

3 good reasons for an extra pinta : and lots of new recipes too!.

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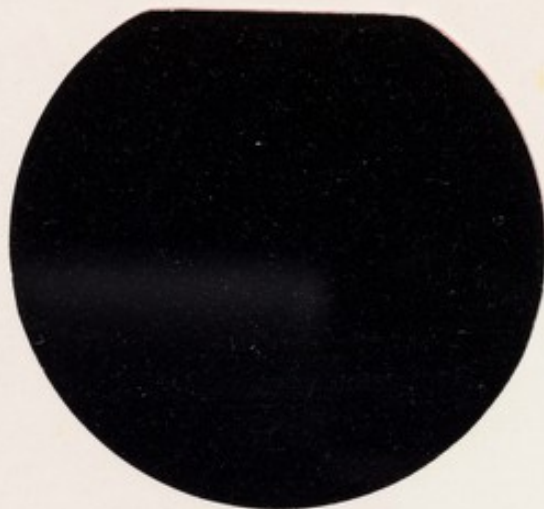


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3

good reasons
for an **extra pinta**

and lots of new recipes too!



**Bad weather
Winter fitness
Bedtime drinks**

are three very real reasons why *you*
should order an extra pint *today*.

**Milk keeps
the family fit**

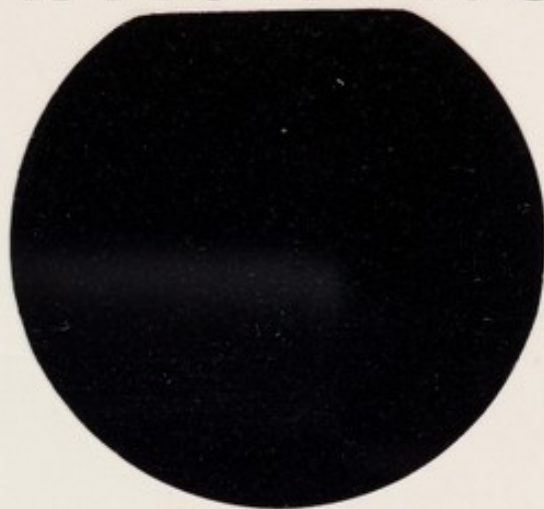
When cold weather is using up more
energy than usual; when germs and
'flu are about; more than ever you
need lots of milk.

**Why? Here is what
milk does for you . . .**

Just one pint of Milk a day gives you
85% of all the Calcium you need.
At least a sixth of the Calories you
need. And almost a quarter of the
Protein. Plus important vitamins.
Yes, milk is your best food buy.

**Use milk
to make
meals
more
nourishing.**

Look! New Recipes!



Try these recipes.

They taste good and are good.

ONION SOUP

$\frac{3}{4}$ pint milk
2 Spanish onions
 $\frac{1}{2}$ oz. butter
1 oz. flour
 $\frac{1}{2}$ pint stock
Salt and pepper
Chopped parsley
Grated cheese

1. Peel and slice the onions and fry gently in the butter for a few minutes.
2. Add the stock and half the milk, season with salt and pepper. Simmer until onions are soft.
3. Blend the flour to a smooth paste with a little of the remaining milk then add to onions with the rest of the milk. Cook gently until soup comes to the boil.
4. Serve soup garnished with chopped parsley and grated cheese.

TOMATO BAKE (Serves four)

$\frac{3}{4}$ pint milk
 $\frac{3}{4}$ lb. tomatoes
Salt and pepper
1 small onion, finely chopped
 $1\frac{1}{2}$ oz. butter
 $1\frac{1}{2}$ oz. flour
1 egg, separated
2 oz. crumbled Lancashire cheese

1. Peel and slice the tomatoes and place in the bottom of a

fireproof dish. Sprinkle with salt, pepper and the chopped onion.

2. Melt the butter in a saucepan, stir in flour and cook for 1 minute. Remove from heat and blend in the milk. Return to the heat and cook gently until the sauce thickens and comes to the boil. Cool. Beat in the egg yolk.
3. Whisk egg white until stiff, fold into sauce.
4. Pour sauce over the tomatoes and sprinkle with the cheese.
5. Bake in a moderate oven, gas mark 4 or 350 deg. F. for 20 minutes.

BROCCOLI CHEESE (Serves 3)

$\frac{1}{2}$ pint milk
 $\frac{1}{2}$ oz. butter
 $\frac{1}{2}$ oz. flour
3 oz. grated Cheddar cheese
1 large packet frozen broccoli
3 eggs

1. Melt the butter in a saucepan, blend in flour and cook for 1 minute. Remove from heat and gradually blend in milk. Return to the heat and cook gently until sauce thickens and comes to the boil. Season with salt and pepper. Stir in grated cheese.
2. Cook the broccoli as directed on the packet.



3. Poach the eggs.
4. Arrange the broccoli at the bottom of an oval dish. Arrange the poached eggs on top and cover with the cheese sauce.

