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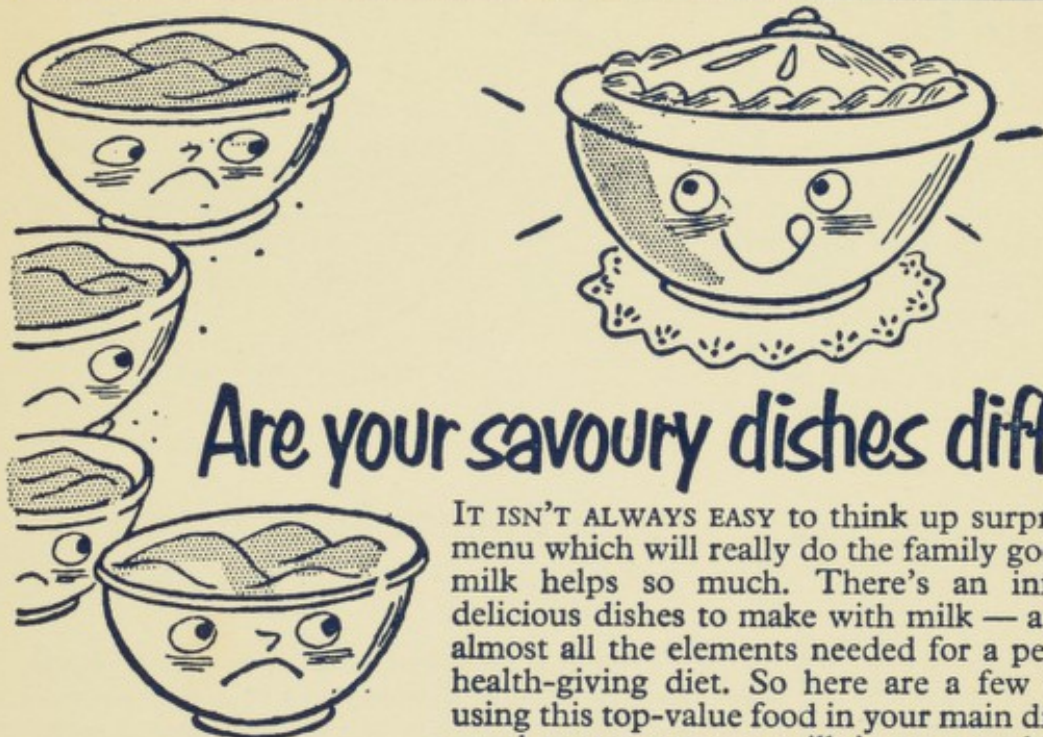
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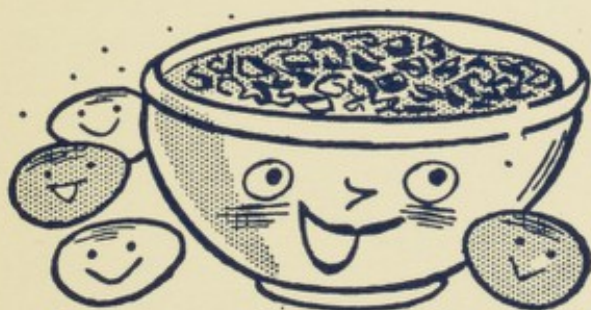
Milk Recipes No.2

Recipes compiled by the
Good Housekeeping Institute



Are your savoury dishes different?

IT ISN'T ALWAYS EASY to think up surprise items for the menu which will really do the family good. That's where milk helps so much. There's an infinite variety of delicious dishes to make with milk — and milk contains almost all the elements needed for a perfectly balanced, health-giving diet. So here are a few simple ideas for using this top-value food in your main dishes. Remember — whenever you use milk in your cooking, you're doing the family a load of good.



Fricassee of Eggs (Serves 4)

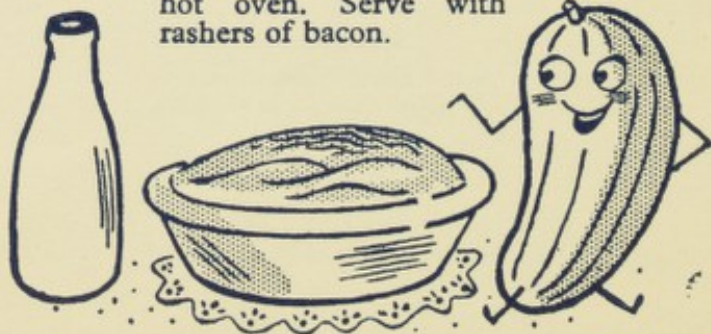
Spinach purée; 4 hard-boiled eggs; 1 oz. margarine; 1 oz. flour; ½ pint milk; seasoning; bacon; bread crumbs.

Put spinach into fireproof dish. Halve eggs and put on spinach. Heat through in oven. Melt fat in pan, add the flour and then gradually add the milk until it becomes a good coating sauce. Pour sauce over eggs and spinach; sprinkle with crumbs and return to the oven for a few minutes to brown the crumbs. Serve garnished with rolled rashers of bacon.

Cauliflower or Marrow Au Gratin (Serves 4)

1 medium sized marrow or cauliflower; 1 oz. butter; 1 oz. flour; 1 pint milk; 4 oz. grated cheese; seasoning; rashers of bacon.

