

Do your dinner dishes make family news? / Good Housekeeping Institute.

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Milk Recipes No.4

Recipes compiled by the
Good Housekeeping Institute



Plaice and Mushroom Casserole

(Serves 4)

6 fillets plaice; seasoning and lemon juice; 4 oz. mushrooms; 2 oz. margarine; 2 oz. flour; 1 pint milk; 1 tablespn. chopped parsley; seasoning.

Sprinkle fillets with seasoning and lemon juice and roll them up. Put into greased casserole with the chopped mushrooms. Make a parsley sauce by melting the fat and adding flour—then gradually add milk. Season well and add the chopped parsley. Pour over the fish. Bake in a moderately hot oven (375°F.) for 30-35 minutes.



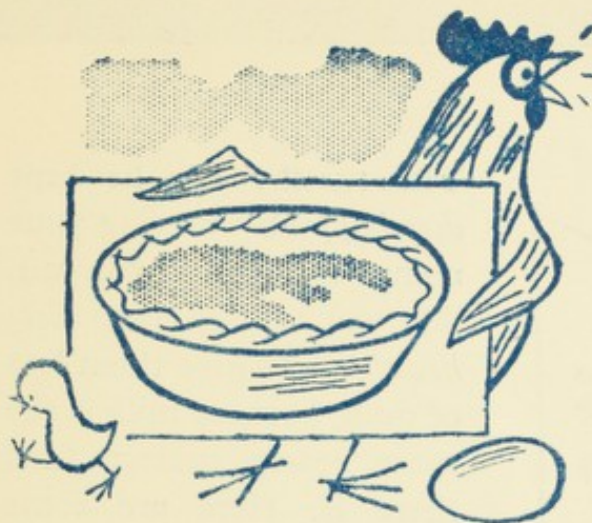
THE FAMILY can be kept *diet-happy* by varying your menus as much as you can. The way to keep them *diet-healthy* is to give them lots of milk, because milk is the most nearly perfect food there is. Here are some simple ideas that may help. They all incorporate milk—so that when you make them you can be sure you're giving the family almost all the elements needed for a perfectly balanced diet.



Macaroni Cheese (Serves 4)

2 oz. macaroni; 1 oz. butter; 1 oz. flour; 1 pint milk; little mustard; seasoning; 4 oz. grated cheese.

Cook macaroni in fast boiling salted water. Melt butter in a pan. Add flour and mix well. Stir in the milk a little at a time and boil for 6 mins. stirring well. Season and add $\frac{3}{4}$ of cheese and the well-drained macaroni. Put the mixture in pie dish; sprinkle the top with grated cheese and brown under the grill or in hot oven.



Savoury Egg Flan

(Serves 4)

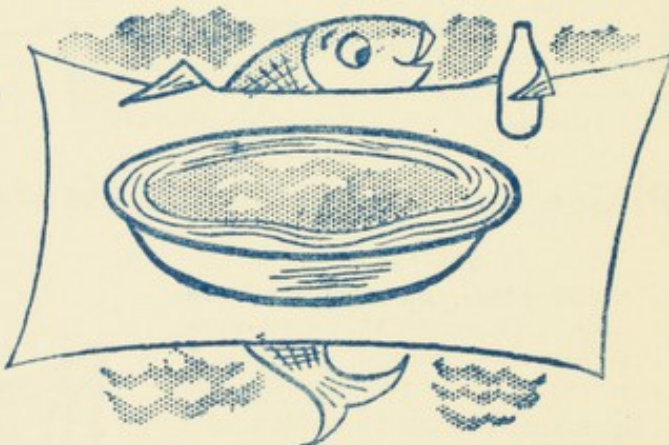
6 oz. short crust pastry; $\frac{1}{2}$ pint milk; 2 eggs;
2 oz. grated cheese; $\frac{1}{2}$ lb. tomatoes; seasoning.

Line a flan ring or sandwich tin with the pastry. Heat the milk to blood heat, then pour it on the beaten eggs. Season well and add the grated cheese to the mixture. Slice the peeled tomatoes, seasoned well, and arrange in layers in the flan ring. Pour the milk/cheese mixture into tin and bake in hot oven (425°F.) for about 10 mins. Reduce the heat to 300°F. and cook until set. About 30 minutes.

Salmon Cream Ring (Serves 4)

1 tin salmon; 1 tomato; 1 oz. margarine;
1 oz. flour; $\frac{1}{2}$ pint milk; seasoning; 2
tablespoons of cream; 4 oz. spaghetti;
tomato for garnish.

Flake salmon and mix with chopped peeled tomato. Melt margarine in pan. Add flour, then gradually add milk. Boil well and season. Add flaked fish, cream and mix well. Cook spaghetti and arrange in ring on dish. Pile fish mixture in this. Served garnished with tomato rings.



Tripe and Leeks (Serves 4)

4-6 leeks; 1 lb. tripe; $\frac{1}{2}$ pint stock or
water; $\frac{1}{2}$ pint milk; seasoning; $1\frac{1}{2}$ oz.
flour; parsley; bunch of herbs.

Wash leeks carefully removing any sand and grit. Slice in half and cut into 2-inch lengths. Prepare the tripe by cutting into small pieces. Put in pan with leeks and about $\frac{1}{2}$ pint of liquid, seasoning and bag of herbs. Cover and simmer gently for 2 hours or until tripe is tender. Remove the herbs. Blend flour with rest of cold liquid and add it to the tripe, stirring well. Cook for 2-3 minutes. Re-season if necessary and serve in deep dish sprinkled with parsley.



MPC30/4

You'll cook a lot better if you use more

