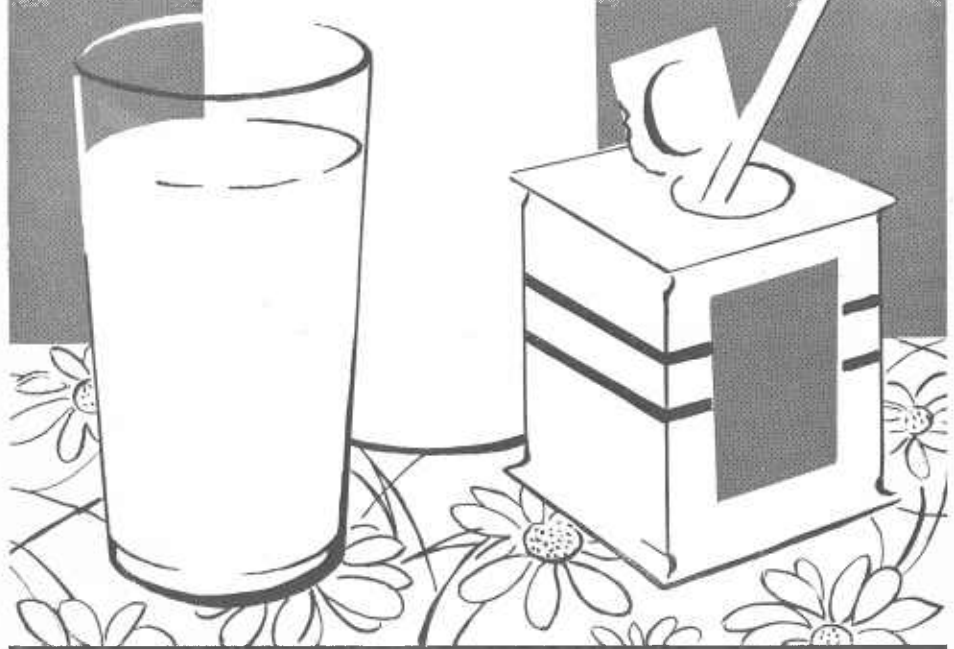


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U. S. DEPARTMENT OF AGRICULTURE

getting enough

MILK



U. S. DEPARTMENT OF AGRICULTURE
Home and Garden Bulletin No. 57



getting enough MILK



MILK . . . *one of the best foods*



Why you need milk

Milk is one of the best foods you can get. It contains many vitamins and minerals, also fats, sugars, and high-quality proteins.

Milk is especially important for three nutrients:

The mineral calcium, which is needed all life long for healthy bones.

The B-vitamin riboflavin, which is one of the nutrients essential for healthy skin and nerves and which helps the body cells to use other nutrients carried to them by the blood.

Protein, which is the main building-and-repair material of all tissues in the body.

Many people get too little of these three nutrients for their best nutritional health—and too little milk is often the reason.

It's hard to get enough calcium and riboflavin, in particular, without a good deal of milk. In this country's food supplies, milk provides three-fourths of all the calcium, nearly half of the riboflavin, one-fourth of the protein.

Much of the work that nutrients do for your body depends on their getting together with other nutrients. One reason why milk is so excellent a food is that it contains many different nutrients in favorable proportions . . . so that they can readily form efficient work teams for your body's nutrition.

How much milk is enough?



Nutritionists consider calcium needs chiefly when they figure the amounts of milk to include in daily food for good nutrition.

From infancy all the way through the teens, it takes large amounts of calcium to keep up with the growing body's calcium needs.

Prospective mothers and nursing mothers need a great deal of milk for calcium. Other adults can get along with less, but not with so little as they often think.

Here are the amounts recommended by nutritionists for use daily:

Children: 3 to 4 cups ($1\frac{1}{2}$ pt. to 1 qt.)

Teen-agers: 4 or more cups (1 qt. or more)

Adults, all ages: 2 or more cups (1 pt. or more)

Expectant mothers: 4 or more cups (1 qt. or more)

Nursing mothers: 6 or more cups ($1\frac{1}{2}$ qt. or more)

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 prospective mothers, nursing mothers, or others for whom weight control may be a problem.

How to estimate milk you get in meals



With a little easy arithmetic, you can get a pretty good idea of how much milk you are getting from milk products and prepared dishes, along with the amount of milk you may drink. If you tally the total in a few days' meals, you can judge how well you measure up to the quota recommended by nutritionists.

On the basis of the calcium they provide, the following are alternates for 1 cup ($\frac{1}{2}$ pt.) of milk:

1½ ounces of Cheddar cheese

15 ounces of cream cheese

11 ounces of cottage cheese (use more if creamed)

$1\frac{2}{3}$ cups of ice cream

3 cups of milk sherbet

In food prepared with milk, each serving can provide:

$\frac{1}{2}$ to 1 cup of milk in creamed soups

$\frac{1}{4}$ to $\frac{1}{2}$ cup of milk in scalloped or creamed vegetables, fish, eggs, or meat

$\frac{1}{4}$ to $\frac{2}{3}$ cup of milk in desserts such as puddings, custards, and cream pies

Changing weight? Milk is your ally



Milk is relied on as a basic food in up-to-date diets for either losing or gaining weight.

When reducing weight is the goal, milk pays its way by contributing generous amounts of protein, calcium, and other needed nutrients, along with a very moderate number of calories. For the calories in one 4-inch wedge of pie, you can have a pint of whole milk or almost a quart of skim milk.

If you are keeping down calories, remember that when you choose skim milk (fluid or dry) or buttermilk you get all of the many nutrients in whole milk, except fat and vitamin A.

Research has shown that an individual gets along best during slimming when more protein than usual is in the diet. It's an added reason for including a good deal of milk, particularly skim milk or buttermilk, in reducing diets.

