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Dishes Made with Milk and Cream For Everyday and Special Occasions :a Housewife Cookery Book

Rosemary Hume

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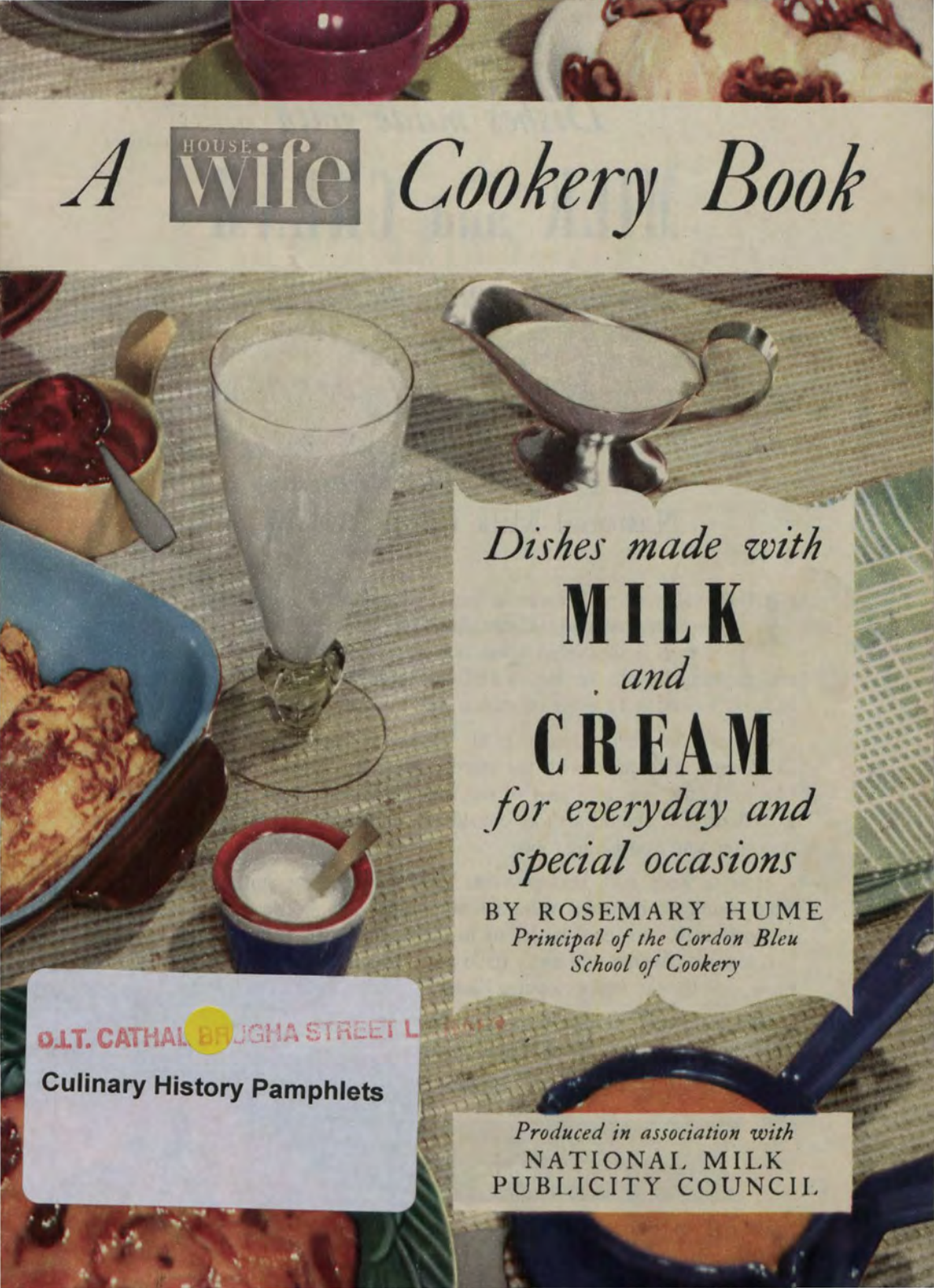
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A **HOUSE** *wife* *Cookery Book*

Dishes made with
MILK
and
CREAM
*for everyday and
special occasions*

BY ROSEMARY HUME
*Principal of the Cordon Bleu
School of Cookery*

O.T. CATHAL BRUGHA STREET L 10019

Culinary History Pamphlets

Produced in association with
**NATIONAL MILK
PUBLICITY COUNCIL.**

Dishes made with

MILK and CREAM

for everyday and special occasions

specially written for **HOUSEwife** by Rosemary Hume

*Principal of the Cordon Bleu School of Cookery
and produced in association with
National Milk Publicity Council*

THE value of milk as a perfect, well balanced and cheap food is not always appreciated. Containing vitamins, proteins, minerals and fats, it is a food that must not be neglected, particularly by young and growing people. In fact, all of us should, if we value our health, take at least 1 pint to 1½ pints of milk a day in some form or other.

