

Elevenses : time for a quick "food-drink" / Good Housekeeping Institute.

Contributors

Good Housekeeping Institute (Great Britain)
National Milk Publicity Council (Great Britain)

Publication/Creation

[Place of publication not identified] : National Milk Publicity Council, [between 1960 and 1969]

Persistent URL

<https://wellcomecollection.org/works/w98b95qx>

License and attribution

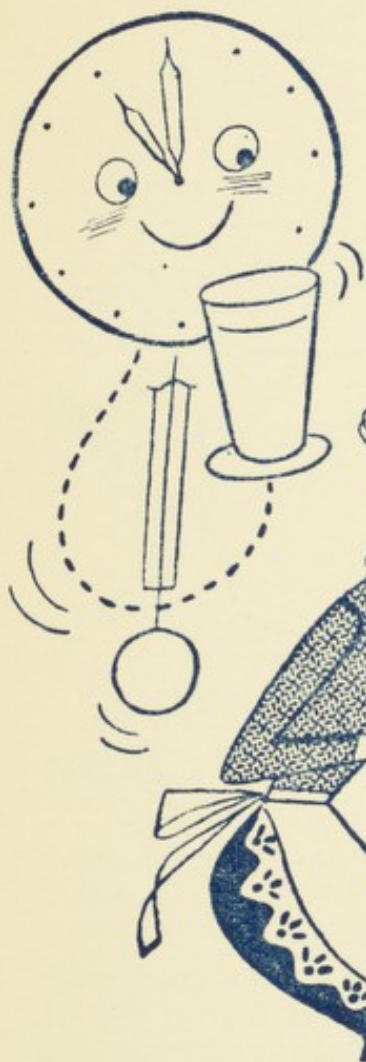
Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Milk Recipes No.5

Recipes compiled by the
Good Housekeeping Institute



ELEVENENSES

Time for a quick "Food-Drink"

HERE ARE SOME DRINKS that are snacks in themselves. When you pause for a "quick one" at eleven—or when you want something different, digestible and delicious for late supper—or when, perhaps, there's no time for cooking and something quick and full of nourishment is required: those are the times for one of these drinks. They're all made with milk so that you can be sure that *nourishingly speaking* they're the ideal pick-me-up.

Even in winter you sometimes feel like drinking something cool and refreshing, especially if you've been doing one of those "steamy" kitchen chores.

Black Currant Milk

*½ pint cold milk; 1 tablespoon
black-currant syrup.*

Pour the milk into a glass and slowly stir in the black-currant syrup. Serve cold.



Iced Coffee

*1 dessertspoon coffee essence;
½ pint milk; ice-cream.*

Add 1 dessertspoonful of coffee essence to the cold milk and sweeten if necessary. Put into 'fridge' or cool place until required. Just before you serve it, add a tablespoon of ice-cream. **Stir well.**

Hot Drinks

*For every day or
special occasions*



Egg Flip

1 egg, separated; 1 tea-spoon sugar; 1 cup milk; little brandy, rum, sherry or vanilla.

Beat the egg yolk and sugar together. Pour on to hot milk. Add any of the flavourings and pour on to stiffly beaten egg white. Serve in long glass. If you use vanilla, grate a little nutmeg on the top.

Chocolate Whisk

½ pint milk; 1 table-spoon chocolate powder; 1 egg white.

This is an easy one for any time of day. Put the milk to heat until nearly boiling. Add chocolate powder and bring to the boil. Whisk the egg white until stiff and fold into chocolate just before serving.

Honey Chocolate Cream

(Enough for 2-3).

1 tablespoon cocoa; 1 table-spoon honey; 1 pint milk; 2 tablespoons whipped cream.

Here's a drink that's rather rich. But of course, you can leave out the cream for "everyday". Blend the cocoa and honey with a little cold milk. Put rest of milk to boil. Pour boiling milk over cocoa/honey mixture. Put back in pan and reboil for a minute or two whisking thoroughly. Remove from heat, pour into glasses and top with whipped cream.

You'll cook a lot better if you use more