If you are counting calories, here are approximate figures showing calories in milk and milk products:

	Quantity	Cal- ories
Fresh fluid whole milk.....	1 cup (1/2 pint)...	165
Fresh fluid skim milk.....	1 cup.....	85
Buttermilk.....	1 cup.....	85
Half-and-half.....	1 cup.....	330
Chocolate-flavored milk drink..	1 cup.....	185
Malted milk beverage.....	1 cup.....	280
Evaporated milk, diluted with equal water.	1 cup.....	175
Nonfat dry milk.....	4 tablespoons (1/4 cup)	110
Ice cream.....	1/2 cup.....	150
Milk sherbet.....	1/2 cup.....	120
Cheddar cheese.....	1 ounce (1-inch cube)	115
Cottage cheese, not creamed....	1/2 cup.....	110

To get more milk into a tight food budget



Because milk is so valuable a food, it is one of the first foods to make sure of when shopping lists are drawn up or meals are planned. However closely food money must be budgeted, a family is spending wisely when it gets enough milk (see amounts recommended, p. 3).

Smart shopping can help a family to get considerably more milk for its money. Look into some of the following

possibilities for stretching milk money if a food budget is tight.

Carry your own supply. In some cities, consumers can save 1 to 3 cents a quart by carrying milk from the store instead of having it delivered.

Check discounts. Some milk-delivery firms charge less if a certain number of quarts is ordered regularly.

Price large containers. In some places milk sells for less in 2-quart or gallon containers than by the quart or pint.

Price different forms of milk. Plain fluid skim milk, buttermilk, canned evaporated milk are cheaper than fresh whole milk, as a rule. A still greater milk bargain is nonfat dry milk, which can be turned into reconstituted fluid skim milk at less than half the cost of fresh skim milk.

Use pasteurized milk, for safety's sake



Nowadays, most of the milk sold in stores is safeguarded by pasteurization, and so are ice cream, butter, and cream. Much of the cheese is made from pasteurized milk, though some cheeses aged in certain ways are accepted as safe to eat without pasteurization.

Raw milk may occasionally contain germs that cause undulant fever, tuberculosis, septic sore throat, or other infections, even with all the care taken to keep cows healthy and milk clean. Pasteurization is the additional protection that makes fresh milk a safe food.

If the milk you regularly get is not pasteurized, it is easy to do this yourself, using a home-type pasteurizer and following directions that come with it. Such equipment is sold by mail-order companies and by some hardware and department stores.

If in some emergency you can't get pasteurized milk, and you haven't 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 it does change flavor a little.

People sometimes ask whether heating raw milk takes away some food value. Pasteurizing has no effect on the nutrients for which milk is a most important source—calcium, protein, and riboflavin. It does leave milk with less vitamin C and less of the B-vitamin thiamine. However, other commonly used foods provide these vitamins.

Understand labels



With so many kinds of milk on the market, reading the labels on bottles or other containers so as to recognize differences in the contents is well worth while. Here is information on some of the many forms of milk now sold, and an explanation of some special terms you find on milk labels and other facts that may help in buying.

Graded and Pasteurized usually go together on milk labels. In stores almost everywhere in the United States, you will find fresh fluid milk labeled to show that it has been graded and pasteurized. This milk has been processed and handled under State or municipal regulations. Many of these regulations meet standards recommended by the U. S. Public Health Service.

All three grades of pasteurized milk on the market (grades A, B, and C) are considered safe for drinking. Grade A pasteurized milk has the lowest bacterial count. There is little grade B or C milk on the market.

Homogenized on a milk label means that the fat globules of pasteurized whole milk have been broken up and spread through the liquid, so that they will not rise to the top as cream. The milk fat remains equally distributed to the last drop.

Vitamin D on a milk label means that more of this vitamin has been added to increase the vitamin D content of the milk. Vitamin D is important during the growing years for proper development of bones and teeth. A quart of vitamin D milk provides at least 400 International Units of vitamin D, the amount recommended by the National Research Council as a daily allowance for children and expectant and nursing mothers. Vitamin D milk is usually priced slightly higher than milk without vitamin D added.

Certified milk is a high-quality, high-cost milk produced on a limited scale. It is produced under such strict sanitary regulations that it can safely be used raw, though much certified milk is pasteurized.

Fluid skim milk contains almost no fat or vitamin A. Otherwise, it retains all the nutrients of whole milk—the calcium, protein, B-vitamins, and so on. Sometimes nonfat dry milk or vitamins and minerals are added to skim milk; such additions are shown on the label. These fortified skim milks usually sell for about the same price as whole fluid milk; plain skim milk usually is cheaper than whole milk.

Evaporated milk is made from homogenized whole milk. All evaporated milk on the retail market has vitamin D added. Over half the water in fluid milk is removed in the evaporating process. The milk is sealed in cans, then sterilized by heat. With an equal amount of water added, evaporated milk can be used like any other fluid milk, and has similar food value. It is handy to store, and is ordinarily less expensive than fluid whole milk. It is sold in 6-ounce and 14½-ounce cans for home use.

Evaporated skim milk with vitamin D added is one of the newer forms of milk that you can buy. When diluted with an equal amount of water it is used like fresh skim milk.

Sweetened, condensed milk is a concentrated product containing a large amount of sugar, which serves to preserve it. It is used chiefly to make desserts, candies, salad dressings, and other products by recipes especially designed for it. Some people like condensed milk in coffee and other hot beverages. It is sold in 14- and 15-ounce cans for home use.

Nonfat dry milk is manufactured by removing nearly all of the fat and water from fresh milk. With water added, it makes reconstituted fluid skim milk. In fluid or dry form it can be used many ways in cooking. It has advantages of cheapness and keeping quality.

Nonfat dry milk is sold in packages ranging from 6.4 ounces to 2 pounds, making from 2 to 10 quarts of fluid skim milk. Also on the market are consumer packages containing envelopes of 3.2 ounces each of nonfat dry milk. When reconstituted, each envelope makes about 1 quart of fluid skim milk.