Cream is another valuable food. We are only too inclined to look on it as something to have with the sweet course for special occasions. Cream, like milk, fits into any part of the menu and, although it may be classed as a luxury, it should also be considered an essential, as it is a highly concentrated and nourishing food.

How to keep milk is important. Take it out of the sun as soon as possible—sunlight destroys valuable vitamins. The bottle is the best place to keep milk, in a cool larder or in the refrigerator. Even after it is in the jug, keep it covered and away from any strong flavoured foods. Jugs should have wide tops to make cleaning easier.

The following recipes show you that there are many dishes, some for everyday and some for special occasions, which can be made with milk.

NOTE: Quantities given are for four people. A gill = ¼ pint.

Presented with the November 1957 issue of **HOUSEWIFE**,
the best monthly magazine for women.



SOUPS

WATERCRESS AND POTATO SOUP

A good soup for the children's lunch, quick to make.

1 lb. potatoes, good weight when peeled; 1½ pints milk; 1 bunch watercress; 1 oz. butter.

Boil the potatoes in boiling salted water until tender, and dry well. Then crush thoroughly with a potato masher or put through a ricer. Return to a clean hot pan, bring the milk to the boil and, while foaming, pour on to the potatoes. Mix or whisk thoroughly, adding plenty of salt to taste.

Have ready the watercress finely chopped, keeping back a few leaves or small sprigs to garnish. Add the chopped cress to the soup and simmer 5-6 minutes. Then remove and beat in the butter in small pieces, pour into a hot tureen or cups and add the sprigs of cress.

Good floury potatoes (not waxy new potatoes) should be used for this soup. The consistency should be creamy.

CREAM OF LETTUCE SOUP

A particularly creamy, rich soup. Use other green vegetables when lettuces are out of season: spinach, for example, or Brussels sprouts. Plunge the latter into boiling water, boil 3-4 minutes before draining, then chop and stew in the butter as for the lettuce.

2 large heads of lettuce; 2 ozs. onion,

chopped; 1 oz. butter; 1½ pints milk; ¼ oz. flour (slightly rounded tablespoonful). To bind: 1 heaped teaspoonful arrowroot and 3 tablespoonsful cream or 2 yolks of egg mixed into the same amount of cream.

Wash and shred lettuce. Melt butter, add lettuce and onion, cover and stew gently 5-6 minutes. Draw aside, add flour and mix. Bring milk to the boil, pour on and add the seasoning. Simmer 15-20 minutes and pass through a fine sieve. Return to the pan, add the arrowroot, or egg and cream, and stir until boiling. If yolks are added, do not allow to boil. Serve with fried croûtons, and freshly chopped mint dusted over the top of the soup.

CREAM OF CURRY SOUP

A good soup for a party. The amount of curry powder may vary to taste.

1½ ozs. butter; 1½ ozs. onion; 1 heaped teaspoonful curry powder; ½ oz. flour; ½ pint strong veal or chicken stock; 1 pint milk; 1 tablespoonful desiccated coconut; 1 small coffee cup boiling water; 2-3 tablespoonsful lightly whipped cream; 2-3 tablespoonsful boiled rice; sliced lemon; paprika.

Melt the butter, add the finely chopped onion and cook slowly without colouring. Add the curry powder and continue cooking for a few minutes. Stir in the flour, pour on the stock and



Two soups: Cream of Lettuce and Cream of Curry

milk; season and bring to the boil. Simmer 10-15 minutes. Soak the desiccated coconut in the boiling water and leave to infuse for 15 minutes.

Add the coconut and water to the soup, re-boil for a minute or two, then pass through a strainer. Return to the pan and re-heat. To serve, put a little rice into each soup cup or plate. Pour on the boiling soup and put a spoonful of the cream on top of each. Top with a slice of lemon and dust with paprika.

CREAM OF ARTICHOKE SOUP

A favourite winter soup.

1 lb. artichokes, weighed when peeled; 2 medium sized onions; 2 ozs. butter; ½ pint water; 1½ pints milk; 2 tablespoonsful flour; ¼ teacupful or more of cream; fried croûtons; 4 or 5 hazel nuts.

