or food mill. Add

GARLIC BUTTER

Crush a clove of garlic, blend into ½ cup soft butter, and let stand about 20 minutes to absorb garlic flavor. Remove the bits of garlic and use the butter for seasoning vegetables or for spreading slices of bread to be reheated. Excellent with baked squash.

NIBBLINGS

½ box bite-size shredded rice biscuits	1 pound salted mixed nuts
½ box bite-size shredded wheat biscuits	1 cup butter
½ box ready-to-eat oat cereal	2 tablespoons Worcestershire sauce
½ box or 1 small box pretzel sticks	2 teaspoons celery salt
	1 clove garlic, crushed

Mix cereals, pretzel sticks, and nuts in large shallow baking pan. Melt butter, add Worcestershire sauce, garlic, and salt, and pour through a strainer over mixture, blending well. Toast in slow oven, 250 degrees, 30 minutes, stirring often. When cool, store in tin boxes or cans. Any ready-to-eat bite-size cereal may be used.

BLUE CHEESE BALL

½ pound cream cheese	½ clove garlic, crushed
2 3- or 4-ounce packages Blue Cheese	¼ pound Brazil nutmeats, almonds or filberts, shaved paper thin
2 teaspoons Worcestershire sauce	
½ teaspoon tabasco sauce	

Combine all ingredients except the nuts in small bowl of electric mixer. Mix on low speed until thoroughly blended. Wrap in heavy wax or parchment paper and chill. When firm enough to keep its shape, form a ball and dredge in nutmeats. Place the ball on large cheese plate and surround with plain crackers. Have spreaders handy for guests to help themselves. Serves 6 to 10 as a cocktail snack. It may also be formed into small balls and served as a garnish for salad.

Soufflés

Soufflé (pronounced *soo-flay*) is characterized by its light, airy texture. This is achieved by carefully folding in well beaten egg whites. The base may be any thick mixture, such as a thick white sauce, cornmeal mush, a bread crumb sauce, a can of condensed soup, or possibly leftover mashed potatoes. Some of the flavoring and food value ingredi-

ents commonly used are leftover cooked vegetables, cheese, canned or cooked fish, cooked ham, or chicken finely ground. For a "company dish" add slivered blanched almonds.

The soufflé will bake best if the dish is full to the top or nearly so. The bottom of the dish may be buttered, to prevent sticking and to give flavor to the crust. If the dish is full the sides may be buttered for the same reason. Do not butter above the depth of the soufflé, as it will come up higher if it can cling to sides of pan while rising.

The baking temperature recommended is 300 degrees, for about 1¼ hours. Tests for doneness: Bubbles appearing where the crust exposes them will have a dry appearance, and the soufflé will be well browned, top and sides. If it has to stand before eating, turn out the oven heat and let it remain in the oven until diners are seated at the table.

Baking at 325 degrees for 50-60 minutes or 350° for 35-45 minutes will give acceptable products but they are more likely to fall.

It is not necessary to beat the yolks separately. They may be added one at a time, and each beaten in well with a spoon or fork before the next is put in. The whites should be beaten very stiff and the cooked mixture folded into them. Do not be too thorough at this point. It should have a rough appearance, with some white showing when it is put into the pan.

Soufflés are used as a hearty main dish, or with a sweet base as a dessert. Same rules apply for baking and serving.

SOUTHERN SPOON BREAD

(With or without cheese)

1 cup hot milk	½ pound shredded American cheese, if desired
¼ cup cornmeal	4 egg yolks
½ teaspoon salt	4 egg whites
Dash of pepper or tabasco sauce	½ teaspoon cream of tartar
1 tablespoon Worcestershire sauce, if desired	



Get the soufflé habit for main dish or dessert.

Add cornmeal slowly to hot milk and cook until thickened, stirring constantly. Put pan over hot water and continue to cook 10 minutes, stirring frequently. Remove from heat and add seasonings. Add cheese if used. Add the egg yolks one at a time, beating enough after each is added to blend thoroughly. Add cream of tartar to egg whites and beat until stiff. Fold cooked mixture into the egg whites; do not blend so thoroughly that all the white disappears. Pour into a 1½-quart baking dish or bread pan, set in another pan containing warm water, and bake at 300 degrees for about 1¼ hours, or until surface cracks look dry, and the crust is firm and golden brown. Leave in the oven until all are seated at the table. Spoon it to individual plates, to

be eaten with a fork with extra butter. Serves 4 to 6.

