

Milk recipes : use more milk for better health, better living & better economy : keep this leaflet and make these tempting recipes / Midland Counties Dairy Ltd.

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Milk Recipes



use more MILK
for Better HEALTH
Better LIVING
& Better ECONOMY

KEEP THIS LEAFLET AND MAKE
THESE TEMPTING RECIPES

ANY TIME

... for breakfast



Cereals with Milk..

Milk at breakfast time is the right way to begin the day. Milk is a complete food of the most nourishing kind and, taken regularly, provides one of the best safeguards of health.

Be generous with milk on breakfast cereals, on porridge or on fruit. Breakfast

cereals provide a nourishing meal and can be served straight from the packet, adding hot or cold milk and flavouring with sugar, fruit, honey, marmalade, salt, etc. Some cereals are extra crisp and stay crisp in milk. In fact there is now on the market a wide variety of breakfast foods to suit all tastes.

In cold weather porridge made with half milk and water is extra sustaining and warming and the children will like cocoa or chocolate made with milk.

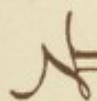


Potato Pancakes

- 3 cups mashed potato
- $\frac{1}{2}$ cup hot milk
- $\frac{1}{2}$ - $\frac{3}{4}$ cup cooked chopped bacon
- 1 egg
- Salt and pepper

Method: Mix all the ingredients together. Season to taste. Cook in tablespoonsful on a greased girdle or thick frying pan, turning each pancake when thoroughly brown, and browning on the other side. Tasty alternative flavourings to bacon are minced parsley, minced onion, or both, or grated cheese.

(Sufficient for 4 persons)



MILK PUTS *EXTRA* NUTRIMENT INTO EVERY DAY MEALS

IS THE RIGHT TIME



... for dinner

Fish Pie

$\frac{1}{2}$ - $\frac{3}{4}$ lb. cooked white fish
Mashed potato
 $\frac{1}{2}$ - $\frac{3}{4}$ pint milk
1 oz. flour; 1 oz. butter
Chopped parsley
Salt and pepper



Method: Flake the fish, removing skin and bones. Place the fish in a greased pie dish. Make a white sauce with flour, butter and milk (for method see back page). Add parsley, pepper and salt. Pour sauce over fish. Cover with mashed potatoes and bake in the oven until golden brown. For an alternative flavouring use 2 oz. grated cheese. Serve with sliced lemon.

(Sufficient for 4-5 persons)

Fruit Fool

(SEE ILLUSTRATION FRONT COVER)

$\frac{3}{4}$ pint milk; 1 egg; 1 oz. cornflour;
 $\frac{1}{2}$ pint stewed fruit; sugar to sweeten

Method: Mix cornflour with a little cold milk. Boil remainder and pour into it the creamed cornflour, stirring all the time. Boil six minutes and add sugar. Allow to cool slightly; add beaten egg. Mash up sieved stewed fruit and add to custard. Mix well and serve cold.

Manchester Pudding

1 pint milk; 1 egg; 1 cupful breadcrumbs;
1 tablespoonful sugar; jam

Method: Boil milk and add breadcrumbs and sugar. Take off stove and cool slightly. Add beaten egg. Spread layer of jam in pie dish and pour in mixture. Sprinkle with grated nutmeg. Stand pie dish in water and bake in slow oven for about 20 minutes.

Milk

IS THE PERFECT FOOD AND GIVES
MORE REAL VALUE AT A LOWER
COST THAN ANY OTHER FOOD

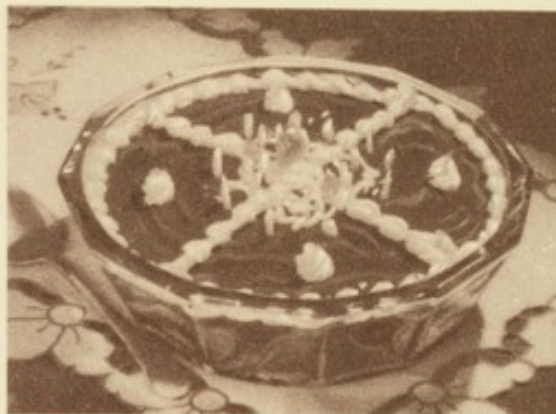
FOR MILK

... for tea



Chocolate Trifle

$\frac{1}{2}$ pint milk; 1 oz. custard powder
 $\frac{1}{2}$ oz. cocoa; $1\frac{1}{2}$ oz. sugar; jam
4 or 5 small sponge cakes
Crystallized cherries, blanched
chopped almonds and mock
cream for decoration if desired.



Method: Cut sponge cakes in half lengthwise and spread with jam. Cut into smaller pieces and place in dish. (The addition of fruit syrup helps to moisten the sponge.) Mix custard powder, cocoa and sugar together and blend with 3 tablespoonsful of cold milk. Boil remainder and pour on to blended custard powder, stirring well. Return to pan and simmer for about 3 minutes. Pour sauce over sponge cakes and, when cold, decorate.