Slice artichokes and onion. Stew the latter slowly in butter in a covered pan for 5-6 minutes, then add artichokes. Continue to cook gently for a further 7-10 minutes, shaking the pan occasionally. Season and add the water, cover and simmer until well cooked, about 15 minutes. Then rub the mixture through a fine sieve and return to the pan.

Slake the flour with a cupful of the milk and bring the rest to the boil. Pour it on to the purée, adding the flour mixture. Stir until boiling, whisk for a few minutes while adding cream; adjust seasoning and serve with fried croûtons.

To bring out the flavour of the artichokes add 4 or 5 hazel nuts that have been toasted in the oven until brown. Rub off the skins and crush lightly. Add these with the artichokes.

* * *

SHRIMP AND POTATO SOUP

A soup and fish course combined.

1 lb. potatoes, weighed when peeled; 1 large leek or 2 small leeks; 1 clove garlic; 1½ oz. butter; 1½ pints milk; 2 yolks egg; 3-4 tablespoonsful cream; 2 tomatoes; 2-3 ozs. picked shrimps or prawns, fresh or frozen.

Slice or dice potatoes. Slice the white part of the leek, reserving the green. Chop garlic. Melt the butter in a large pan, add vegetables, cover and stew slowly 5-6 minutes, stirring occasionally and not allowing them to colour. Heat milk, pour on, season lightly and simmer 20 minutes or until vegetables are soft.

Meantime, shred green part of leek and cook 3-4 minutes in boiling water. Scald and skin tomatoes, quarter, pip and shred. Pass the soup through a fine sieve. Return to the rinsed-out pan with leek, tomato and shrimps. Mix the cream and yolks together, add to the soup and re-heat slowly, stirring carefully. Just before boiling point is reached, remove and serve.

This soup will make a good broth for lunch. In this case dice the potatoes and slice all the leek. Cook as before but do not sieve. Yolks may be omitted, but the cream is a great improvement.

Flaked white fish may be added instead of shrimps. More milk may be necessary to adjust the consistency, but this depends on the type of potato used.

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CREAM OF TOMATO SOUP

The best way to make a good smooth soup of this kind is to prepare a thick rich pulp or purée and a Béchamel sauce. The two are then combined and well seasoned with a little cream added. (Try making a celery soup this way.)

1 lb. tomatoes; 2 dessertspoonsful tomato purée, or 2 large cupsful canned tomatoes; 1 clove garlic; 1 medium sized onion, chopped; salt, pepper and sugar to taste; several sprigs of thyme, parsley and a bayleaf; a strip of rather

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finely pared lemon or orange rind.

Béchamel Sauce: *1½ pints milk; 2 bayleaves; 1½ ozs. butter; 1½ ozs. flour; 2-3 tablespoonsful lightly whipped cream.*

First prepare tomato pulp. Halve tomatoes, remove pips. Put all the ingredients together into a pan, cover and cook gently about an hour or until a thick rich pulp. Rub through a strainer.

Prepare Béchamel sauce: infuse bayleaves in milk. Melt butter, add flour, strain on the milk, blend and stir over fire until boiling.

Draw aside, add tomato pulp by degrees. Adjust consistency if necessary by thickening with a little arrowroot or thinning with milk. Adjust seasoning to taste, and finish with the cream.

LUNCHEON AND SUPPER DISHES

POTATOES MAÎTRE D'HÔTEL

The potatoes for this are cooked until barely tender, cut into slices and simmered in milk until the milk is absorbed, so it is essential that the potatoes should be a waxy variety and not floury. It is a good idea to take double the quantity of milk required and reduce it by half in simmering. (see below).

1 lb. unpeeled potatoes; 1 pint milk to be reduced to about ½ pint; 1 oz. butter; chopped parsley; seasoning; a little nutmeg.

Scrub potatoes and put in a pan, cover with cold salted water, bring to the boil and cook gently for 20 minutes. They must still be a little firm. Simmer the milk in a heavy pan until reduced, drain the potatoes, cool and peel them, and cut them into ¼-inch slices.



Potatoes Maître d'Hôtel garnished with parsley

Put into the boiling milk with seasoning and nutmeg and half the butter; use a fork to arrange them in the milk. Half

cover the pan and simmer 15 minutes. Shake pan occasionally to prevent sticking and when the milk is all absorbed add remaining butter, mixing gently.

Dish, and dust with chopped parsley.

