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The Milky Way to Good Cooking: Fun to Cook and Good to Eat

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The Milky Way to Good Cooking



*Fun to Cook
and
Good to Eat*


Culinary History Pamphlets

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It seems unnecessary for me to state the obvious—that milk is an exceptionally valuable food for both children and adults. Apart from being drunk as a beverage milk can be used in many other ways:

- * as an accompaniment to breakfast cereals, porridge, fruit and puddings.
- * as a liquor for cooking meat, fish and vegetables.
- * in soups, sauces, batters and pancakes.
- * in cakes, breads, scones etc.
- * in desserts of all kinds.

In fact if it were not for milk you and I would not be alive and therefore not reading this! Because though many fine experiments have been made in the way of synthetic approaches to feeding, no food has been invented which will take the place of milk in the feeding of children and young people.

Milk adds a lovely flavour to food and with a few tins of Springtime in the larder you need never be stuck—even when the milkman is late! Tinned milk will keep indefinitely while still unopened, but once opened, treat as fresh milk.

HOW TO WHIP

Chill the tin of milk overnight in a fridge or Boil the unopened can for 10 minutes in a saucepan of water and then cool completely. Do a few at a time, ready to use at a moments notice, or add 1 *teasp.* gelatine dissolved in 1 *tablesp.* warm water for every $\frac{1}{2}$ pint of "Springtime" and leave the mixture to get quite cold.

Whichever of above methods you prefer to use—add 1 *teasp.* lemon juice to the milk when whipping. The milk can be whipped to a soft froth that thickens when chilled.

UNMOULDING

When preparing any dish that is to be set in a mould (or bowl) and then turned out (unmoulded) always rinse the mould (or bowl) in cold water before pouring in the mixture. This greatly simplifies the unmoulding process.

SPRINGTIME CHICKEN SALAD

- 1 chicken
- 1 small onion, chopped
- 2-4 oz. mushrooms, washed and chopped
- pepper and salt
- a little chopped parsley
- a small tin Springtime
- generous $\frac{1}{2}$ pint stock or water

METHOD:

This dish can be cooked in a casserole in the oven or in a heavy saucepan with a good lid, over a gentle heat on top of the cooker.

Place the chicken in the casserole or saucepan. Add in all the other ingredients. Cover with a properly fitting lid. Place in a moderate oven (375° F. gas mark 5) and cook for about $\frac{1}{2}$ -1 hour until chicken is tender. If cooking chicken in a saucepan on top of cooker it will take about the same length of time. Be sure that heat under the saucepan is *gentle* otherwise liquid will evaporate and chicken will burn. Serve this tasty dish with potatoes or rice and preferably a green vegetable such as peas, French beans or cabbage.

TO IMPROVE YOUR OWN SOUPS AND STEWS

Have you tried adding a small tin of Springtime to give a nice creamy finish to your own stews and soups that are a favourite with the family? Add about 10 minutes (or longer) before the end of the cooking time.

BOSTON CHICKEN LOAF

- 1 chicken, about 3 lbs.
- carrot and onion
- parsley and stock cube
- pepper and salt
- $\frac{1}{2}$ oz. gelatine (6 level teaspoonfuls)
- 1 cup of water
- 1 *tablesp.* lemon juice
- 1 *tbltsp.* sherry
- large tin Springtime, whipped

METHOD:

Cook the chicken in water to which has been added the carrot, onion, parsley, pepper salt and stock cube. When tender lift out the chicken,

remove all the meat from it and chop into little pieces. In the meantime boil the stock fiercely to reduce it and thus give it a more concentrated flavour. Dissolve the gelatine in a cup of water over a gentle heat. Put $\frac{1}{2}$ pint of the strained stock (cooled) into a bowl and into it add all the chopped chicken and the gelatine. When quite cold fold in the whipped Springtime with the lemon juice and sherry. Taste and add pepper and salt if necessary. Stir mixture occasionally and when it begins to thicken pour into a mould or a bowl, leave to set in a cold place. When set loosen edges with a knife and dip the bowl in a basin of very hot water for a few seconds and turn out onto a serving plate. Garnish nicely with slices of cucumber, tomato and lemon.

