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Spark

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MEALS

WITH MILK
BUTTER
CHEESE
AND EGGS

Better Health
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QUICK MACARONI AND CHEESE

Heat to boiling..... 4 cups milk
Add and stir until it returns to
boiling..... 1 8-oz. package macaroni or noodles
Cook very slowly, just below boiling, for about 5 minutes or until
partly tender.
Add..... ½ lb. shredded cheese
½ tsp. salt
2 tbsp. butter
Other seasonings as desired
Transfer to baking dish and bake at about 350° for 10 minutes or
until milk is well absorbed and top is browned.

SCALLOPED POTATOES

(Pressure Saucepan Method)

In pressure saucepan heat to boiling..... 2½ cups milk (about)
Slice very thin into salted water, drain, and add
to the hot milk..... 2 quarts baking potatoes
Bring again to boil, stirring constantly. Then close the cooker, exhaust
if necessary, and bring to 5-lb. pressure. Remove cooker from heat
and let stand 5 minutes. Reduce remaining pressure with water or
damp cloth, open cooker, and stir in 1 tbsp. salt, 4 tbsp. butter, other
seasonings as desired. Transfer to baking dish, and put in moderate
oven (350°) for at least 20 minutes, longer if convenient, to brown
and enhance flavor.
Baking potatoes are suggested, but by varying holding time, other
varieties are equally satisfactory.

CHICKEN HONITON

Heat to boiling..... 2 cups chicken stock
Add..... 1 cup (4 ounces) uncooked macaroni or noodles
Cook about 5 minutes, stirring frequently.
Add..... 2 cups coarsely diced cooked chicken
¾ cup grated cheese
1 tbsp. minced green pepper
1 tbsp. minced pimiento
1 tsp. salt (or to taste)
1 cup milk or light cream
Put in baking dish and bake until heated through. Since some brands
of macaroni absorb more liquid than others, it may be necessary to
add more milk or cream.

STUFFING FOR CHICKEN

(When stuffed before freezing)

In..... ¼ cup butter or chicken fat
Cook until tender..... 1 small diced onion
1 cup diced celery
Add and toss until well coated with
butter..... 1 qt. soft bread crumbs, lightly packed
½ tsp. salt
½ tsp. crumbled sage leaves
Fill body cavity and neck opening, truss, and wrap in moisture-
vapor-proof freezer wrapping, and freeze.

CREAMED CHIPPED BEEF

Scald..... 2 cups milk
Add a ball made by blending..... 2 tbsp. butter
2 tbsp. flour
Continue to cook, stirring thoroughly, until smooth and slightly
thickened.
Tear or cut with kitchen shears and add to
milk mixture..... ¼ lb. chipped beef
Continue to cook, very slowly, without boiling, for about 20 minutes
or until ready to serve. Just before serving add extra seasoning if
needed.
Note—A thin white sauce base is used because chipped beef absorbs a
great deal of liquid.

POPOVERS

Beat until very light.....	2 eggs
	½ tsp. salt
Beat in alternately in small portions.....	1 cup flour
	1 cup milk

Pour into 8 or 9 sizzling hot custard cups or cast metal popover pans, among which 1 tablespoonful of butter has been divided. Bake 35 to 40 minutes in a hot oven (425°) or bake for 15 minutes at 450°, after which reduce the heat to 350° to finish.

VEGETABLES COOKED IN MILK

Potatoes, onions, carrots, peas, some varieties of green or wax beans, most members of the cabbage family, and some other vegetables, may be cooked in milk. Bring sweet milk to boil in a heavy aluminum kettle. Add raw vegetables, cut to cook quickly. Boil slowly to avoid foaming over. When vegetables are done, add salt and other seasoning. Serve the cooking liquid with the vegetable. A teaspoonful of butter added during cooking may reduce foaming.

CHESS PIE

Cream.....	½ cup butter
Add gradually and cream until light.....	1 cup light brown sugar
Add, a little at a time, beating after each portion is added.....	½ cup egg yolks, or whole eggs
When mixture is light and fluffy add.....	Juice and grated rind of ½ lemon

Line large muffin pans, individual pie pans, or one large pie pan with unbaked pastry. Flute the edge, put the Chess Pie mixture in the unbaked pastry, and bake at 350° until the pies slip easily from the pan and the crusts are browned at the bottom. The mixture should be firm.

Pecan Pie

Just before filling pastry shells, add to Chess Pie mixture one cup coarsely broken pecan meats.

CUSTARD SAUCE

Mix.....	2 eggs (or 4 yolks) slightly beaten	½ tsp. salt
	¼ cup sugar	2 cups scalded milk

Cook in double boiler over water which is hot but not boiling, and which is not deep enough to touch bottom of inset pan. Stir constantly until sauce coats the spoon, or begins to thicken slightly, then remove from hot water and set pan immediately in cold water. Stir again, add flavoring, and chill until ready to use.

BAKED CUSTARD

Put custard sauce mixture in baking pan or custard cups, set containers in pan of hot water and bake at 300° until the custard looks firm when shaken slightly. Remove from hot water and cool. Two or more egg yolks may be added for greater firmness.