* * *

EGGS SOUBISE

4-6 eggs; a round of bread for each egg, fried or toasted; large or Spanish onions for frying.

Soubise Sauce: $\frac{1}{2}$ lb. onions, $1\frac{1}{2}$ ozs. butter; $\frac{3}{4}$ oz. flour; $\frac{3}{4}$ pint milk.

Blanch and chop onions for sauce. Cook in 1 oz. of the butter until soft. Sieve. Melt the remaining butter, add flour, then milk. When boiling add the onion purée and simmer until creamy. Cut large onions into rounds, push out into rings, moisten with egg white and dust well with seasoned flour. Fry in deep fat. Poach eggs and drain well. Set an egg on each round of bread, coat with the sauce and arrange onion rings at each end of the dish.

* * *

GNOCCHIS

These, if well made, puff up like little soufflés while being baked. They may be prepared and left in the dish, coated with the sauce before baking.

1½ gills milk; 4 ozs. butter; 6 ozs. flour; 4 eggs; 3 ozs. grated cheese.

Boil the milk and butter together, draw aside and at once add all the flour. Beat till smooth. Cool, then add the eggs one at a time and the cheese. Season with salt, pepper and French mustard.

Poach in dessertspoonsful in boiling salted water 10-12 minutes. Drain, dry on a napkin and put into a buttered fireproof dish. Coat with a creamy Mornay sauce, sprinkle with grated cheese and bake 10-12 minutes in a



The Gnocchis are poached first; then

moderate to hot oven, Reg. 5-6, 375-400 degs. F.

Mornay or Cheese Sauce: Melt $\frac{3}{4}$ oz. butter in a saucepan, add $\frac{1}{4}$ oz. flour off the fire, with seasoning. Pour on $\frac{1}{2}$ pint of milk, stir until boiling, simmer for a few moments then draw aside. Season, add French mustard and 1 oz. grated cheese. Add a little single cream.

* * *

LEEK SOUFFLÉ

6 large leeks; 3 ozs. butter; 2 ozs. flour; ½ pint milk; ½ pint cream; salt, pepper, grated nutmeg; 4 eggs; browned bread crumbs; grated cheese.

Wash leeks thoroughly, cook them until tender in boiling salted water. Drain them very well and chop them roughly. Put 1 oz. of the butter into the pan and allow it to colour slightly. Add the leeks with seasoning and shake over the fire until dry. Set aside. Melt rest of butter, add flour and when well mixed pour on the milk. Stir until boiling, add the cream, the seasonings to taste and the egg yolks.

When well beaten stir in the leeks, whip



baked and coated with Mornay sauce

whites stiffly and fold into the mixture. Turn at once into a soufflé case or deep fireproof dish. Sprinkle the top well with browned crumbs and grated cheese and bake in a moderate to hot oven Reg. 5-6, 375-400 degs. F. for about 30-35 minutes. Serve at once. Make other vegetable soufflés in the same way.

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SPAGHETTI AND TOMATO SOUFFLÉ

2 ozs. (weighed when raw) spaghetti or macaroni, boiled and mixed with tomato sauce or pulp to moisten; or 1 small tin spaghetti and tomato.

Cheese Soufflé Mixture: *1 oz butter; ½ oz. flour; ¼ pint milk; 3 egg yolks; 4 egg whites, stiffly whipped; 3 ozs. grated Cheddar cheese; cayenne and paprika pepper, browned breadcrumbs; extra grated cheese to garnish.*

Have ready the spaghetti mixture, warmed, and a soufflé or deep fireproof dish. Melt the butter in a pan, stir in the flour, add the milk and stir until boiling. Cool slightly, beat in the yolks, adding salt and a little cayenne pepper. Work in

the cheese and 1 spoonful of egg whites to soften, fold in remainder.

Put in a third of the soufflé mixture into the bottom of the soufflé or deep fireproof dish, then add half the spaghetti mixture, another layer of the soufflé, the rest of the spaghetti and finally the rest of the soufflé.

Finish the top with browned breadcrumbs and cheese and bake as for the leek soufflé.

In place of the spaghetti and tomato, flaked smoked haddock warmed in a little cream is delicious.

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CAULIFLOWER AU GRATIN

An old favourite that tastes good with sautéed mushrooms and curls of crisp fried or grilled bacon.

A 2 lb. cauliflower.

Sauce: *1½ oz. butter; scant 1½ oz. flour; a good ½ pint milk; 3 ozs. grated cheese; an extra ounce of butter for finishing; 2 tablespoonsful white breadcrumbs; salt, pepper, nutmeg.*

Break the cauliflower into sprigs, using the stalks and the best of the leaves. Boil in salted water until tender.