Dry whole milk is also marketed, though on a small scale. Because of the fat it contains, it does not keep so well as nonfat dry milk; after the container has been opened, dry whole milk should be stored tightly closed in the refrigerator. It is used chiefly for infant feeding.

Chocolate-flavored milk and chocolate-flavored milk drink are sold by the quart in food markets and on home-delivery routes, and by the pint and half-pint in restaurants and lunchrooms. To make these, cocoa or chocolate sirup is added to whole or skim milk. Sometimes vanilla, salt, and a stabilizer to keep the beverage well mixed are also added. Usually the nutrients of the milk are slightly diluted.

Regulations in some places require a distinction in labels for these two drinks. The beverage may be sold as chocolate-flavored milk if it is made with whole milk. It must be

labeled chocolate-flavored milk drink or chocolate-flavored dairy drink if it is made with skim or partially skimmed milk.

Fermented milks have sour flavor, mainly because the milk sugar—lactose—has been changed to lactic acid by harmless bacteria. These milks also have a softer or more finely divided curd than unfermented milks. For this reason they are prescribed for some persons on special diets.

Buttermilk is one form of fermented milk. Originally it was a byproduct of butter making. It is now produced artificially, with bacterial cultures, from pasteurized skim or partially skimmed milk.

Acidophilus milk is another fermented milk made from skim milk. It is used mainly in special diets. Yoghurt, still another kind of fermented milk, usually is made from homogenized whole milk.

So far as is known, the food value of fermented milks remains about the same as the milk—whole or skim—from which these products are prepared.

Give milk good home care



At doorstep or kitchen, milk comes into the homemaker's care. Without proper handling, the milk her family uses may lose quality—in cleanliness, flavor, and food value.

To keep fresh milk at its best, follow the rule of 3 C's and a D. Keep milk Clean, Cold, Covered, and Dark. Milk holds both food value and flavor best when kept cold. It's good practice to take each new bottle or carton of milk straight to the sink, rinse it unopened under cold running water, and dry it with a clean cloth. Then promptly put the milk in the refrigerator. Stored near the freezing unit, milk can be expected to keep good quality and flavor for 3 or 4 days, perhaps a little longer.

When milk in clear-glass containers stands in a sunny window or unprotected on a doorstep, it loses riboflavin, and may develop a "sunlight" off-flavor—all in as brief a time as half an hour. If milk is delivered in clear-glass bottles and can't be refrigerated promptly, provide a wood or metal receiving box for it, preferably a box that is insulated. Some milk is sold in dark-glass bottles; these give better light protection than clear glass.

When using milk, keep it out of the refrigerator just long enough to pour the amount wanted for immediate use.

Don't mix new milk with old, unless for immediate use. Bacteria that cause stale flavor increase in stored milk, even in pasteurized milk in good storage conditions.

Is milk that has frozen in the refrigerator or on the doorstep safe to use? homemakers sometimes ask. The answer is yes, unless of course the seal has broken. If the seal breaks, dirt may get in. Freezing, itself, does not harm either nutritive value or wholesomeness of the milk. The only damage is to texture, which is not as smooth after freezing.

Nonfat dry milk stored on a cupboard shelf will keep in good condition for several months, if the storage place is dry and not too warm—preferably not above 75° F. If you put nonfat dry milk into the refrigerator, keep it in an airtight jar or can.

Wherever nonfat dry milk is stored, keep the container tightly covered. Close it immediately after use. The dry milk takes up moisture and becomes lumpy if exposed long to air.

Evaporated and condensed milk may be kept on a cupboard shelf if the can is unopened. Canned milk holds quality longer if the storage place is cool. Once opened, canned milk's place is in the refrigerator, and the can or other container should be covered tightly to keep the milk clean and protect it against off-flavors.

There's many a way to get milk into meals

Many people find milk refreshing and never tire of drinking it plain. However, cooked foods and other prepared foods offer many additional ways to get milk into daily food, always with much added nutritive value and often with extra dividends in flavor.

For more milk at breakfast, for example, pour hot milk over poached eggs on toast. Use milk instead of water when you cook cereals. Directions for cooking cereals in milk are usually given on the package.

You can step up milk value in many foods that contain fluid milk by adding nonfat or whole 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 make the food about twice as rich in milk value as it is when fluid milk alone is used.

Puddings and pie fillings made with evaporated milk will carry more milk into meals if 2 or more parts evaporated milk are added to 1 part of water instead of the usual 1-to-1 proportion.

Here are further suggestions or reminders of the many ways that milk can be used throughout the day, and some recipes for getting more good from milk.

Milk in beverages

Good drinks made with milk fit into meals and into between-meal and end-of-day snacks. Cold, flavored beverages include egg-nogs; and milkshakes flavored with chocolate, vanilla, spices, molasses, maple, or banana, strawberry, and other fruit purees.

If there's need to keep calories low, make flavored beverages with skim milk—fresh, dry, or evaporated.

For something hot, make cocoa with milk; or serve coffee European style, pouring hot milk and hot coffee together into the cup.

Here are some double-milk drinks that any member of the family may enjoy. Add a topping of ice cream or whipped cream to give extra appeal—and extra goodness—to any of these milk beverages.

Molasses milk

Ingredients for 1 serving:

4 tablespoons dry milk

Pinch of salt

1 cup fluid milk

1 tablespoon molasses

Ingredients for 6 servings:

1½ cups dry milk

¼ teaspoon salt

1½ quarts fluid milk

⅓ cup molasses

Mix dry milk and salt; mix fluid milk with molasses. Add dry ingredients to liquid and beat, stir, or shake until smooth.

Spice milk

Ingredients for 1 serving:

4 tablespoons dry milk

⅛ teaspoon cinnamon

⅛ teaspoon nutmeg

½ teaspoon sugar

Pinch of salt

1 cup fluid milk

Ingredients for 6 servings:

1½ cups dry milk

½ teaspoon cinnamon

½ teaspoon nutmeg

1 tablespoon sugar

¼ teaspoon salt

1½ quarts fluid milk

Add dry ingredients to milk and beat, stir, or shake until smooth.

