

5 minute recipes / by Mary Blake.

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5 minute recipes

by Mary Blake

Soups

Dressings and Sauces

Desserts

Recipes

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JUST PURE MILK,
evaporated to
double richness;
kept safe by steril-
ization.

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Creamed Ham Gravy

Fry ham until done, remove from skillet, pour in Car-
nation Milk stirring until well mixed and hot.

Vegetables



Good for One Copy of
MARY BLAKE'S COOK BOOK

THIS coupon entitles you to one copy of Mary Blake's Cook Book which contains 100 carefully tested recipes. Cut out this coupon and mail to CARNATION MILK PRODUCTS COMPANY, LTD., Aylmer, Ontario.

Name

Street

City and Province

Dressings and Sauces

Soups

Desserts

Time Saving Recipes

When "hubby" telephones at the last minute that he is just starting home and is bringing a friend to dinner, the thoughtful housewife refuses to get flustered for she is prepared for just such an emergency.

She merely turns to that treasured envelope of recipes that can be prepared in a jiffy and selects one that will add just the right touch to the meal that is ready to be put on the table the minute the children cry—"Here's daddy."

Perhaps *you* keep such an envelope. If you do, add to it this little collection of 5 minute recipes. They have saved the day many a time and turned an ordinary meal into a triumph.

You can make them all quickly, easily and economically with Carnation Milk. For quick recipes Carnation is just wonderful, for it is pure milk concentrated to double richness by the evaporation of a portion of the natural water content—then sterilized in a hermetically sealed package. And with it you are always prepared for any emergency. The household which always has Carnation Milk on the pantry shelf never runs out of milk.

NOTE: As a general rule for cooking, simply dilute Carnation with a little more than equal volume of water. For coffee use Carnation in its full richness just as it comes from the container.

Creamed Ham Gravy

Fry ham until done, remove from skillet, pour in Carnation Milk stirring until well mixed and hot.

Vegetables

Cream of Tomato Soup

1 can tomato soup 1 cup Carnation Milk

Heat milk (do not boil). Stir in slowly, can of condensed tomato soup. This makes a very thick delicious soup. Thinner soup can be had by adding water.

Cream of Potato Soup

3 potatoes 2 tsp. salt
 $\frac{1}{8}$ tsp. pepper $\frac{1}{8}$ tsp. onion salt
 $\frac{1}{8}$ tsp. celery salt 2 cups Carnation Milk

Peel and slice potatoes and cover with hot water. Cook until soft and mash in remaining water. Add salt, pepper, onion salt, celery salt and Carnation Milk. Stir until heated, but do not boil.

Clam Soup

1 can minced clams $\frac{1}{8}$ tsp. pepper
1 tsp. salt 1 cup Carnation Milk
2 cups water

Heat Carnation Milk and water. Add clams and nectar. Heat to boiling point, add salt and pepper. Serve with crackers.

Oyster Stew

1 pint oysters 1 cup Carnation Milk
2 tbsp. butter 2 cups water
 $\frac{1}{2}$ tsp. salt Pepper

Clean oysters and cook until edges curl, drain, add butter and seasoning to scalded milk diluted with water. Add oysters and serve.

Soups

Dressings and Sauces

Desserts

Creamed Chipped Beef

$\frac{1}{4}$ lb. chipped beef $1\frac{1}{2}$ cups white
 $\frac{1}{8}$ tsp. pepper sauce No. 1

Freshen chipped beef in boiling water if it seems too salty. Add to hot white sauce (see recipe under sauces); season with pepper and serve with toast points.

Creamed Salmon

2 cups salmon 2 cups white sauce No. 1

Cut the salmon into fine pieces, add to hot white sauce (see recipe under sauces) and serve on toast.

Creamed Lobster

2 cups lobster 2 cups white sauce No. 1

Cut the lobster into fine pieces, add to hot white sauce (see recipe under sauces) and serve on toast.

Creamed Crab

2 cups crab meat 2 cups white sauce No. 1

Cut the crab meat into fine pieces, add to hot white sauce (see recipe under sauces) and serve on toast.

Creamed Shrimp

2 cups shrimps 2 cups white sauce No. 1

Cut the shrimps into fine pieces, add to hot white sauce (see recipe under sauces) and serve on toast.

Meats and Fish

Vegetables

Three Minute Cake

2 eggs	$\frac{1}{3}$ cup shortening
$1\frac{1}{3}$ cups brown sugar	$1\frac{2}{3}$ cups flour
3 tsp. baking powder	$\frac{1}{2}$ lb. dates (stoned and cut
$\frac{1}{2}$ tsp. nutmeg	$\frac{1}{2}$ tsp. cinnamon fine)
$\frac{1}{3}$ cup water	$\frac{1}{3}$ cup Carnation Milk

Place ingredients in large bowl and stir, beating hard for three minutes. Bake in loaf pan in moderate oven.

Baked Custard

2 eggs	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ cups Carnation Milk	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ cups water	$\frac{1}{2}$ tsp. vanilla

Beat eggs, add other ingredients, put in buttered pan which is set in pan of hot water. Bake until stiff. This serves six people.