Drain well. Melt butter for sauce, add flour, mix and pour on the milk. Blend and stir until boiling. Leave to simmer 4-5 minutes. Add a bare half of the cheese to the crumbs and the remainder to the sauce off the fire. Finish with the butter in small pieces, reserving a little. Season to taste.

Arrange the sprigs of cauliflower in a pudding basin (the flowers outwards and the stalks inwards) fill up the middle with the remaining sprigs and spoon in a little of the sauce to bind. Turn out carefully on to a fireproof dish, spoon the rest of the sauce over and round, scatter on breadcrumb

mixture and dot with remaining butter. Put to brown in a hot oven, Regulo 6 or 400 degrees F., 10-15 minutes.

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CURRY POTATOES

Excellent to serve with cold meat.

1 oz. butter; 1 oz. flour (scant); 1 small onion, chopped; 1 dessert spoonful curry powder; 1 pint of milk; bayleaf, blade mace, few peppercorns; 1 lb. small new potatoes.

Parboil new potatoes and prepare sauce as follows:—

Melt the butter in a saucepan, add the onion, cover and soften slowly. Stir in the curry powder, cook for a minute or two, add the flour off fire and strain on the milk which has been brought slowly to the boil with flavourings. Stir until boiling, simmer a few minutes then add the potatoes and continue simmering until they are quite soft.

The sauce should reduce to the consistency of thick cream. The bayleaf

can be left in during the cooking, but it should be removed before serving. Finish with a little cream.

* * *

GRATIN DAUPHINOIS

A very good dish of potatoes cooked in milk. The title is quite impossible to translate. Serve with meat, game, etc.

1 lb. potatoes; 1 oz. grated cheese; 1 clove of garlic; pepper and grated nutmeg; 1 small egg, or half a larger one; salt; ½ pint milk; 1 oz. butter.



SHRIMP AND POTATO SOUP



EGGS SOUBISE

EGG NOG

NORWEGIAN CREAM

CAULIFLOWER AU GRATIN



Butter a fireproof dish, crush a clove of garlic under the blade of a knife with a little salt, and put it in the dish. Peel the potatoes, slice them paper thin and lay them in the dish in regular rows, seasoning between each row with salt, pepper and grated nutmeg and a little of the grated cheese. Beat the egg, bring the milk to the boil and pour it over the egg. Pour the mixture over the potatoes, dot with small pieces of butter, scatter over the remaining cheese and bake in a moderate oven for three-quarters of an hour. Regulo 5 or 375 degrees F.

DEVILLED KIDNEYS

This may be made with veal or lambs' kidneys, fillets of fish, mushrooms, chicken, etc., and is a rich and delicious dish to serve for a first course or as a substantial savoury.

2-3 veal kidneys according to size or 4-5 lambs' kidneys; ½ to 1 oz. butter; 1 level dessertspoonful flour; ½ pint stock; 1-2 tablespoonsful sherry; salt, pepper, mustard, cayenne; watercress to garnish.

Devil Cream Sauce: *1½ gills cream; 1 tablespoonful Worcester sauce; 1 table-spoonful mushroom ketchup; a dash of anchovy essence; salt, pepper, cayenne and mustard.*

First prepare kidneys. Skin and slice.



Devilled Kidneys served with watercress

Toss over a brisk fire for 4-5 minutes in the butter. Draw aside, add the flour, moisten with the stock and bring to the boil. Add sherry and seasonings and simmer 2-3 minutes. Turn into a fire-proof dish.

Whip the cream and when firm carefully stir in the other ingredients. Spread this mixture over the kidneys and bake in a hot oven, Reg. 6, 400 degs. F., until nicely coloured. Serve at once.

Be careful not to have the kidney mixture too liquid as the cream sauce melts and runs down the dish. Garnish with sprigs of watercress.

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CHEESE AND MUSHROOM PANCAKES

3½ ozs. flour; 2 eggs; 1 dessertspoonful each melted butter and oil; 1½ ozs. grated Cheddar cheese; 1½ gills to ½ pint milk and water mixed.

Filling: *4 ozs. mushrooms, or mushroom stalks; 1 small onion finely chopped; 1 oz. butter; 1 oz. flour; ½ pint milk; 1 heaped dessertspoonful chopped parsley or mixed herbs.*

To finish: 5 thin rashers streaky bacon; grated cheese; melted butter; mushrooms for garnish (optional).