CHOCOLATE SOUFFLE

4 (or 5) eggs	½ cup fine dry bread crumbs
2 tablespoons butter	½ cup sugar
2 tablespoons flour	1 teaspoon vanilla
¾ cup milk	¼ teaspoon salt
1 square (ounce) chocolate	½ teaspoon cream of tartar

Separate the eggs. Melt the butter, blend in the flour, add the milk, and cook, stirring constantly until thick and smooth. Remove from heat and add chocolate, stirring until melted. Add bread crumbs and sugar, then pour slowly into the well beaten yolks and beat vigorously. Add the vanilla and cool. Add salt and cream of tartar to

the whites and beat until stiff. Fold the chocolate mixture very gently into the beaten whites, but do not try to mix so thoroughly that all the white disappears. Butter a 1½-quart baking dish, then dredge the inside with sugar. Pour in the soufflé mixture, set in another pan containing warm water, and bake at 300 degrees for 1¼ to 1½ hours, or until crusty on top and firm throughout.

Do not take from oven until ready to serve. If it must wait, turn out heat, and leave in closed oven. Serve from the dish in which baked, spooning to dessert plates or footed dessert dishes. Garnish with plain cream, whipped cream, or Hard Sauce (see below). Serves 4 to 6.

Note: Baking a dessert soufflé in a buttered and sugared baking dish gives a crisp crust. As the soufflé mixture rises best when it fills the dish before baking, it does not need an ungreased surface to which to cling. If the baking pan is not full, do not butter the sides above the depth of the mixture.

Hard Sauce

½ cup butter	1¾ cups confectioners
1 teaspoon vanilla	sugar, firmly packed
Pinch of salt	

Cream the butter until soft and smooth. Add vanilla and salt. Add sugar a little at a time, blending until smooth after each portion is added. When all the sugar has been worked in, pack into a shallow mold or small cake tin until it becomes firm. Cut into cubes or slices, or spoon over the hot desserts. It may be put through a pastry tube into individual rosettes, chilled, and served one per portion.

CHEESE SOUFFLE

Prepare 1 cup thick base. This may be white sauce, using 4 tablespoons flour to 1 cup milk or a can of condensed cream of chicken, mushroom, or celery soup.

Beat in 4 egg yolks, one at a time, and add ½ pound shredded American cheese and, if desired, 1 cup chunk style tuna, broken into flakes. Add seasonings required, depending on base used. Fold this mixture into 4 egg whites which have been beaten stiff with ½ teaspoon cream of tartar. Pour into a 1½-quart baking dish. Set the dish in a pan of warm water and bake at 300 degrees for about 1¼ hours. Serves 4 to 6.

Soups

CREAM OF TOMATO SOUP

Put 1 quart milk into a heavy aluminum stew pan. Add 3 cups strained cooked or canned tomatoes or tomato juice. Heat the mixture to not over 180 degrees. Remove at once from the heat and add ¼ cup finely rolled crackers, 1 teaspoon salt, and 1 teaspoon sugar. Makes 7 to 8 one-cup servings.

BACON-POTATO SOUP

Cut 4 or 5 strips of bacon into half-inch pieces and render until crisp, using a heavy aluminum kettle. Add ½ cup diced onion and 1 cup finely diced celery and cook in the bacon fat until transparent. Add 2 cups milk and heat to boiling. Add 1 quart potatoes cut lengthwise into half-inch slices. Simmer until the vegetables are tender. Mash in the milk, add more milk to thin to desired consistency, reheat, and add 2 teaspoons salt. Amounts are only approximate and can be increased or decreased to meet the family's taste and needs. This soup keeps well if meal-time is irregular. If any is left over, add more milk and reheat. Makes 2 quarts.

NEW ENGLAND CLAM CHOWDER

In a heavy kettle render 3 or 4 strips diced bacon or salt pork until crisp. Take out pieces and pour off



Soups and chowders give your meals a lift.

excess fat. Put into kettle 2 cups of milk and heat to simmer. Add 1 quart mixed vegetables including diced potatoes and onion with celery, diced carrots, or other vegetables if desired. Partially cover and simmer until the vegetables are tender. Add 1 8-ounce can of diced clams with juice and enough additional milk to cover the solid portion. Reheat to serving temperature. Correct seasoning, add the cooked diced pork, and serve. Makes about 1½ quarts.

Chowder is similar to soup, but the solid portions are in larger pieces and less liquid is used.