Maple milk

Ingredients for 1 serving:

4 tablespoons dry milk

1 teaspoon sugar

⅛ teaspoon maple flavoring

1 cup fluid milk

Ingredients for 6 servings:

1½ cups dry milk

2 tablespoons sugar

½ teaspoon maple flavoring

1½ quarts fluid milk

Add dry ingredients and flavoring to milk. Beat, stir, or shake until smooth.

Milk in soups

Milk soups can be made with a variety of vegetables, used singly or in combinations. For example: Asparagus, beans, cauliflower, celery, corn, onions, peas, potatoes, spinach, tomatoes, turnips. Chowders made with oysters or other fish, ham, or chicken or turkey are additional possibilities.

Cream of tomato soup

- 3½ cups cooked or canned tomatoes
- ¼ cup chopped onion
- 2 tablespoons butter or margarine
- 3 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon sugar, if desired
- 3 cups hot milk

Cook the tomatoes and onion together about 10 minutes. Press through a sieve.

Melt the fat and blend in flour, salt, and sugar (if used).

Gradually add sieved tomatoes. Cook over low heat, stirring constantly, until thickened.

Gradually add tomato mixture to milk, stirring constantly. Heat to serving temperature. Serve at once.

6 servings. ½ cup milk per serving.

Oyster stew

- 1 pint oysters
- 2 tablespoons butter or margarine
- 1 quart hot milk
- 1 teaspoon salt
- Paprika

Look over the oysters and take out any bits of shell. Melt the fat, add the oysters and their liquid, and cook over low heat until the edges of the oysters begin to curl—about 3 minutes. Add milk and salt, and reheat. Sprinkle each serving with paprika.

4 servings. 1 cup milk per serving.

Quick carrot or turnip soup

- 2 tablespoons finely chopped onion
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1 quart hot milk
- 1 cup grated raw carrots or turnips
- Salt and pepper to taste

Cook the onion in the fat until lightly browned. Blend in the flour. Add milk, carrots or turnips, and salt and pepper.

Cook, stirring frequently, until the carrots or turnips are tender, about 10 minutes.

4 servings. 1 cup milk per serving.

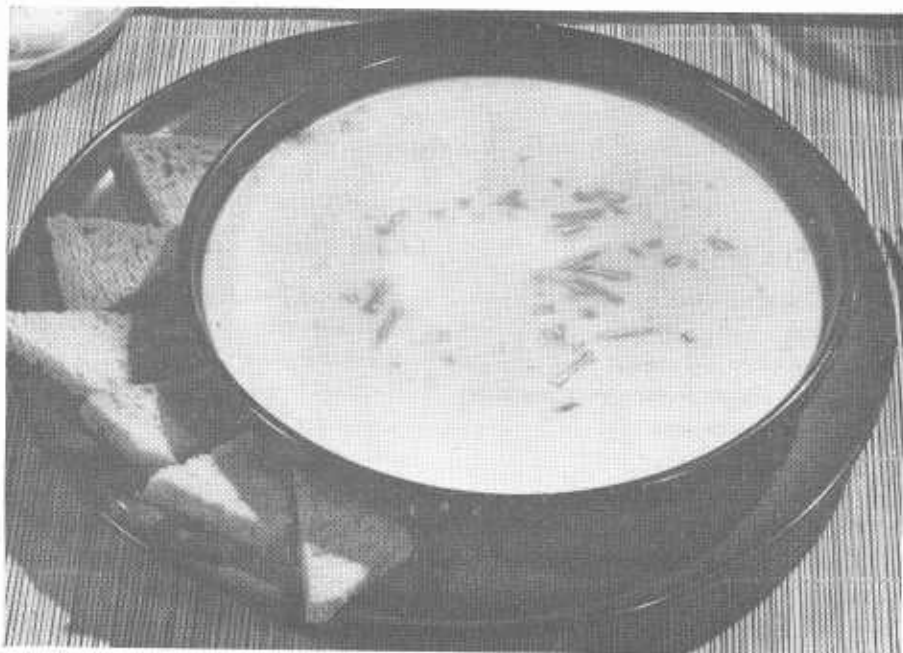
Cream of mushroom soup

- ½ pound fresh mushrooms
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 2 cups hot milk
- ½ small onion, sliced
- Salt and pepper to taste

Wash and chop mushrooms and cook a few minutes in the fat. Blend in flour.

Add milk slowly and cook over low heat, stirring constantly, until thickened. Heat the onion slices a few minutes in the soup, then remove them. Season, and heat just to boiling.

4 servings. ½ cup milk per serving.



Quick cream of potato soup.

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Frankfurter-and-potato soup

- 2 cups diced potatoes
- 1 small onion, sliced
- 1/2 cups boiling water
- 2 frankfurters, cut in 1/4-inch slices
- 1/4 teaspoons salt
- Pepper
- 2 cups milk
- 2 tablespoons chopped parsley

Cook potatoes and onion in boiling water until soft. Put through a ricer or mash slightly.

Add frankfurters, seasonings, and milk to potato mixture. Heat thoroughly, add parsley, and serve.

4 servings. 1/2 cup milk per serving.

For variety. Salami or other luncheon meat, cut in pieces, may be used instead of frankfurters. Allow

one slice per person. Or sprinkle the soup with chopped cooked ham before serving.

Quick cream of potato soup

- 1 1/2 cups cubed potatoes
- 1 tablespoon butter or margarine
- 1 tablespoon chopped onion
- 3/4 teaspoon salt
- 3/4 cup boiling water
- 2 cups milk
- 1 tablespoon flour

Cook potatoes, onion, and salt in the water until the potatoes are done.

Blend fat and flour and stir into the hot potato mixture. Cook, stirring constantly, until thickened.

Add the milk and reheat.