Make up the batter in usual way, adding the cheese last with plenty of seasoning. Put aside to stand for half an hour. Meantime prepare the filling by softening the onion in half the butter then adding the mushrooms, well washed and finely chopped. Cook quickly for two or three minutes then draw aside, add rest of butter and the flour. Pour on the milk and stir until it is boiling.

Boil rapidly 2 or 3 minutes if the consistency is not quite thick enough. Finish with the herbs. Set aside.

Make pancakes in the usual way, but using very little fat in the pan and making them as thin as possible. Put a spoonful of the filling in each pancake, roll up and lay in a buttered dish. Scatter with the grated cheese, sprinkle well with melted butter and brown in a hot oven, Regulo 6, 400 degrees F. Garnish with the bacon rashers, grilled until crisp, and the sautéed mushrooms.

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HADDOCK PAPRIKA

1-1¼ lbs. fresh haddock fillet; water; lemon juice; bayleaf; parsley stalks; slice of onion.

Sauce: *2 ozs. mushrooms; 1 oz. butter; ¾ oz. flour; 1 heaped teaspoonful paprika pepper; ½ pint milk; 1 'cap' of tinned pimento (sweet pepper); 1-2 tablespoonsful cream; 6 oz. noodles or spaghetti freshly boiled (weighed when raw); 1 cupful cream.*

Skin fish and cut into 4 or 5 neat pieces. Lay in a dish, barely cover with water, add a good squeeze of lemon and the flavourings. Cover with a piece of paper and poach in the oven, Regulo 4, 350 degrees F., 12-15 minutes.

Meantime prepare the sauce. Wash and slice mushrooms. Cook in the

butter in a covered saucepan for 2 minutes. Draw aside, add the flour, paprika and, when mixed, the milk. Stir until boiling, add salt and pepper to taste and boil briskly for a minute. Then add the pimento cut in thin slices and the cream.

Re-dish the fish, draining well from the cooking liquor, and spoon the sauce carefully over the fish. Serve with the noodles tossed in about a cupful of well boiled and seasoned cream.

* * *

FRICASSÉE OF VEAL

May also be made with a boiling fowl. Simmer as for veal until very tender.

1½-2 lbs. veal from the oyster or leg (this may be kept whole or cut in 2 inch squares); 1 large onion; 1 large carrot; a large bouquet (parsley stalks, thyme and bayleaf).

Sauce: *1½ ozs. butter; 1½ ozs. flour; ½ pint strong stock from the veal; ½ pint milk; 2-3 tablespoonsful cream; 2 large handfuls of parsley, boiled 5-6*

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minutes, drained and pressed, then rubbed through a sieve or strainer; bacon to garnish.

Tie the veal into a neat piece, put into a large pan and cover with cold water. Add salt and bring slowly to the boil, then drain off, rinse and replace in the pan. Barely cover with cold water, bring again to the boil and add the quartered vegetables, bouquet and a little salt.

Simmer 45 minutes to 1 hour or until quite tender. Draw aside. Pour off about $\frac{3}{4}$ to 1 pint of the stock and boil it down hard until it measures about $\frac{1}{2}$ pint. Pour off and in the same pan melt the butter, add the flour and, when mixed, pour on the stock.

Stir till blended, add milk and stir over the fire until boiling. Boil 3-4 minutes or until the right consistency, then add the cream and the parsley purée. Adjust seasoning, adding a squeeze of lemon. Take up the veal, slice and arrange on serving dish. Coat with the sauce and garnish round with curls of crisply fried or grilled bacon.

SWEETS

BROWN BREAD CREAM

¾ pint milk; 3 yolks egg; 1 table-spoonful sugar; 1 level table-spoonful gelatine; 3-4 table-spoonful water; 2-3 table-spoonful fresh brown bread-crumbs; grated lemon rind to flavour; 2-3 large table-spoonful lightly whipped cream; slices of banana or pineapple to decorate.

Scald milk. Cream yolks and sugar together. Add water to the gelatine. Put crumbs to brown in the oven until crisp and nicely coloured. Pour milk on to



Brown Bread Cream



Rice Cream Connaught with apricot sauce

yolks and sugar, return to the fire and stir until the custard will coat the back of the spoon.

Draw aside, add the gelatine, now well sponged, with the water, and stir until melted. Strain off into a bowl to cool. Add lemon rind to flavour and when quite cold and on the point of setting, fold in the cream and lastly the crumbs. Pour at once into a soufflé dish, mould or glass bowl and leave to set. Serve in the dish with a fruit purée—strawberry, raspberry or blackberry—poured over, or turn out, spread all over with whipped cream and pour the purée round. Decorate with banana or pineapple.