HOT CHEESE SOUFFLE

- $1\frac{1}{2}$ oz. butter or margarine
- 2 oz. flour
- small tin Springtime
- $\frac{1}{2}$ pint water
- 4 eggs
- 3-4 oz. grated cheese
- salt and pepper
- pinch nutmeg
- pinch dry mustard

METHOD:

Melt the margarine add in the flour and cook over a gentle heat for a couple of minutes without browning. Take off the heat and gradually stir in the Springtime (mixed with the water). When all is mixed in bring to the boil and boil for a minute or two. Remove from the heat once again and add in the grated cheese and the seasonings, stir until the cheese is melted. Allow the sauce to cool down a bit and then beat in the egg yolks one at a time. In a clean bowl beat the egg whites until stiff and glossy, then fold gently through the sauce mixture and turn into a greased soufflé dish (or just any ovenproof dish 2-2 $\frac{1}{2}$ pint size). Bake in the centre of a hot oven (400° F. gas mark 6) for about 25 minutes until well risen and golden brown and just firm—take out of oven and "rush" to the table.

SALMON MOUSSE

- $\frac{1}{2}$ lb. cooked salmon (fresh or tinned)
- 3 eggs separated (whites whipped until stiff)
- Springtime sauce (see below)
- 1 dessertsp. lemon juice
- salt and pepper
- $\frac{1}{2}$ oz. powdered gelatine (4 level teasp.)
- $\frac{1}{2}$ cup cold water
- 1 small tin Springtime, stiffly beaten

Springtime Sauce:

- 1 oz. each flour and margarine
- small tin Springtime
- $\frac{1}{2}$ pint water
- salt and pepper
- lump of onion

METHOD:

Sauce:

Melt the margarine and add in the flour. Cook over a low heat for 2-3 minutes without colouring. Remove from heat and gradually stir in the Springtime which has been diluted with the water. Season with salt and pepper and add in the lump of onion. Bring to boil and boil for a couple of minutes. Remove from heat and cool. Beat in the egg yolks one at a time and then mix in the cooked, shredded salmon. Dissolve the gelatine in the half cup of water and add to the sauce mixture. Next mix in the lemon juice and the salt and pepper. Finally fold in the whipped Springtime and the beaten egg whites. Turn into a mould or into a nice bowl. Leave in a cold place to set. Then turn out of mould as described for the Boston Chicken Loaf. If preferred the mousse can be served straight from the bowl.

RASPBERRY SOUFFLE

- 1 punnet of raspberries
- or use 1 tin of same
- a little lemon juice
- $\frac{1}{2}$ oz. gelatine (6 level teasp.)
- $\frac{1}{2}$ cup water
- 4 eggs, separated
- 4 oz. sugar
- large tin Springtime, stiffly whipped

METHOD:

Mash the raspberries with the lemon juice. If using tinned raspberries drain off most of the juice and mash the fruit. Dissolve the gelatine in the water—in a little saucepan of gently simmering water. Put the egg yolks into a bowl with 3 oz. of the sugar and stand over a saucepan of simmering water. Stir constantly until thick enough to coat the back of a spoon. Mix in the gelatine and allow the mixture to cool. When cold mix in raspberry puree. In separate bowls whip the Springtime until thick—and also the egg whites with the remaining ounce of sugar. Fold the Springtime into the fruit mixture and finally the egg whites. Pour mixture into a prepared souffle dish or into a nice serving bowl. Chill until firm.

Preparing souffle dish: If you have a proper souffle dish prepare it by tying a double band of greaseproof paper tightly around the sides of the dish. This means that the souffle mixture can run up higher than the dish. When souffle is set, gently peel off the band of paper.

VANILLA FUDGE

- 1 small tin of Springtime
- $\frac{1}{2}$ pint water
- 1 lb. white or brown sugar
- 2 oz. butter
- $\frac{1}{2}$ teasp. vanilla essence

METHOD:

Put all the ingredients into a good-sized saucepan, except the vanilla essence. Stir over a gentle heat until the sugar is dissolved. Then bring to the boil until the sugar thermometer reaches 240°F. Stir all the time while boiling.

Remove from the heat and add in the vanilla essence. Beat for a few minutes and then pour into a greased 7" tin. Allow to set, when cool cut into squares.