4 servings. 1/2 cup milk per serving.

Corn chowder

- 3 ounces diced salt pork
- 3 tablespoons chopped onion
- 1 $\frac{1}{4}$ cups diced potato
- 1 cup water
- $\frac{3}{4}$ cup cream-style corn
- 3 $\frac{1}{2}$ cups hot milk
- $\frac{1}{2}$ teaspoon salt

Place the salt pork in a heated fry pan and cook until crisp and brown. Remove the crisp pieces of pork and reserve for later use. Lightly brown onion in pork fat.

Add onion and fat to potato and water. Cook for 10 minutes. Add corn and cook 10 minutes longer.

Stir the milk and salt into vegetable mixture. Add the crisp pieces of pork and heat mixture before serving.

6 servings. Over $\frac{1}{2}$ cup milk per serving.

Cream of pea soup

- 2 tablespoons chopped onion
- 1 tablespoon butter or margarine
- 2 tablespoons flour
- 2 cups hot milk
- 2 $\frac{1}{2}$ cups cooked peas and liquid, sieved
- Salt and pepper to taste

Cook onion in the fat and blend in flour. Add milk slowly and cook over low heat, stirring constantly, until thickened.

Stir peas into the soup. Add salt and pepper, and heat just to boiling.

4 servings. $\frac{1}{2}$ cup milk per serving.

Milk in main dishes

One-dish meal recipes include many opportunities to use milk in main dishes. So do most casserole dishes, including cheese custard and cheese fondue. In meat or fish loaves, milk can well be used as the liquid. Made with a white sauce, many creamed dishes get $\frac{1}{4}$ cup milk or more per serving into a meal; such dishes include creamed chicken, eggs, and dried beef.

Fish shortcake

- 2 tablespoons chopped onion
- 2 tablespoons butter or margarine
- $\frac{1}{4}$ cup flour
- 2 cups hot milk
- $\frac{1}{3}$ cup grated cheese
- 1 $\frac{1}{2}$ cups flaked tuna, salmon, or other cooked fish
- $\frac{1}{4}$ teaspoon salt
- Pepper
- Hot biscuits or cornbread

Cook onion slowly in the fat until tender. Blend in the flour.

Add milk slowly, stirring constantly, and cook until thickened. Add cheese and fish.

Season with salt and pepper. Reheat, stirring occasionally.

Serve on hot biscuits or cornbread. 4 servings. $\frac{1}{2}$ cup milk per serving, plus almost $\frac{1}{4}$ cup milk value from cheese.

Fish potpie. Prepare fish mixture as above. Pour while hot into a greased baking dish, top with unbaked biscuits, and bake at 425° F. (hot oven) 35 to 45 minutes.

Cheese rarebit

2 tablespoons butter or margarine
1/4 cup flour
1/4 teaspoon salt
1/4 teaspoon powdered dry mustard
Few grains paprika
2 cups hot milk
3 cups shredded cheese
1 egg, beaten

Melt fat, blend in flour, salt, mustard, and paprika. Add to the hot milk and cook until thickened, stirring constantly.

Blend in the cheese. Remove from heat and add the egg. Reheat.

Serve on toast or cooked rice. 6 servings. Over 1/3 cup milk per serving plus about 1 1/3 cups milk value from cheese.

Creamed eggs

2 tablespoons butter or margarine
1/4 cup flour
2 cups hot milk
6 hard-cooked eggs, quartered
1/2 teaspoon salt
Pepper

Melt the fat and blend in flour. Add milk and cook over low heat, stirring constantly, until thickened. Add eggs, season. Heat and serve on toast.

If desired, add to the fat 2 teaspoons worcestershire sauce or grated onion or 1/4 to 1/2 teaspoon curry powder.

6 servings. 1/3 cup milk per serving.

With fish, poultry, meat. Use only 2 or 3 eggs, and add 1 to 2 cups flaked cooked fish, chopped cooked meat, or cooked poultry.

Egg, cheese, potato scallop

1 cup thin white sauce (p. 17)
1 tablespoon minced parsley
2 or 3 medium-size cooked potatoes, sliced
1 cup shredded cheese
4 to 6 hard-cooked eggs, sliced
Salt and pepper
Soft breadcrumbs

Combine white sauce and parsley.

Place alternate layers of potatoes, cheese, and eggs in a greased baking dish, sprinkling each layer lightly with salt and pepper. Add the white sauce. Top with breadcrumbs.

Bake at 375° F. (moderate oven) 15 to 20 minutes.

4 servings. 1/4 cup milk per serving, plus about 2/3 cup milk value in the cheese.

Scalloped ham with noodles

2 tablespoons cooking fat or oil
3 tablespoons flour
Salt to taste
3 cups hot milk
2 cups cooked noodles
3 cups ground cooked ham
1/2 cup dry breadcrumbs

Heat the fat or oil, blend in flour and salt; gradually add milk and cook until thickened, stirring constantly.

Make alternate layers of noodles and meat in a shallow baking dish, pour on the sauce, sprinkle breadcrumbs over the top. Bake at 375° F. (moderate oven) about 20 minutes.

6 servings. 1/2 cup milk per serving.

For variety. Use cooked beef in place of ham; or use macaroni in place of noodles.



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Egg, cheese, potato scallop.

Cheese fondue

- 4 eggs, well beaten
- 2 cups hot milk
- 2 cups soft breadcrumbs
- $\frac{1}{2}$ pound cheese, shredded (2 cups)
- $\frac{1}{4}$ teaspoon salt

Combine all the ingredients. Pour into a greased baking dish and bake at 350° F. (moderate oven) for about 40 minutes—or until set and lightly browned on top. Serve at once.

6 servings. $\frac{1}{3}$ cup milk per serving plus almost 1 cup milk value in the cheese.