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NORWEGIAN CREAM

A very popular sweet.

*2 tablespoonsful good apricot jam ; 3 eggs ; 1 tablespoonful sugar ; $\frac{1}{2}$ pint milk ; $\frac{1}{2}$ teaspoonful vanilla ; 3 table-
spoonsful whipped cream ; caraque
chocolate.*

Spread the apricot jam over the bot-
tom of a soufflé dish. Break 2 eggs and

1 yolk into a bowl and cream with the sugar and vanilla. Pour on the hot milk, blend and strain into the soufflé dish. Stand the dish in a roasting tin half-full of water, cover with a piece of paper and set in a moderate oven, Regulo 4, 350 degrees F. until firm to the touch. (Or the mixture may be steamed). Leave until cold.

Whip the remaining egg white stiffly and fold into the whipped cream. Cover the dish with the caraque chocolate and pile the cream on top. Decorate also with the chocolate.

Caraque chocolate : for decoration. Melt some plain block chocolate over gentle heat. Do not allow to get hot, but just warm. Spread this on to a clean baking sheet, enamel tray, or marble or slate slab. Work the knife to and fro over the chocolate. Leave a minute or so until on the point of setting, then scrape off with the knife. The chocolate will then flake off into scrolls or shavings.

* * *

RICE CREAM CONNAUGHT

A cold rice sweet with pieces of crisp apple in the cream. It is served with a full flavoured apricot sauce.

*1 pint milk ; 3 good tablespoonsful rice ; 1 tablespoonful sugar, or to taste ; 1 level dessertspoonful gelatine ; 2-3 tablespoonsful orange juice or water ; 1 large dessert apple ; 2-3 good table-
spoonsful lightly whipped cream (about $\frac{1}{4}$ gill) $\frac{1}{2}$ oz. almonds (optional) ; cream
to decorate if wished.*

Sauce : About $\frac{1}{2}$ lb. dried apricots ; sugar ; lemon rind.

Simmer rice in milk until tender, stirring occasionally. Draw aside, add sugar and cool. The consistency must be thick but not too solid, so add a little

more milk if necessary. Soak gelatine in orange juice or water, then dissolve over gentle heat. Add to the rice with the apple cut in dice, and when on the point of setting fold in the cream. Turn into an oiled tin or mould to set.

Meantime prepare sauce. Soak apricots in water to cover overnight. Simmer until tender (in water in which they were soaked) with a strip of lemon rind. Then rub through a strainer or sieve. Sweeten to taste and thin the sauce down a little if necessary. Blanch, split and shred almonds. Toast to a golden brown in the oven.

Turn out the rice, decorate with cream, scatter with the almonds and pour round the sauce.

* * * PANCAKES À LA CRÊME

A pleasant hot sweet. The pancakes are filled with a light fluffy cream. A fruit or jam sauce may accompany them.

Batter: 3 ozs. flour (plain); 1 egg; 1 yolk; 1 dessertspoonful sugar; 1 table-spoonful melted butter; 1½ gills milk.

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MILK DRINKS

Pleasant, nourishing and economical drinks that vary from the simple for everyday to the rich for a party.

* * * EGG FLIP

This drink is a real pick-me-up.

Per Person: 1 egg; ½ pint milk; 1 good teaspoonful sugar; 1 table-spoonful brandy or rum.

Whisk egg, adding sugar and brandy. Warm milk until nicely hot and pour on to the mixture whisking vigorously. Then pour into a glass or beaker.

Hot Egg Flip

Filling: A good ½ pint milk; 1 egg; 1 yolk; 1½ table-spoonful sugar; 1 rounded dessertspoonful each flour and cornflour; grated orange and lemon rind to flavour.

Make up batter in usual way and set the mixture aside.

Prepare filling: scald milk, reserving about a quarter. Put the yolks into a bowl, and cream with the sugar and flours, mix with the reserved milk then pour in the hot milk. Blend and return to the pan. Stir over the fire until boiling. Draw aside. Whip the white to a firm snow (if wished the white from the batter may be added also). Add a little of the hot cream, folding it in carefully, then add the remainder.

Cook the pancakes as thinly as possible. Spread out and put a good spoonful of the cream in each. Fold over and lay in a buttered dish. Brush over with melted butter and dust well with castor sugar. Bake in a hot oven, Regulo 6, 400 degrees F., 10-12 minutes. Serve with hot red jam.