WALNUT FUDGE

Make in exactly the same way as vanilla fudge—but 2 oz. chopped walnuts are added with the vanilla essence.

CHOCOLATE AND RAISIN FUDGE

Made as for vanilla fudge but a rounded tablesp. of cocoa is added at the very beginning of the cooking; the raisins (2 oz.) are added with the vanilla essence.

MIXED FRUIT CAKE

- 1 $\frac{1}{2}$ lb. flour
- 1 level teasp. mixed spices
- $\frac{1}{2}$ teasp. each nutmeg and cinnamon
- $\frac{1}{2}$ teasp. salt
- $\frac{1}{2}$ lb. brown sugar
- 6 oz. margarine
- 1 $\frac{1}{2}$ lb. sultanas
- $\frac{1}{2}$ lb. raisins
- 2 oz. each cherries and mixed peel
- Juice and rind of 1 lemon
- $\frac{1}{2}$ pint cider
- large tin Springtime
- 1 teasp. breadsoda

METHOD:

Sift the flour, salt and spices into a bowl. Rub in the margarine until like breadcrumbs. Mix in sugar and prepare fruit and grated lemon rind. Pour in cider and lemon juice. Add breadsoda to the Springtime and stir into the mixture. When smooth, turn into a lined 11" square cake tin. Stand for 12 hours (overnight).

Then bake for 1 $\frac{1}{2}$ -2 hours in a very moderate oven (325°F. gas mark 3). This cake improves with keeping.

CHEESE CAKE

- 8 oz. shortcrust pastry
- 2 oz. margarine
- 2 oz. sugar
- 2 eggs, separated
- 8 oz. cottage cheese
- small tin Springtime
- grated rind and juice of 1 lemon
- 2 oz. raisins

METHOD:

Line an 8" sandwich tin with the pastry. Cream the margarine and the sugar together and beat in the egg yolks. Stir in the cottage cheese, the Springtime and the lemon rind and juice plus the raisins. Whisk the egg whites and fold into the mixture. Pour gently

into the pastry case. Bake in the top part of a moderate oven (350° F. gas mark 4) for about 40-50 minutes. Top should be golden and firm to touch. Serve cold.

BROWNIES

- 7 oz. castor sugar
- 1½ oz. margarine
- 1 egg
- 1 teasp. vanilla essence
- 2 rounded tablesp. cocoa
- 6 oz. self raising flour
- 1 small tin Springtime
- 2 oz. chopped walnuts

METHOD:

Beat the sugar, margarine, egg and vanilla essence together until fluffy. Sift the cocoa with the flour and fold into the sugar mixture alternately with the Springtime. This makes a very wet mixture. Mix in walnuts. Turn into a lined 9" square tin. Bake in a moderate oven (350°F. gas mark 4) for about 30-40 minutes. Turn out in one piece to cool in wire tray. When cold cut into squares.

SWISS JELLY

- 1 tin fruit cocktail
- 1 packet jelly
- ½ Swiss roll
- small tin Springtime, stiffly whipped
- a little lemon juice

METHOD:

Strain the juice from the tin and use to make up the jelly (adding water to make up ½ pint liquid). Slice the Swiss roll thinly. Pour a little of the cooled jelly into the bottom of the mould and put a slice of Swiss roll on it. Dip slices of the Swiss roll in the jelly and arrange them around the sides of the mould and leave them for the jelly to set. Fold the whipped Springtime into the remaining jelly and mix in the fruit. When this mixture starts to thicken slightly pour gently into the mould. Leave in a cool place to set. Then turn out of mould as described in the Boston Chicken loaf recipe.

JELLY SOUFFLE

- large tin Springtime
- 1 packet jelly
- 4 tablesp. water

METHOD:

Dissolve the jelly in the four tablesp. water over a very gentle heat. Pour into a bowl and when cold but not set, stir in the Springtime.

Pour into a nice dish and leave in a cool place to set.

This jelly can also be turned out of the bowl when set if preferred. A drop or two of colouring can be added when preparing this recipe if liked.

