

Are your soups exciting? / Good Housekeeping Institute.

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Milk Recipes No.3 Recipes compiled by the Good Housekeeping Institute

Are your
Soups
exciting?



HAVE A TASTY SOUP—there's a meal in itself. *But* — make the soup with milk and the food value is doubled. Soups are so warming and so various too : you can be sure to find a flavour that the family like. Milk contains almost all the elements needed for a perfect diet. So choose a milky soup and make sure of giving the family all the nourishment they need and all the variety they like.



Cream of Vegetable Soup

(Serves 4)

1 oz. margarine; 1 oz. flour; 1 pint milk; ½ pint mixed vegetable purée; seasoning; chopped parsley.

Melt fat in pan and add flour. Mix to smooth sauce with milk. Add purée and boil for few minutes to cook flour. Season and serve at once sprinkled with parsley.



Fish Chowder

(Makes main course for 4)

1 large onion; ½ oz. margarine; ¼ pint boiling water; 3 medium sized potatoes; ½ lb. cod fillet; 1 pint milk; 1-2 oz. grated cheese; seasoning.

Slice onion and cook in melted fat until tender. Toss frequently to prevent browning. Add water, sliced potatoes and seasoning. Simmer gently until potatoes are half cooked, then add diced fish. Add milk and continue cooking until fish and potatoes are cooked. Stir in grated cheese and serve at once.

Lentil Soup

(Serves 6-8)

4 oz. lentils; onion and carrot; bunch mixed herbs; 1 pint stock; 1 pint milk; seasoning; ½ oz. cornflour.

Wash lentils and dice vegetables. Tie herbs in piece of muslin. Put into pan with stock and seasoning and simmer gently until lentils are quite tender (1 hour approx.). Sieve and return to pan with milk. Bring to boil; pour on to cornflour mixed to smooth paste with cold milk. Return to pan and continue stirring whilst soup comes to boil. Re-season if necessary and serve with fried croutons of bread.

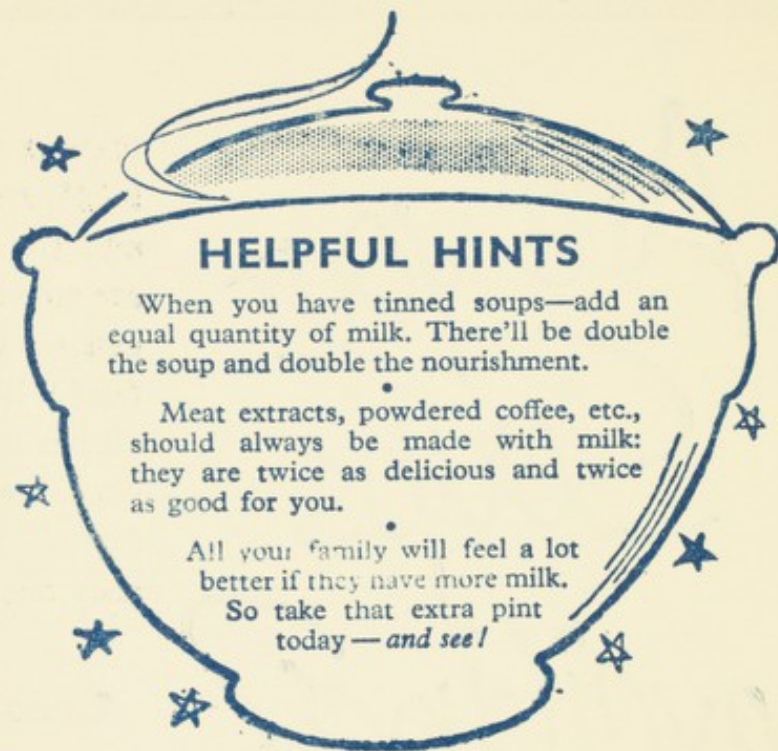


Almond Soup

(Serves 4)

2 oz. ground almonds; 1 tablespoon bread crumbs; ½ oz. butter; ½ oz. flour; ¼ pint good white stock; ¼ pint milk; seasoning; top of milk.

Mix almonds and bread crumbs with ¼ pint of milk. Simmer for few minutes until soft. Rub through sieve. Melt butter in pan; add flour and almond pulp and mix to smooth liquid with stock and remaining milk. Season and boil for 5 minutes. Cool slightly; add top of milk and re-heat without boiling.



HELPFUL HINTS

When you have tinned soups—add an equal quantity of milk. There'll be double the soup and double the nourishment.

Meat extracts, powdered coffee, etc., should always be made with milk: they are twice as delicious and twice as good for you.

All your family will feel a lot better if they have more milk.

So take that extra pint today — *and see!*

Milk and Macaroni Soup

(Serves 7-8)

2 onions; 1 oz. butter; 1 pint white stock or water; 1 pint milk; 2 oz. macaroni or curled vermicelli; 1 lb. potatoes; finely chopped parsley; pepper and salt; little nutmeg.

Peel and slice onions. Melt butter in aluminium or enamel saucepan. Add onions, sliced potatoes, pepper and salt, and little grated nutmeg. Stir until butter is absorbed, then pour on stock or water and boil until potatoes are cooked. This takes about 20 mins. to ½ hr. Pass through coarse sieve, return to saucepan, add milk and tiny piece of butter — size of hazel nut. Bring to boil. Meanwhile, macaroni should be cooked in salted water, strained and placed in bottom of soup tureen with chopped parsley and potato soup poured over.

You'll cook a lot better if you use more