“BAKED” CUSTARD

(Pressure Saucepan Method)

Use same custard mixture but do not scald milk. Put custard mixture in jelly glasses or straight-sided custard cups. Cover with lid, wax paper, or aluminum foil. Set custards on rack. Surround with ½ cup of water, adjust lid, exhaust if necessary, and bring to barely 15-lb. pressure. Without opening pan or vent, remove cooker from heat and allow to cool for 1½ to 2 hours, during which time the custards finish cooking on stored heat. Then open the cooker, remove custards, and chill until ready to serve.

Note—If an equally satisfactory method for “baking” custard in the pressure saucepan came with the utensil, there is no advantage to changing. Owing to the difference in heat-holding properties and other factors, you may find a somewhat shorter or longer holding time to be more satisfactory.

POLENTA

To.....1 quart scalded milk

Add slowly, stirring constantly.....1 cup yellow granular cornmeal

Cook until thickened, then continue cooking over hot water for 10 minutes.

Add.....1 tsp. salt

½ lb. shredded cheese

Other seasonings as desired

Put into a loaf pan to depth of about 3 inches. Let stand over night or longer. To serve, slice very thin and brown on hot griddle in butter, lard, or bacon drippings.

Variations: Southern Spoon Bread with Cheese

Using half the recipe for Polenta, cool slightly

and add.....4 egg yolks, one at a time, beating well after each
1 tsp. baking powder

Fold in.....4 well beaten egg whites

Put into 2-qt. ungreased casserole, surround with hot water, and bake at 325-350° for about 1 hour, or until firm and well browned. Take from oven after family is seated at table.

Tamale Pie

Using half the recipe for Polenta, spread in a well buttered baking pan, top with an inch thick layer of creamed chicken. Bake in a moderate oven, about 350°, for a half hour or until well-heated through. Other combinations such as ground beef with tomato, or creamed tuna may be used.

FLUFFY OMELET

Beat until thick and light.....4 egg yolks
Add.....1 tsp. salt
dash of pepper
¼ cup milk
Fold in.....4 stiffly beaten egg whites
Melt in 9 or 10 inch frying pan.....2 tbsp. butter

Put omelet mixture in frying pan and cook over very low heat 3 to 5 minutes, or until puffed up and brown on the bottom. Put pan in moderate oven, 350°, and bake until top springs back when pressed with finger. Cut about 1-inch incisions at opposite sides, crease down the center in line with the cuts, then fold one half over the other. Chopped cooked bacon, shredded cheese, jelly, chives, or cooked mushrooms may be spread over the top before folding.

"GOLDEN NUGGETS"

(A type of Seafoam or Divinity using egg yolks. Electric beater desirable, but not indispensable.)

Boil to the "firm ball" stage (245°) or until it spins long threads when dripped from spoon.....2 cups granulated sugar
⅔ cup water
¼ tsp. salt
¼ tsp. cream of tartar
Meanwhile, beat until very light and lemon colored4 egg yolks

When cooking is finished, allow boiling to stop, then pour sirup in a thin stream over the beaten yolks, continuing to beat while pouring. Do not scrape pan. When the surface loses its gloss and the mixture holds the shape of the beater,

Add.....1 tsp. flavoring
Stop beaters and fold in quickly.....1 cup coarsely broken nut meats

Drop by teaspoonful onto very lightly buttered sheets, or wax paper. If candy hardens while shaping, soften slightly with boiling water, a half teaspoonful at a time. This candy may also be spread in a pan and cut like fudge.

HARD MERINGUES

Beat until light.....4 egg whites (1/2 cup)
1/4 tsp. salt
1/4 tsp. cream of tartar
Add by the tablespoonful.....3/4 cup sugar

Continue beating until it forms firm peaks, looks satin-white, and holds shape of beater blades.

Blend and add in the same way.....1/4 cup sugar
1 tbsp. corn starch
Add.....1 tsp. flavoring

Bake in one of the following ways:

Individual Meringues

Drop in 12 mounds on a baking sheet which has been covered with a layer of brown paper and a layer of heavy wax paper. Sprinkle top lightly with sugar, if desired. Bake in slow oven (250°) for about 1 hour, or until golden brown. Turn out the heat, and allow to remain in the cooling oven for another hour. Store where dry.

"Ice Cream Pie"

Spread hard meringue mixture in two 9-inch buttered cake pans. Bake at 250° for 1 hour, or until golden, then turn out the heat and allow to remain for an additional hour in the cooling oven. Turn one meringue upside down on a flat, thin board or heavy pasteboard, cut to fit. Cut or spoon ice cream over top to cover meringue completely with a layer about 2 inches thick. Top with second meringue, right side up. Put in freeze chest to become firm (2 or 3 hours). Then remove from freeze chest, fill in cavities, if any, with more ice cream, chill again. Then wrap, with board, in best locker wrap available. Return to freezer until ready to use.

To serve: Have ready 1 cup cream, whipped, flavored, and sweetened. Unwrap the meringue pie and spread with whipped cream, using a swirl motion. Cut into serving portions and serve at once. Ice cream of different flavors, or chocolate, fruit, and other sauces, may be used for special occasions.