Milk Fruit Jelly

1 pint milk (less 2 tablespoonsful)
1 pint packet jelly; 2 tablespoonsful water
Tinned, fresh or sieved stewed fruit

Method: Melt jelly in the water over heat; do not boil. Remove from heat and add cold milk slowly, stirring; this causes the milk to curdle slightly. Add some chopped or sieved fruit and pour mixture into a wetted mould. Leave to set; the lower part of the jelly will be solid and top clear. Turn out and decorate with mock cream, etc.

Eggs in Tomato Cups

(SEE ILLUSTRATION FRONT COVER)

4 large tomatoes; 2 hard-boiled eggs;
1 small lettuce; Pepper and salt.

SAUCE: $\frac{1}{2}$ pint milk; 1 oz. butter; 1 oz. flour; 2 oz. grated cheese

Method: Cut a hole in the top of each tomato. Stand half a hard-boiled egg in each. Make butter, flour and milk into white sauce (see back page). Season and add cheese. Pour into a glass dish, and when cold, stand tomatoes on top and arrange lettuce attractively.

GOOD COOKS KNOW THE VALUE OF GOOD MILK

is MILK DRINKS Time

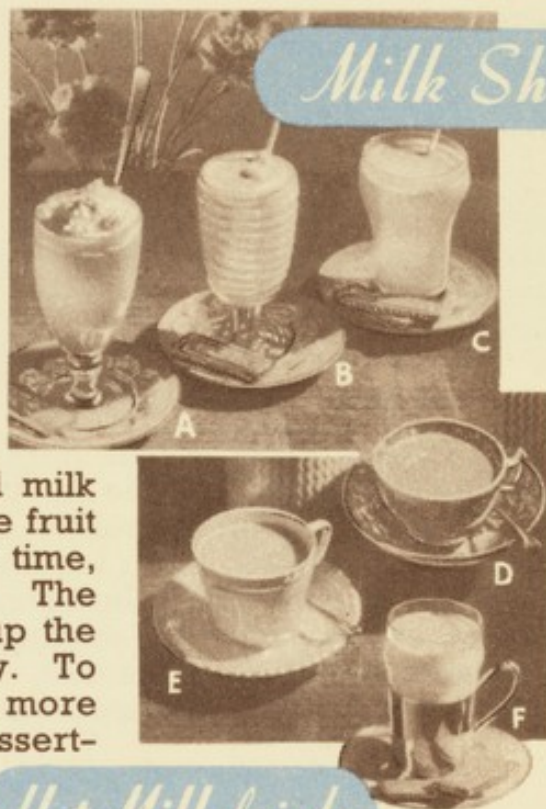


... for elevenses

... for a nightcap

- A. Chocolate Egg Nogg
- B. Lime Quench
- C. Strawberry Shake
- D. Cocoa made with milk
- E. Milk Possett
- F. Hot Milk

Delicious milk shakes can be made by adding 1-1½ oz. of fresh or stewed fruit juice, or fruit syrup, to ½-pint of milk. Put the cold milk into a bowl, add the fruit juice a drop at a time, beating briskly. The secret is to whip up the mixture thoroughly. To make the drink still more delicious add 1 dessert-spoonful of ice cream to ½ pint milk.



Milk Shakes

Hot Milk Drinks

Chocolate Egg Nogg

½ pint milk; 1 egg; sugar to sweeten
2 level teaspoonsful cocoa

Mix cocoa with a little cold milk. Boil remainder and add to cocoa. Bring to the boil. Separate yolk from white of egg and add the yolk and sugar to cocoa mixture and beat. Pour into a tumbler and allow to cool. Whip white of egg to a stiff froth, sweeten with 1 teaspoonful of sugar and pile on top of cocoa mixture.

Milk Possett

½ pint milk; 1 tablespoonful golden syrup

Bring milk to the boil and stir in golden syrup. Children will like this drink; give it to them in bed at night to relieve a cold in the head or to induce restful sleep.

LET THE CHILDREN HAVE ALL THE MILK THEY WANT

Savoury Sauces



Simple White Sauce

BASIC RECIPE

To serve with all cooked white vegetables, boiled fish, creamed veal or chicken, etc.

$\frac{1}{2}$ pint milk; 1 oz. flour; 1 oz. butter or margarine; seasoning

Method: Melt fat in saucepan. Add flour and work together with a wooden spoon until smooth. Add milk a little at a time, stirring well. Bring to the boil and cook gently for 3 minutes, still stirring. Season with salt and pepper.

For Special Sauces—use the basic recipe and flavour as follows, after cooking:—

- Parsley Sauce** . . . add one tablespoonful chopped parsley; serve with fish, boiled chicken, boiled ham or bacon.
- Cheese Sauce** . . . add one tablespoonful grated cheese; serve with cauliflower, carrots, celery, leeks.
- Onion Sauce** . . . add chopped boiled onions to taste. Serve with roast mutton or grilled sausages.

Take an **EXTRA PINT** of MILK
and try these delicious
Recipes



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