Creamed dried beef with waffles or toast

- $\frac{1}{4}$ pound thinly sliced dried beef
- 2 tablespoons cooking fat or oil
- 3 tablespoons flour
- 3 cups hot milk
- Waffles or toast

Separate the beef into fairly small pieces and fry in the fat or oil until the meat curls slightly or is crisp.

Combine the flour with the meat, gradually add the milk, and cook until thickened, stirring constantly.

Serve hot on waffles or crisp toast. 6 servings. $\frac{1}{2}$ cup milk per serving.

Turkey-macaroni casserole

- 1/4 cups shell macaroni
- 2 cups boiling water
- 1/4 teaspoon salt
- 3 tablespoons butter or margarine
- 1/4 cup flour
- 1 teaspoon salt
- 1/4 teaspoon marjoram
- 2 cups hot milk
- 3 tablespoons chopped pimiento
- 1 1/4 cups diced cooked turkey
- 2/3 cup shredded cheese

Cook the macaroni in the boiling, salted water about 15 minutes. Drain and rinse.

Melt the fat and blend in flour and seasonings. Stir in the hot milk. Cook until thickened.

Combine the sauce, macaroni, pimiento, turkey, and 1/2 cup of the cheese.

Pour into a baking pan. Sprinkle remaining cheese on top. Bake at 350° F. (moderate oven) for 30 minutes.

6 servings. 1/3 cup milk per serving plus about 1/4 cup milk value from cheese.

Chicken soufflé

- 3 tablespoons chicken fat, butter, or margarine
- 6 tablespoons flour
- 1 1/2 cups hot milk
- 3/4 cup chicken broth
- 1/2 cup soft breadcrumbs
- 2 1/4 cups ground cooked chicken
- 2 tablespoons chopped parsley
- 1/2 teaspoon salt
- 3 eggs, separated

Melt the fat, blend in flour. Gradually add milk and broth and cook until thickened, stirring constantly.

Add the crumbs, chicken, parsley, and salt.

Beat egg yolks and add to chicken mixture. Beat egg whites until stiff and fold into mixture.

Pour into a greased baking dish, individual baking dishes, or custard cups, and set in a pan of hot water. Bake at 350° F. (moderate oven) for about 45 minutes or until set.

Serve the soufflé in the dish in which it is cooked. Or, if preferred, turn individual soufflés out onto a hot platter. A mushroom sauce may be served with the soufflé.

6 servings. 1/4 cup milk per serving.

For variety. Use cooked turkey, pork, or ham in place of chicken.

Fish baked in cheese sauce

- 2 tablespoons butter or margarine
- 3 tablespoons flour
- 3/4 teaspoon salt
- 1/8 teaspoon nutmeg
- 1/2 teaspoon powdered dry mustard
- 1 cup hot milk
- 3/4 teaspoon lemon juice
- 1/2 cup shredded cheese
- 2 pounds fish fillets (haddock, perch, or flounder)

Melt the fat and blend in flour, salt, nutmeg, and mustard. Stir in the milk, cook until thickened, stirring constantly.

Add lemon juice and cheese. Stir until cheese has melted.

Place fish fillets in greased baking pan or casserole. Cover with cheese sauce. Bake at 375° F. (moderate oven) for 45 minutes.

6 servings. 1/4 cup milk per serving plus about 1/4 cup milk value in the cheese.

Milk in sauces

Good cooks make smooth sauces and use them to give variety and added flavor to main dishes, vegetables, and desserts. A sauce made with milk has the advantage of doing its share toward getting more milk into meals.

For sauces combined with mild-flavored foods, use butter or margarine for added flavor. In recipes containing highly flavored foods or seasonings, a bland fat or oil is satisfactory for the sauce.

White sauce

Here are proportions of ingredients for standard white sauces, and for low-fat medium and thick white sauces.

	<i>Milk</i>	<i>Flour</i>	<i>Fat</i>	<i>Uses</i>
Thin	1 cup.	1 tablespoon.	1 tablespoon.	Cream soup; gravy; creamed and scalloped vegetables, eggs, fish, or meat.
Medium:				
Standard.	1 cup.	2 tablespoons.	2 tablespoons.	Gravy; creamed and scalloped vegetables, eggs, fish, meat.
Low-fat . .	1 cup.	2 tablespoons.	1 tablespoon.	
Thick:				
Standard.	1 cup.	3 to 4 tablespoons.	3 tablespoons.	Binder for croquettes; souffles.
Low-fat . .	1 cup.	3 to 4 tablespoons.	1½ to 2 table- spoons.	

To make: Melt fat and blend in the flour to make a smooth mixture. Add salt—about ¼ teaspoon for each cup of milk to be used.

Add milk slowly, and cook over low heat, stirring constantly, until thickened:

Sauce without fat. To make a white sauce with no fat use 1 to 4 tablespoons of flour for each cup of milk used. Add flour to milk in a jar or can. Add about ¼ teaspoon salt for each cup of milk. Cover tightly and shake until well blended and smooth. Pour mixture into a saucepan. Heat slowly, stirring constantly, until thickened.

Milk gravy. Make like thin or medium white sauce, using pan drippings for the fat.

Cheese sauce. Add 1 cup grated cheese to 1 cup hot white sauce—thin or medium. Stir until cheese is melted. Be careful not to overcook.

Egg sauce. Stir 2 chopped hard-cooked eggs and 2 tablespoons chopped parsley into 1½ cups hot white sauce—thin or medium.

Vanilla sauce. Add ⅓ cup sugar and ½ teaspoon vanilla to 1 cup hot thin white sauce. Stir until sugar is dissolved.

Onion sauce

- 1/2 cup chopped or thinly sliced onion
- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 1 cup milk
- Salt and pepper to taste

Cook onion in the fat until tender. Blend in the flour and gradually add the milk.

Cook over low heat, stirring constantly, until thickened. Season with salt and pepper.

Cook a few minutes longer, stirring occasionally. Makes 1 cup.

4 servings. About 1/4 cup milk per serving.