CREAM OF CHICKEN AND VEGETABLE SOUP

Reserve milk left over from cooking vegetables (see Cauliflower with But-

tered Crumbs, page 17) and refrigerate until needed. Pour 1 can condensed cream of chicken soup into a stew pan. Add 1 to 2 cups leftover milk gradually, stirring to blend smoothly. Reheat to serving temperature. Cream of mushroom or cream of celery soups may also be used.

Vegetables

CAULIFLOWER WITH BUTTERED CRUMBS

Clean one head of cauliflower and separate into stalks. In heavy aluminum pan, heat 1 quart milk. Put in cauliflower, reduce heat, and cook until tender. Remove cauliflower from milk and sprinkle with salt. Melt 2 tablespoons butter, add ½ cup bread crumbs, toss until crumbs are coated, and

sprinkle over the cooked cauliflower. Add paprika or shredded cheese if desired. Save the milk for use in another meal.

CORN AND CHEESE CASSEROLE

2 cups milk	1 cup shredded process cheese
1 cup fresh, canned, or cooked whole kernel corn	2 tablespoons chopped green or red pepper
1 cup bread or cracker crumbs	1 tablespoon butter
	2 eggs, separated

If fresh corn is used, heat milk, add the corn, cook 5 minutes, and drain, reserving the milk. Combine corn, crumbs, cheese, pepper, and butter. Beat the egg yolks, add the milk, combine with the first mixture. Fold in the well beaten whites and put into a buttered baking dish, surrounded by warm water, and bake at 325 to 350 degrees for about 40 minutes or until firm.

MASHED POTATOES

Slice the potatoes lengthwise for quick cooking. Heat about half as much milk as the prepared potatoes would

measure. Add the potatoes and simmer slowly. When done, pour off and save the excess milk. Mash the potatoes, add salt and other seasonings as desired, and then whip until light. Add part of the milk poured off as needed to make the potatoes light and fluffy. Save the rest for bread, cream sauce, soup, or other cooking. Some people like to cook a small onion with the potatoes. The onion disappears in the mashing, but the flavor remains.

FRENCH-BAKED POTATOES

Pare potatoes and cut into strips as for French frying, $\frac{1}{2} \times \frac{1}{2}$ inches, random length. Butter a casserole well, put in the potatoes, sprinkle with salt, and add $\frac{1}{4}$ to $\frac{1}{2}$ cup cream, or enough to coat the potatoes lightly. Cover and shake the casserole gently to distribute cream and salt. Bake at 350 degrees for 45 minutes to 1 hour or until the potatoes are tender. A small diced onion may be included if desired.

Rutabagas and carrots may be French baked in the same way.

Question Box

Q. Should we use dry milk when we have fluid milk on the farm?

A. By all means use your own supply, pasteurized if used for beverage. However, dry milk is convenient, it is already pasteurized, more than its fluid equivalent can be added to a recipe, it can be used in home-made mixes, it needs no further scalding when used in bread, and its use lends support to the dairy industry.

Q. What causes off flavor?

A. Careless handling in milking barn or in kitchen; strong flavored feed; condition of cow, as to age, period of lactation, or individual differences (does not apply to herd milk); over-pasteurization.

Q. Why should we pasteurize when our herds are tested for Bangs and TB?

A. An animal may become a reactor between testing periods. Testing does not protect against other infections which may occur in the milk or be introduced in handling.

Q. Will milk help leg cramps at night?

- A. Warm milk at bedtime is relaxing. Many people report that liberal use of milk reduces leg cramps, but the pains may be due to other causes which milk would not affect.

Q. My doctor says drink less milk during pregnancy. Why is that?

- A. Advice of this nature is between you and your doctor. If you get the nutrients needs during pregnancy in a form in which they can be well utilized, it makes little or no difference where you get them. If the purpose of your doctor's recommendation is weight reduction, switch to skim milk or to dry skim milk. However, follow your doctor's advice.

Q. Is milk fattening?

- A. If the total calorie intake is greater than the total energy expenditure, the surplus will probably be stored as fat. Milk is a food, and should be treated as such. If used merely as a thirst-quencher, in addition to your full calorie needs, it will prove to be fattening. If used as an integral part of your calorie needs, it can not be called fattening, because it contributes far more in other food essentials than it contributes in calories. It may actually be a regulator of appetite.

Q. Is milk constipating?

- A. Milk (and cheese) help keep the digestive system in good order and in that sense have a regulating effect. However, except for the water contained in milk, they are highly concentrated foods and need to be balanced with bulky foods containing more waste material.