Prepare the marrow or cauliflower and cook in boiling salted water until tender. Melt the butter in a pan and stir in the flour. Slowly add the milk and boil for 6 mins. stirring all the time. Add $\frac{3}{4}$ of the cheese and season. Place the drained marrow or cauliflower in a pie dish. Pour the sauce over it and sprinkle remainder of cheese on top. Brown under grill or in hot oven. Serve with rashers of bacon.

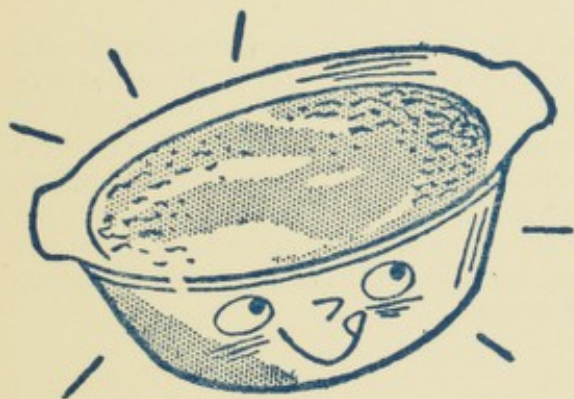
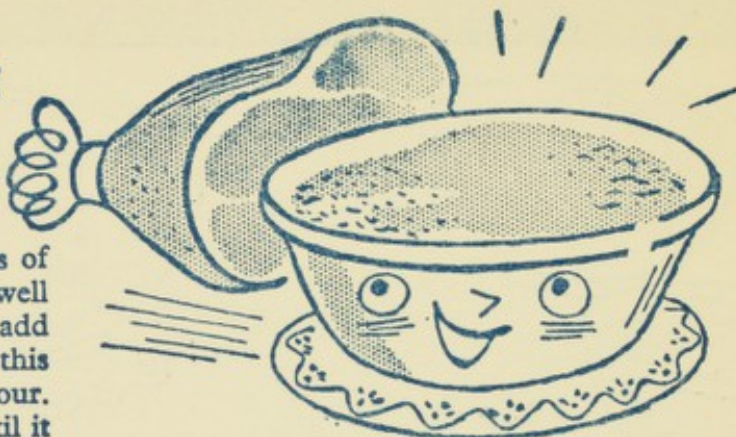


Minced Ham Pudding

(Serves 4)

6 slices of thin bread and butter; 6 oz. minced ham; 2 eggs; 3/4 pint milk; mushrooms; tomatoes; seasoning.

Grease pie dish and put in the layers of bread and butter. Sprinkle each layer well with minced ham. Beat up the eggs and add to the milk with the seasoning. Pour this over the bread and leave to stand for 1 hour. Bake in a moderate oven for 1 hour until it has set. Serve with baked tomatoes and mushrooms.



Mock Cheese Soufflé (Serves 2-3)

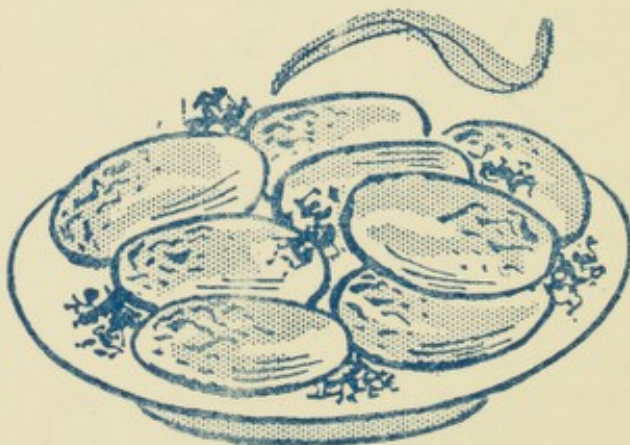
3/4 pint milk; 2 oz. bread crumbs; seasoning; 2 eggs; 1/4 teaspoon made mustard; 4 oz. grated cheese.

Heat the milk and pour it over the bread crumbs. Season well and add beaten egg yolks and mustard. Mix in half of the grated cheese. Whisk the egg whites until they are stiff and fold them into the mixture. Pour into a greased pie dish. Sprinkle with grated cheese and bake in a moderately hot oven until brown — for about 30 minutes.

Egg and Rice Cutlets (Serves 4)

1/2 pint milk; 2 hard-boiled eggs; 1 tablespoon white bread crumbs; 2 oz. boiled carolina rice; grating of nutmeg or cayenne pepper; 1 oz. flour; 1 oz. butter; 1/4 teaspoon chopped parsley; salt and pepper, tomato chutney or sauce; egg and bread crumbs for frying.

Melt butter. Add flour and cook for a few seconds. Add milk, stir and boil for five minutes. Add the rice, chopped egg, seasonings, bread crumbs and parsley. Mix well together. Spread on a floured plate and allow to get quite cool. When it is cold, divide into even pieces and shape into cutlets. Coat in egg and bread crumbs. Fry in hot fat from which a faint blue smoke is rising. Drain well and serve hot with tomato chutney or sauce.



You'll cook a lot better if you use more