QUICHE LORRAINE (RASHER AND EGG PIE)

- ½ lb. shortcrust or puff pastry
- 4 rashers (fried)
- 2 tomatoes (chopped)
- 2 oz. mushrooms (washed and chopped)
- 2 eggs
- 2 oz. grated cheese
- ½ small tin Springtime
- salt and pepper

METHOD:

Roll out the pastry and line an 8" sandwich tin with it. Chop rashers and put into pastry case. Also put in the tomatoes, mushrooms and the grated cheese. Whisk the eggs and the Springtime together with the pepper and salt and pour into pastry case.

Put into a hot oven (400° F. gas mark 6) and cook for about 25-30 minutes until filling is set and nicely browned.

MUSHROOM TART

- ½ lb. shortcrust or puff pastry
- 6-8 oz. mushrooms (washed)
- small tin Springtime
- 2 eggs
- 2 oz. grated cheese, preferably Parmesan
- salt and pepper

METHOD:

Roll out pastry and line an 8" sandwich tin with it. Fry the chopped mushrooms in a little butter until softish. Drain well. Beat the eggs

with the Springtime. Stir in the mushrooms and the cheese, season the mixture with pepper and salt. Pour into the pastry case. Bake in a moderate oven (375° F. gas mark 5) for about 40 minutes until the filling is set and the top nicely browned.

COCONUT RICE PUDDING

- $\frac{1}{2}$ pint Springtime
- $\frac{1}{2}$ pint water
- 2 oz. rice
- 1 egg, beaten
- $\frac{1}{2}$ oz. each butter and sugar
- a little vanilla essence
- 2 oz. shredded coconut

METHOD:

Wash the rice by putting it into a strainer and pouring water through. Put the Springtime and the water into a saucepan and bring to the boil. Sprinkle in the rice and bring back to the boil, stirring all the time. Cook over a very gentle heat until

the rice swells and becomes soft, stirring occasionally. This will take about 30 minutes.

Take off heat, add in the butter, sugar, vanilla, coconut and mix all well together. When cooled slightly add in the egg and mix. Pour into a greased pie dish and bake in a very moderate oven (350° F. gas mark 4) for about 30 minutes until set and nicely browned.

PAVLOVA

- 4 egg whites
- 8 ozs. castor sugar
- 1 teasp. vinegar
- 1 level teasp. cornflour
- 2 tins Cleaves Cream
- $\frac{1}{2}$ lb. any fruit

METHOD:

Beat the egg whites until stiff. Beat in the sugar until the mixture stands in peaks. Beat in the vinegar and cornflour. Place a round of tinfoil on the bottom of a 9" sandwich tin. Put the mixture into the tin. If liked a little of

the mixture can be reserved to pipe around the edge to give a wall effect. Bake in a slow oven (290° F. gas mark 1) for 1 $\frac{1}{4}$ hours. The centre will be softish rather like marshmallow and the outside will be crisp. When it is cool lift into a flat serving dish. Cover with whipped cream and arrange the fruit on top.

HAM AND ASPARAGUS AU GRATIN

- 1 lb. sliced cooked ham
- 1 small tin asparagus tips
- Cheese sauce:
 - 2 ozs. margarine
 - 2 ozs. flour
 - pepper and salt
- 1 small tin of Springtime milk diluted with $\frac{1}{2}$ pt. water
- 4 ozs. grated cheddar cheese (serves eight)

METHOD:

Make cheese sauce by melting the margarine in a saucepan. Add the flour, stir with a wooden spoon over a gentle heat for about 3 minutes. Do not allow to brown. Add the milk gradually, stirring well to avoid lumping. Bring to the boil. Add the grated cheese and season with pepper and salt.

Wrap each asparagus tip in a slice of cooked ham and place rolls side by side in an ovenproof dish. Cover with the cheese sauce and place in a fairly hot oven (425° F. gas mark 6) for approximately 30 minutes until the sauce browns slightly on top. Serve with potato chips or fried potatoes.

The ham and asparagus can be rolled the day before and the dish well covered with tin foil and placed in the fridge. The sauce can also be made, placing a wet piece of greaseproof paper right down onto the surface of the sauce to prevent a skin forming. *Note:* When taking the dish out of the fridge do not put directly into oven or it will crack. Allow it to stand at room temperature for about 20-30 minutes. Then put into the oven.