Q. If the children take a milk drink when they come from school will it spoil their appetite for supper?

- A. Studies show that a drink of milk after school is really an appetizer. It satisfies the child's immediate hunger and with something more than calories only. The energy will no doubt be expended long before the child sits down to a meal.

Q. Is there anything to the theory that when children are irritable a drink of milk will have a soothing effect?

- A. It has been reported that children are likely to become irritable when their blood calcium is low, as calcium is recognized as being important to nervous stability. At any rate, hungry children are pretty sure to be irritable, and a milk drink can do no harm. Maybe the mother needs one, too.

Q. Can dairy products be frozen successfully?

- A. Butter can be kept in the home food freezer almost indefinitely. Homogenized milk is satisfactory when frozen and thawed, but if not homogenized, the thawed product is unappetizing. Normally, this would not be considered good use of freezer space. Whipping cream and whipped cream may be frozen successfully for short periods.

Milk Magic

- ★ If the mineral content of your water causes your vegetables to discolor in cooking, using milk as the cooking liquid frequently corrects the trouble.
- ★ If a flameaware glass cooking utensil has become lime encrusted, using it for cooking milk will dissolve the lime deposit. Be careful, when doing this, as milk scorches readily in glass over direct heat.
- ★ An aluminum utensil which is used frequently for heating milk seldom takes on a dull black stain.
- ★ Cooking in milk just at the simmering point will tenderize your vegetables as quickly as water at a full boil, because milk has a slightly higher boiling point than water.
- ★ Using milk is a left-handed fuel saver, because you have to keep the heat low to avoid boiling over.

Both skim milk and the fat of milk (cream or butterfat) are important. The food values which are most vital, however—protein, calcium, and riboflavin—and for which there are no equally good sources, are in the skim milk, the part left after the cream or butterfat has been removed.

Ways to Save Your Nutrition But Cut Your Food Bills

- ✓ Use more milk; 15 per cent of your food bill spent for milk will supply 25 per cent of your food needs.
- ✓ Buy milk in larger quantities—2-quart or 4-quart containers.
- ✓ Forego the convenience of door-to-door delivery.
- ✓ Substitute evaporated milk or dry milk for fluid milk when practicable.
- ✓ Use chilled evaporated or reconstituted dry milk for whipping.

Milk Vocabulary

Raw Milk—Milk as it comes from the cow.

Pasteurized Milk—Raw milk which has been heated enough to destroy undesirable organisms but not enough to damage flavor or food value. Since pasteurization also destroys lactic acid bacteria, pasteurized milk does not sour normally. If kept too long it putrifies instead. Therefore, if sour milk is wanted, the lactic acid bacteria must be restored. This may be done by adding about 2 or 3 tablespoons of commercial cultured buttermilk to 1 quart of freshly pasteurized milk, and letting it stand until clabbered.

Homogenized Milk—The fat globules have been broken up into particles so small they do not rise to the top as cream. Food value is not changed by homogenization and change in cooking properties is negligible. All homogenized milk is also pasteurized.

Evaporated Milk—About 50 per cent of the water is removed. What remains is then homogenized, packaged, and sterilized.

Sweetened Condensed Milk—Sugar is added to bring the sugar content up to 40-48 per cent. Fifty per cent of the moisture is then removed and the milk is sealed in tin. The high sugar content acts as a preservative. To avoid confusion, the term "sweetened condensed" should always be used when the sweetened product is wanted and "evaporated" when the extra sugar is not desired.

Dry Milk—Water is removed leaving not more than 5 per cent moisture, usually only 2 or 3 per cent. If the butterfat is left in, it is marketed as dry whole milk. If the butterfat has been removed, the product is called nonfat dry milk or dry skim milk. When water is added, the original value as whole or skim milk is restored.

As heat is used in drying, dry milk may be used in yeast products without scalding and cooling. It is usually added dry with the other dry ingredients, but it may be reconstituted and used as fluid milk.

Buttermilk—(a) **Natural.** The liquid left after cream has been churned to produce butter. It is equivalent in value to skim milk. (b) **Cultured.** Lactic acid bacteria which have been destroyed by pasteurizing are added to skim milk. Flavors and consistency vary according to the strains of bacteria used.

Vitamin D Milk—Skim milk, whole milk, or evaporated milk to which vitamin D has been added. Any other nutrients added will be listed on the label.

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