

Do your sweets live up to their name? / Good Housekeeping Institute.

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Milk Recipes No.6

Recipes compiled by the
Good Housekeeping Institute

ONE OF THE SECRETS of any cook's success lies in variation. Have a delicious *surprise* in every meal. Choose dishes that taste good and don't give you too much trouble. Find ingredients which are full of nourishment too. Not too easy? On the contrary! Very easy indeed if you remember that milk contains almost all the elements needed to make a perfect diet. And milk is the basic ingredient of a thousand and one of the sweetest sweets. Here are a few simple suggestions.

Do your
sweets live
up to their
name?



Cabinet Pudding (Serves 4)

Glacé cherries; 3 eggs; 1½ oz. castor sugar; ¾ pint milk; vanilla essence; 4 small sponge cakes.

Grease a plain tin mould and line bottom with round of greased paper. Decorate with halved cherries. Beat eggs, sugar, vanilla essence and add the milk. Cut sponge cake into small dice and put in tin, strain mixture over the sponge and allow to stand for 20 mins. Cover with greased paper and steam gently for 1 hour until set. Turn out and serve with jam or sherry sauce.

Lemon Rice (Serves 4)

2 oz. rice; 1 pint milk; 1 lemon; 2 oz. sugar; 2 eggs; jam.

Cook rice in milk with strip of lemon rind, till thick and creamy. Add sugar and egg yolks. Put jam in bottom of a pie dish, put in rice and leave to set in moderately hot oven for 30-40 minutes. Whisk egg whites and pile on top. Sprinkle with sugar and bake in cool oven until crisp.

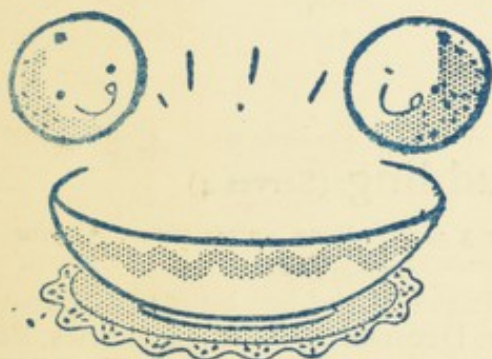


Jam Pancakes

(Makes about 8 pancakes)

4 oz. flour; 1 egg; $\frac{1}{2}$ pint milk;
 $\frac{1}{4}$ teaspoon salt; lard; jam.

Sieve flour and salt into bowl. Make well in centre. Drop in beaten egg and add milk by degrees. Mix to smooth batter, using wooden spoon and gradually drawing in flour from sides. Beat air into batter for 5-10 minutes. Melt little lard in frying pan until just smoking; run fat round pan and pour off any surplus. Pour in enough batter to thinly cover bottom of pan and cook quickly until pancake is golden brown underneath. Toss or turn and cook on other side. Turn out on sugared paper. Place hot jam in centre and roll up. Serve at once.



Orange Delight (Serves 4)

4 oz. castor sugar; 2 oz. margarine; 2 eggs; 2 oz. flour; 2 oranges;
 $\frac{1}{2}$ pint milk.

Cream together fat and sugar and beat in finely grated orange rinds and juice. Beat in egg yolks, then gradually the milk and flour alternately. Whisk egg whites until quite stiff and fold into mixture. Pour into greased fireproof dish and stand in pan of water. Bake in moderately hot oven 30-40 minutes.



Helpful hints

- ★ If you have stale bread or rolls coat them with milk (using a pastry brush) and pop them into the oven until they are warmed through and crisp on the outside.
- ★ Before you put your shepherd's pie, fish pies or anything covered in mashed potato, in the oven, give the potato a coating of milk. It adds a professional glaze to the dish.
- ★ Covered tarts or pies too should be coated lightly with milk.
- ★ Milk is an enormous help to the cook. Be sure you take full advantage of it. Take that extra pint today — *and see!*

MPC30/6

You'll cook a lot better if you use more

