

Do you give your family sweet surprises? / Good Housekeeping Institute.

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Milk Recipes No. 1

Recipes compiled by the Good Housekeeping Institute



Do you give
your family
sweet
surprises?

HERE ARE SEVERAL simple recipes that will make small (and large) mouths water! They have as their basic ingredient—milk—and when you use milk you can't go wrong as far as diet's concerned. Besides — it's something that nearly every cook has at hand. A bottle of milk is full of bright ideas. So take that extra pint today and try out some of these delicious surprises on your family.



Honeycomb Mould (Serves 4)

2 large eggs; 1 pint milk; 1½ oz. sugar; vanilla essence; ½ oz. powdered gelatine; 2 tablespoons water.

Separate yolks and egg whites. Make custard with yolks, milk, sugar. Flavour with vanilla essence. Dissolve gelatine in water and add to custard. Whisk egg whites stiffly and fold it lightly into cooled custard mixture. Pour into glass dish and leave to set. Serve with chocolate sauce or cream.

Coffee Cream (Serves 4)

½ pint milk; 2 eggs; 1½ oz. sugar; ¼ oz. gelatine; 2 tablespoons water; vanilla essence (few drops); 1 dessertspoon coffee essence; ¼ pint cream; chopped nuts or cherries.

Heat milk and pour onto beaten eggs and sugar, stirring meanwhile. Cook until thick but do not allow to boil. Cool. Dissolve gelatine in water over gentle heat and add it with vanilla and coffee essence to custard. Half whip cream and fold into cool mixture. Pour into glasses or mould and leave to set. Decorate with cherries and nuts. (N.B.—if poured into mould add further ¼ oz. gelatine.)



Sago Cream (Serves 4)

1 pint milk; 2 oz. sago or seed tapioca; 2 oz. sugar; few drops vanilla essence; $\frac{1}{4}$ pint cream; 2 oz. ratafia biscuits; 2 tablespns. sherry.

Put milk to heat in double pan. Add sago and cook until tender. Add sugar and vanilla, then cool. Whip cream and add to sago. Put a few of the biscuits in bottom of glass dish. Pour on sherry. Then pour in sago mixture. Serve decorated with almonds and ratafia biscuits.



Banana Junket (Serves 4)

3 bananas; 1 pint milk; 1 dessertspn. sugar; rennet; 1 oz. plain chocolate.

Slice bananas and put into glass dish. Heat milk to blood heat. Stir in sugar and add rennet according to directions on bottle. Pour onto bananas and leave in warm place to set. Serve decorated with grated chocolate and — on special occasions — whipped cream.

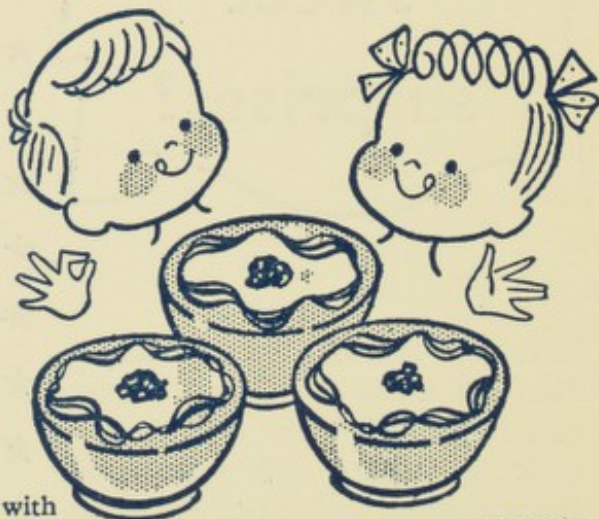
Chocolate Semolina Whip

(Serves 4)

2 oz. grated chocolate; 1 pint milk; $1\frac{1}{2}$ oz. fine semolina; $\frac{1}{2}$ oz. sugar; vanilla essence.

Dissolve the chocolate in the milk and bring to boil. Sprinkle in semolina and cook stirring well, for 7-10 minutes until thick. Remove from heat, add sugar and a few drops of essence. Turn into basin and whisk until cold. Serve in individual glass dishes. Decorate with nuts and a little whipped cream if you have some by.

MILK JELLY. Don't just make a jelly—make it with milk and double its food value. Dissolve the jelly in a little water. Leave until quite cool. Make up to 1 pint with boiling milk. Mix well. Pour into wetted mould, and leave to set.



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You'll cook a lot better if you use more