Rice Pudding

1 cup Carnation	$\frac{1}{4}$ tsp. salt
1 cup water	$\frac{1}{2}$ cup sugar
1 cup cooked rice	$\frac{1}{2}$ cup raisins
1 egg	1 tsp. nutmeg

Beat egg, add other ingredients, bake in moderate oven. Serve with whipped cream. This serves six people.

Quick Carnation Frosting

2 tbsp. cocoa	$1\frac{1}{2}$ cups powdered sugar
4 tbsp. Carnation Milk	Salt
	1 tsp. vanilla

Put cocoa, a pinch of salt, Carnation Milk in saucepan over fire. Stir until thick and bubbling. Remove from fire and stir in powdered sugar and vanilla. Spread between layers and top of cake.

Uncooked Chocolate Icing

2 tbsp. chocolate	$\frac{1}{2}$ tsp. vanilla
2 tbsp. Carnation Milk	1 cup powdered sugar

Melt chocolate in pan, add Carnation, vanilla and sugar and mix thoroughly; spread on cake.

Creamed Canned Peas

1 can peas 1 tsp. salt
1 tsp. sugar 1 cup Carnation Milk

Open can of peas and pour off most of liquid. Put peas in saucepan, add Carnation Milk, salt and sugar. Stir until heated through but do not boil. If a thicker cream sauce is desired, sprinkle peas with flour before adding Carnation and boil two minutes. Other canned vegetables may be prepared in same manner.

Creamed Asparagus

1 bunch asparagus Flour .
1 cup Carnation Milk

Cut asparagus into one inch lengths and cover with salted water. Cook until tender letting water almost boil down. Sprinkle a little flour over it, add Carnation and stir until thoroughly heated but do not boil. Serve on triangles of toast. If a thinner cream is desired, omit the flour. Cauliflower and other vegetables may be prepared the same way.

Creamed Eggs

6 hard boiled eggs 1 cup white sauce No. 1

Separate whites from yolks of eggs, cut into small pieces and add to hot white sauce (see recipe under sauces). Pour mixture over hot buttered toast. Put yolks through ricer and scatter over the top. Serve at once.

Creamed Ham Gravy

Fry ham until done, remove from skillet, pour in Carnation Milk stirring until well mixed and hot.

Vegetables

No Egg Mayonnaise

$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup salad oil
2 tbsp. Carnation Milk	1 tbsp. lemon
$\frac{1}{8}$ tsp. paprika	juice or vinegar

Put salt and paprika in a bowl with Carnation Milk and mix well. Add oil, a teaspoonful at a time, and beat all the time. Add lemon juice or vinegar. This recipe makes $\frac{2}{3}$ cup salad dressing.

Carnation Salad Dressing

1 cup Carnation Milk	$\frac{1}{4}$ cup vinegar
$\frac{1}{4}$ tsp. salt	Sugar

Pour Carnation into a bowl. Whip until it froths quite a bit. Then add vinegar slowly. Whip the mixture and sugar to taste. Other seasonings may be used if desired.

Carnation White Sauce No. 1

2 tbsp. butter	2 tbsp. flour
$\frac{1}{2}$ tsp. salt	$\frac{2}{3}$ cup water
$\frac{1}{3}$ cup Carnation Milk	

Melt butter until it stops bubbling, stir in flour and mix thoroughly. Add milk and water, stirring until thick and smooth. Add seasoning.

Carnation White Sauce No. 2

4 tbsp. butter	$\frac{2}{3}$ cup water
4 tbsp. flour	$\frac{1}{3}$ cup Carnation Milk
$\frac{1}{2}$ tsp. salt	

Melt butter until it stops bubbling, stir in flour and mix thoroughly. Add milk and water, stirring until thick and smooth. Add seasoning.

Dressings and Sauces

Desserts

Carnation Waffles

1 $\frac{3}{4}$ cups flour	2 tbsp. sugar	$\frac{2}{3}$ cup water
3 tsp. baking powder	$\frac{1}{4}$ tsp. salt	2 tbsp. melted butter
	$\frac{1}{3}$ cup Carnation	2 eggs

Thoroughly mix the Carnation and the water, and add gradually to the dry ingredients which have been thoroughly mixed and sifted. Add the yolks well beaten and the melted butter. Fold in the stiffly beaten whites and bake on a hot waffle iron.

Carnation Cocoa

3 tbsp. cocoa	3 tbsp. sugar	2 cups Carnation Milk
$\frac{1}{4}$ tsp. salt	2 cups water	

Place cocoa, sugar and salt into sauce pan. Add boiling water, stir and cook thoroughly. Add Carnation Milk and bring just to boil. Put a marshmallow into each cup and pour in cocoa. This recipe makes six cups.

Carnation Chocolate

3 tbsp. chocolate	2 cups boiling water
3 tbsp. sugar	
$\frac{1}{4}$ tsp. salt	2 cups Carnation Milk

Melt chocolate, add sugar, add water slowly, stirring all the time. Cook until thick. Add Carnation and salt. Beat as desired. Serve with whipped cream or a marshmallow on each cup. This serves six cups of chocolate.

Carnation for Coffee

To give your coffee an appetizing flavor with a golden brown color, use Carnation as it comes from the container. A teaspoonful is enough—use more if desired.

Carnation for Tea

To retain the full, fine flavor of the tea, dilute Carnation with three parts water.

Specialties and Beverages

...ing until well mixed and hot.

Vegetables