Peanut butter sauce for vegetables

- 2 teaspoons flour
- 1/4 cup peanut butter
- 1/2 teaspoon salt
- Pepper
- 1 cup milk

Blend flour and peanut butter until smooth. Add seasonings. Stir in the milk slowly.

Cook over low heat or boiling water until thickened, stirring constantly.

Serve on cooked cabbage, onions, or cauliflower. Makes about 1 cup.

4 servings. About 1/4 cup milk per serving.

Milk with vegetables

Many vegetables taste all the better when cooked with milk—creamed, scalloped, or in dishes like corn pudding.

Here are several recipes for vegetable and milk specials.

Corn pudding

- 2 eggs, beaten
- 1 cup soft breadcrumbs
- 2 tablespoons melted butter or margarine
- 2 cups milk
- 2 cups cooked, drained whole-kernel corn
- 1/2 teaspoon salt
- Pepper

Combine eggs, breadcrumbs, fat, milk, and corn. Season with salt and pepper.

Pour into a greased baking dish, and set in a pan of hot water and bake at 350° F. (moderate oven) 50 to 60 minutes or until set. Serve at once.

6 servings. 1/3 cup milk per serving.

5-Minute cabbage

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

Heat milk; add shredded cabbage and simmer for about 2 minutes. Mix flour with melted fat 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.

6 servings. 1/2 cup milk per serving.

Creamed onions and peanuts

1 tablespoon butter or margarine
1½ tablespoons flour
½ teaspoon salt
Pepper
1½ cups milk
2 cups cooked sliced onions
¾ cup finely chopped salted peanuts
¼ cup dry breadcrumbs mixed with 1 tablespoon melted butter or margarine

Melt fat; blend in flour, seasonings. Add milk and cook over low heat, stirring constantly, until thickened.

Place alternate layers of onions, peanuts, and sauce in a baking dish. Sprinkle crumbs over top. Brown at 400° F. (hot oven) about 20 minutes.

4 servings. Over ⅓ cup milk per serving.

For variety. Serve as a creamed dish, omitting the crumbs, and heating over low heat or boiling water.

Milk in hot breads

Don't overlook hot breads when planning to get more milk into meals. Some recipes call for a good deal of milk . . . these, for example:

Oatmeal griddlecakes

2 cups quick-cooking oats, uncooked
2 cups hot milk
⅓ cup sifted flour
2½ teaspoons baking powder
1 teaspoon salt
2 eggs, separated
¼ cup melted cooking fat or oil

Stir the oats into the hot milk. Cool.

Sift together flour, baking powder, and salt.

Beat egg yolks and add to oat mixture. Add fat or oil and stir in dry ingredients. Beat egg whites stiff, and fold into mixture.

Drop the batter by spoonfuls on a hot greased griddle. When the surface is covered with bubbles, turn and brown on the other side. Oatmeal griddlecakes take longer to brown than plain griddlecakes.

4 servings. ½ cup milk per serving.

Waffles

2¼ cups sifted flour
2¼ teaspoons baking powder
¾ teaspoon salt
1½ tablespoons sugar
3 eggs, separated
1½ cups milk
3 tablespoons melted cooking fat or oil

Sift dry ingredients together. Beat the egg yolks and whites separately.

Combine egg yolks, milk, and melted fat or oil. Mix with the dry ingredients, stirring only until batter is smooth.

Beat egg whites until stiff but not dry and fold into the batter. Bake in hot waffle baker.

Makes 6 waffles. ¼ cup milk per serving.

Spoonbread

- 3 cups milk
- 1 cup cornmeal
- 1½ teaspoons salt
- 2 tablespoons butter or margarine
- 3 eggs, beaten

Combine the milk, cornmeal, salt, and fat. Cook over boiling water,

stirring constantly, until thickened. Gradually add cornmeal mixture to beaten eggs.

Pour into a greased baking dish and bake at 375° F. (moderate oven) for 45 to 60 minutes or until set. Serve at once.

6 servings. ½ cup milk per serving.

Milk in desserts

Desserts bring milk to the table in unlimited ways. Cream pies—chocolate, butterscotch, and others—and pumpkin and custard pies belong on the list. Also milk sherbets, and custards baked or soft, puddings—bread, cornstarch, junket, rice—and Bavarian creams.

Banana pudding

- 4 cups milk
- ½ cup sugar
- ⅛ teaspoon salt
- 4 eggs, separated
- 1 teaspoon vanilla
- Vanilla wafers or other cookies
- Bananas

Heat the milk, sugar, and salt in a double boiler. Beat the egg yolks slightly, and slowly add some of the heated milk.

Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once from the heat, place the pan in a bowl of cold water, and stir the custard occasionally as it cools. Add the vanilla.

In the bottom of a greased 2-quart baking dish, put a layer of vanilla wafers or cookies, slice over them a layer of banana, and add some of the custard. Repeat until the dish is about three-quarters full.

Make a meringue of the whites of the eggs, using 2 tablespoons of sugar for each egg white. (See meringue

recipe, page 22.) Spread over the pudding and bake for about 12 minutes at 350° F. (moderate oven) until lightly browned. Chill the pudding before serving.

6 servings. ⅔ cup milk per serving.

Honey bread pudding

- 1⅔ cups bread cubes
- ¼ cup liquid honey
- 2 tablespoons butter or margarine
- ⅛ teaspoon salt
- 2 eggs, beaten
- ½ teaspoon vanilla
- 1⅔ cups hot milk

Place the bread cubes in a small baking dish. Combine the honey, fat, 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° F. (moderate oven) for 30 to 40 minutes or until pudding is set.

4 servings. Almost ½ cup milk per serving.

Soft custard

1/4 cup sugar
1/4 teaspoon salt
3 eggs, beaten
3 cups hot milk
1 teaspoon vanilla
Cinnamon or nutmeg

Add sugar and salt to beaten eggs. Gradually add the milk to the egg mixture.

Cook over hot, not boiling, water and stir constantly until the mixture coats the spoon.