Rich, nourishing Egg Nog

ICED COFFEE

This is a different way of making iced coffee from the usual and one that children usually prefer.

Take very cold milk, add coffee essence to taste, and a little sugar if liked. Whisk, adding a little lightly whipped cream. Keep in the refrigerator until wanted.

A spoonful or two of coffee ice cream may be added in place of cream.

* * *

EGG NOG (1)

This drink is very popular in America, and has several versions. Here are two to choose from. They can be made in various flavours.

Per Person: 1 egg; 1 dessertspoonful sugar; a few drops vanilla or 1½ table-spoonful sherry; 1½ gills cold milk; nutmeg.

Beat egg until smooth, add sugar and the sherry by degrees. Add milk gradually, mixing well all the time. Strain into tall glasses, and grate a little nutmeg over the top of each one. Serve cold.

EGG NOG (2)

This is a rather richer version.

Per Person: 1 egg; 2 table-spoonful brandy or rum; 1 level table-spoonful sugar; 2 table-spoonful thick cream; ¼ pint milk.

Divide the egg. Cream yolk with the sugar, adding the brandy or rum. Beat well. Add milk gradually. Beat in the cream very lightly whipped. Whisk the white to a firm snow, fold into the mixture and pour into a glass. Grate a little nutmeg over the top.

* * *

COLD MILK PUNCH

Make this in a cocktail shaker or glass jug with cracked ice.

1 pint milk; 1 dessertspoonful castor sugar; ¼-½ gill brandy or whisky; 2-3 strips pared orange or lemon rind.

Steep the rind in the spirit for an hour or two, pour into the shaker with the milk and sugar. Add a little cracked ice and shake well. Strain off into glasses. This quantity makes enough for two.

The 7-day Milk Diet

Breakfast

(every morning during the 7 days)

- 1 glass milk
- 1 egg, boiled or poached
- 1 cup tea or coffee (no sugar)

Nightcap

(every night during the 7 days)

- 1 glass milk, hot or cold

A healthy loss of weight in one week

HERE is the 7-day milk diet—specially planned, medically approved and prepared by a Doctor. In just one week you can lose those surplus pounds that make all the difference between that listless feeling and sprightly good health. Follow the diet faithfully. Do not exceed normal helpings, i.e. 3 to 5 oz. of meat or fish; 6 oz. of vegetable or salad. Soon you'll look better, step better, wear your clothes better, work better, *feel* better.

SUNDAY

Midday Meal

- Lean meat, grilled or braised
- 1 green vegetable (not peas or beans)
- Apple, pear or orange

Evening Meal

- Green salad with grated cheese
- 1 glass milk
- 1 slice wholemeal bread, thinly buttered

MONDAY

Midday Meal

- Lean meat or fish (not fried)
- 1 green vegetable (not peas or beans)
- Stewed apple

Evening Meal

- Green salad with cold lean meat
- 1 slice melon or $\frac{1}{2}$ grapefruit
- 1 glass milk

TUESDAY

Midday Meal

- Grilled fish
- 2 tomatoes
- Lemon jelly

Evening Meal

- Vegetable broth
- 2 biscuits and cheese (1 $\frac{1}{2}$ -in. cube)
- 1 glass milk

WEDNESDAY

Midday Meal

- Grilled liver
- Spinach
- Apple, orange or pear

Evening Meal

- Cheese and tomato sandwiches (2 rounds wholemeal bread)
- 1 packet seedless raisins
- 1 glass milk

THURSDAY

Midday Meal

- Clear soup
- Baked fish
- Watercress
- 1 peach

Evening Meal

- Cauliflower with cheese
- 1 glass milk
- 1 slice wholemeal bread, thinly buttered

FRIDAY

Midday Meal

- Tomato juice
- Braised beef or kidneys
- 1 green vegetable (not peas or beans)
- Fresh fruit

Evening Meal

- $\frac{1}{2}$ grapefruit
- Bacon and tomatoes (grilled)
- 1 glass milk

SATURDAY

Midday Meal

- Lean roast beef or lamb
- 1 green vegetable (not peas or beans)
- Prune whip

Evening Meal

- Lean cold ham and salad
- 1 apple
- 1 glass milk

You have completed the 7-day milk diet! To retain the benefits of the treatment, make sure that your diet includes a pint of milk daily from now on. Weigh yourself once a week. And follow the milk diet again—just for a day or two a week—whenever you need to.