FLUFFY TUNA PIE (Serves 4)

$\frac{1}{2}$ pint milk
1 oz. butter
1 oz. flour
1 tin (approx. 7 oz.) tuna fish
1 tablespoon tomato purée or ketchup
2 eggs, separated
Salt and pepper

1. Melt the butter, stir in the flour and cook for 1 minute.
2. Remove from heat and blend in milk. Return to heat and stir gently until mixture comes to the boil.
3. Drain and flake the tuna fish and add to sauce with the tomato puree or ketchup and egg yolks. Season well with salt and pepper.
4. Whisk egg whites until stiff then fold into fish mixture.
5. Pour into a greased 2 pint pie dish or soufflé dish and bake in a fairly hot oven, gas mark 6 or 400 deg. F. until well risen and golden brown 25-30 minutes.

RICE SUPPER SAVOURY

$\frac{1}{2}$ pint milk (Serves 4)
1 oz. flour
1 oz. butter
4 oz. green peppers (thinly sliced and blanched in

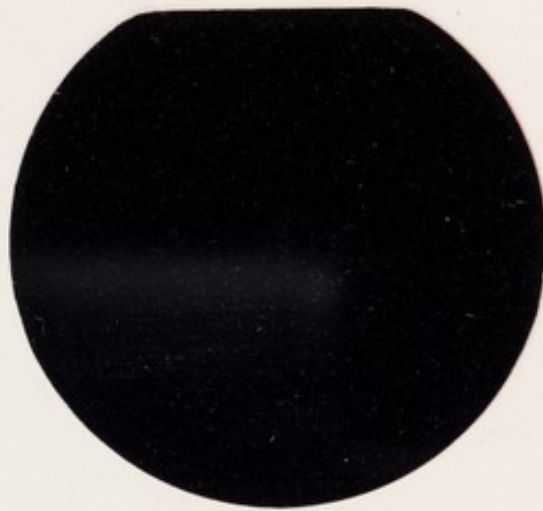
boiling water for five minutes)
Salt and pepper
1 teaspoon made mustard
4 oz. lean cooked bacon, chopped
10 tablespoons cooked rice.
4 oz. grated Cheddar cheese.

1. Melt the butter in a saucepan, stir in flour and cook for 1 minute. Remove from heat and blend in milk. Return to the heat and cook gently until sauce thickens and comes to the boil. Season with salt, pepper and the made mustard.
2. Add the bacon, rice, green pepper and nearly all the cheese to the sauce.
3. Turn mixture into a fireproof dish, sprinkle with remaining cheese and brown under the grill.

SCALLOPED POTATOES

1 pint milk (Serves 4-5)
2 lbs. potatoes
2 medium-sized onions
Salt and pepper
Butter

1. Peel and thinly slice the potatoes and onions.
2. Arrange the potatoes and onions in alternate layers in a buttered fireproof dish. Sprinkle with salt and pepper and dot with butter.
3. Pour milk over vegetables and bake in a moderate oven gas mark 3 or 325 deg. F. until potatoes are soft-1-1 $\frac{1}{4}$ hours.



RASPBERRY DREAMS

$\frac{1}{2}$ pint milk (Serves 4)

6 slices bread and butter

Raspberry jam

1 egg

1 level dessertspoon castor sugar

$\frac{1}{4}$ level teaspoon cinnamon

Butter for frying

1. Spread the slices of bread and butter with raspberry jam and make into sandwiches. Cut off the crusts and then cut into quarters.
2. Beat the egg with the milk, sugar and cinnamon. Pour over the bread and leave to soak for 15-20 minutes.
3. Fry the sandwiches in butter until golden on each side.
4. Serve hot sprinkled with castor sugar.

COFFEE FROTH (Serves 3-4)

$\frac{1}{2}$ pint milk

2 eggs, separated

2 level tablespoons castor sugar

$\frac{1}{2}$ pint black coffee

Grated nutmeg

1. Combine egg yolks and 1 tablespoon of the sugar.
2. Whisk in the milk and the coffee. Heat gently, but do not boil.
3. Whisk egg whites until stiff, fold in the remaining sugar.
4. Half fill cups or mugs with the froth, pour on the coffee mixture. Sprinkle with grated nutmeg.

And don't
forget the
milk for
bedtime
drinks



Here are
two real
specials:

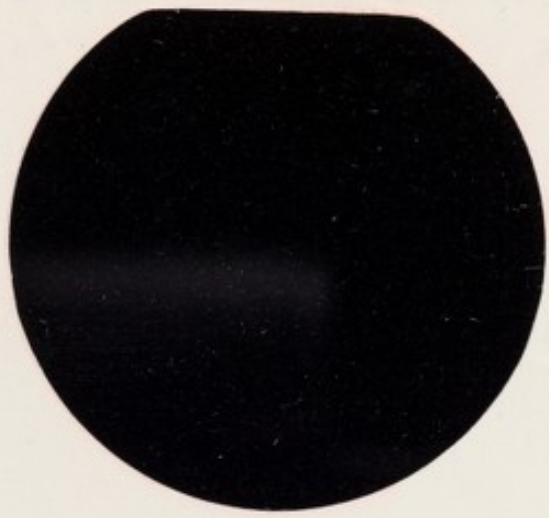
CHOCOLATE NOG

Whisk 1 small egg and 3 heaped teaspoons drinking chocolate powder together. Slowly whisk 1 cup hot milk into egg mixture and pour into a mug.

MILK TODDY

Put 1 measure whisky, 1 rounded teaspoon honey and a small piece lemon peel in a glass or mug. Pour on 1 cup hot milk and stir well.

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for your
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**ONE
EXTRA
PINTA
PLEASE**