Remove from the hot water at once. Strain. Cool; add the vanilla and

sprinkle a little cinnamon or nutmeg on each serving.

6 servings. 1/2 cup milk per serving.

As a sauce. For thinner custard to serve as a sauce, follow the recipe, using 2 eggs or 4 egg yolks instead of 3 eggs. Good with many kinds of fruit, gelatin desserts, cakes, and puddings.

Floating island

Use the soft custard recipe above. Top with meringue. (See meringue recipe, page 22.)



Floating island.

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Meringue

- 2 egg whites
- ¼ teaspoon salt
- ¼ cup sugar

Beat egg whites with salt until stiff. Beat in sugar slowly until smooth and glossy.

To bake on pie. Spread meringue over slightly cooled filling in a baked pastry shell. Bake at 350° F. (moderate oven) for about 12 minutes or until meringue is set and browned.

For topping desserts. Pile meringue lightly on a greased baking sheet in 6 large or 12 small mounds. Bake at 350° F. (moderate oven) for 10 to 15 minutes or until set and browned. Place on dessert, hot or cold.

Another way to cook the meringue is to drop mounds of it on simmering water, cover, and cook for 10 to 15 minutes or until set. Remove from the water immediately.

Apple custard

- 1 cup canned apple slices, drained
- 3 tablespoons sugar
- ¼ teaspoon salt
- 2 eggs, beaten
- 1½ cups hot milk
- Nutmeg

Arrange apples in bottom of four custard cups. Combine sugar, salt, and eggs. Add milk slowly. Pour over apples, sprinkle with nutmeg.

Set cups in a pan of hot water. Bake at 350° F. (moderate oven) for 30 to 40 minutes, or until custard is set.

4 servings. Over ⅓ cup milk per serving.

Sweetpotato custard

- ¼ cup sugar
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 1 teaspoon grated orange rind
- 1¾ cups milk
- 2 eggs, beaten
- 2½ cups finely shredded raw sweetpotato (shred just before using)
- 1 tablespoon melted butter or margarine

Add sugar, salt, nutmeg, orange rind, and milk to the eggs. Mix thoroughly. Add sweetpotato and fat.

Pour into greased custard cups and set in a pan of hot water. Bake at 350° F. (moderate oven) for about 30 minutes or until set.

6 servings. Over ¼ cup milk per serving.

Lemon sponge pudding

- ¾ cup sugar
- ¼ cup flour
- ⅛ teaspoon salt
- 1 tablespoon melted butter or margarine
- ¼ cup lemon juice
- ½ teaspoon grated lemon rind
- 2 eggs, separated
- 1½ cups milk

Mix together sugar and flour. Add salt, fat, lemon juice, and lemon rind.

Beat egg yolks and add milk. Combine with sugar mixture. Beat egg whites until stiff but not dry, and fold into the mixture.

Pour into greased custard cups or a baking dish, and set in a pan of hot water. Bake at 350° F. (moderate oven) for 40 to 45 minutes.

6 servings. ¼ cup milk per serving.

Cream pie with fruit

3/4 cup sugar
6 tablespoons flour
1/4 teaspoon salt
2 cups milk
2 eggs, slightly beaten
2 tablespoons butter or margarine
1/2 teaspoon vanilla, or 1/4 teaspoon almond extract
9-inch baked pastry shell
1 cup heavy cream, whipped
Sliced peaches

Mix dry ingredients with a little of the milk. Add rest of milk. Cook over boiling water, stirring until thick. Cover and cook 15 minutes longer, stirring occasionally.

Add a little of the hot mixture to eggs. Blend slowly into remaining hot mixture and cook a few minutes longer. Remove from heat. Add the fat and vanilla or almond extract. Chill.

Pour into cool baked shell. Chill. Just before serving, garnish with sweetened whipped cream and slices of fresh peaches or other fresh fruit in season.

This rich cream pie with whipped cream and fresh fruit topping is a perfect finish for a light salad meal.

If preferred, a topping of meringue may be baked on the pie filling, replacing the whipped cream and fruit. If using meringue, pour the hot filling into the baked pastry shell, cool slightly, top with meringue. (See recipe for meringue for baking on pie, page 22.) Bake at 350° F. (moderate oven) for about 12 minutes or until meringue is set and browned.

6 servings. 1/3 cup milk per serving.

Banana cream pie. Slice 2 bananas into the pie shell before adding the filling.

Coconut cream pie. Add 1/2 cup shredded or flaked coconut to cream filling; turn into a baked pie shell. Top with meringue and sprinkle with coconut. Bake as for cream pie.

Chocolate cream pie. Make filling as for cream pie, adding 1/2 cup milk, 1/4 cup sugar, and 2 1/2 squares chocolate. Melt chocolate in milk. Top with meringue and bake, or serve plain or with whipped cream.

Orange-coconut pudding

1 1/3 tablespoons unflavored gelatin
1/4 cup orange juice
2 eggs
2 tablespoons cornstarch
1 cup sugar
2 cups hot milk
1/4 cup cottage cheese
1 tablespoon lemon juice
1/4 teaspoon grated lemon rind
3/4 teaspoon vanilla
1/4 cup shredded or flaked coconut

Soak the gelatin in the orange juice. Beat eggs, cornstarch, and sugar until well blended.

Gradually add hot milk to the egg mixture. Cook over hot water until thickened.

Remove from heat and stir gelatin into the hot custard mixture. Cool.

Beat cottage cheese, lemon juice and rind, vanilla, and coconut until blended. Stir into custard and mix well.

Pour into molds. Chill until firm. May be garnished with orange sections, if desired.

6 servings. 1/3 cup milk per serving.

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Prepared by
Institute of Home Economics
Agricultural Research Service
U. S. Department of Agriculture
 Washington, D. C. Issued May 1957

This publication supersedes Home and Garden Bulletin No. 47, "Do You Get Enough Milk?"