

## CHAPTER III

# Milk

As a source of body building material, protein and mineral matter, as well as vitamins, milk is the best food on the market for the money expended.

The minerals in milk, as well as in fruits and vegetables, help to counteract the acid condition caused by eating grain products, meat and eggs, as the residue which these leave is alkaline. It is thought now by our best scientists that the alkaline condition contributes to good health.

### *USES OF MILK*

Beverage

Creamed meats, fish, eggs and vegetables

Cream soups

Puddings

Custards

Substitute for water in cooking, as cabbage boiled 5 minutes in milk

A quart of milk a day for a person furnishes the calcium or lime sufficient for the diet. To scrimp on the use of milk means that the diet of the family is lacking in this important constituent in bone, teeth, blood and other fluids of the body.

Each child in the family under five years of age should have a quart of milk a day and each one over six, a pint.

Skim milk may be used in all cookery; whey may be used as liquid in bread, quick breads and gravies; butter-milk may be used instead of sour milk.

### *PRESERVATION OF MILK*

Milk may be preserved for shorter or longer periods:

#### *By Keeping It Cool*

In a cellar or refrigerator, or

By wrapping a wet cloth around the milk bottle and letting it stand in a draft.

*By Pasteurization*, which is a process of destroying by the application of heat certain bacteria which would otherwise sour or ferment the milk.

For household pasteurization the following simple equipment will do: A pail or deep kettle, a rack or perforated pie tin on which to set the milk bottles, and a thermometer. Place the rack or inverted perforated pie tin in the pail or kettle. Arrange the bottles of milk on the rack. Do not remove the caps from the bottles. With a towel wrung out of hot water cleanse the caps and mouths of the bottles. Pour cold water around the bottles, filling the pail or kettle sufficiently so that the water will entirely surround the milk. Place the pail or kettle containing the bottles over the fire and bring quickly to a temperature of 140°. Keep it at that temperature 20 minutes. Remove bottles, cool quickly and put in cold water.

Pasteurization should not take the place of the cleanly production and handling of milk.

All bacteria are not destroyed by this method so pasteurized milk will in time decompose. Milk should be pasteurized as soon as received if one finds it advisable to take this precaution.

*By Sterilization*, which may be accomplished by heating the milk to the boiling temperature. This destroys all germs, but alters the taste of the milk, coagulates the albumin and destroys the fine emulsion of fat.

*By Condensing*. In this process fresh cow's milk is evaporated to the desired concentration and cane sugar added. Fifty percent of condensed milk is cane sugar. This milk is not sterile, but the sugar acts as a preservative. The use of skimmed milk in condensing must be made known by the label, "Condensed Skim Milk."

*By Evaporating* or condensing without sweetening. Milk which is thus processed is evaporated milk, unsweetened, hermetically sealed in cans. It depends entirely on sterilization for its keeping qualities.

*By Reduction to Milk Powders*. Milk may be reduced to a powdered form and finds use to a great extent where fresh milk cannot be obtained. Both skimmed and whole milk are used in this form. The latter must be stored in a cool place, as the fat it contains may become rancid. Milk in this form is a valuable addition to any pantry, if only for emergency use.

*By Making Into Cheese.* This is the oldest form of preservation of milk.

## MILK RECIPES

### JUNKET

1 quart fresh milk                       $\frac{1}{4}$  c. cold water  
1 junket tablet                             $\frac{1}{4}$  c. sugar

Heat milk until lukewarm; add the tablet, which has been dissolved in the cold water. Add the sugar. Pour into molds and keep in a warm place until set. Half a peach may be placed in mold before milk mixture is poured in. This is an excellent dessert for children.

### COTTAGE CHEESE

Heat clabbered milk in the top of a double boiler or on the back of a range until the whey is separated from the curd. Care must be taken not to allow the milk to become warmer than blood heat or about 98° F. A higher temperature makes the curd hard and leathery.

Drain in a cheese cloth bag. Season with salt and pepper, adding enough melted butter or cream to moisten. A fork is better for mixing cottage cheese than a spoon.

### CREAM SAUCE OR WHITE SAUCE

Milk	Flour	Butter or other fat	Salt	Uses
1 1 c.	1 tbsp.	1 tbsp.	$\frac{1}{4}$ tsp.	Sauces and cream soups
2. 1 c.	2 tbsp.	1 tbsp.	$\frac{1}{4}$ tsp.	Sauces and cream soups
3. 1 c.	3 tbsp.	1 tbsp.	$\frac{1}{4}$ tsp.	Souffle mixtures
4. 1 c.	4 tbsp.	1 tbsp.	$\frac{1}{4}$ tsp.	Croquettes

#### Method of Combining

(a) Scald milk and stir in the flour, which has previously been rubbed smooth in a little of the cold milk. Boil two minutes and then add salt and butter.

(b) Melt butter in a saucepan, stir in the flour and when smooth, stir in slowly the milk, which may be scalded if desired. Boil two minutes and add salt.

If a large quantity of white sauce is to be made, it is better to have the milk scalded. Care must be taken to stir the sauce or it will be lumpy. More butter may be added if a richer sauce is desired.

#### Uses

White Sauce No. 1 is best used with starchy vegetables as potatoes, turnips and carrots.

White Sauce No. 2 is more suitable to use with the non-starchy vegetables, as onions, cauliflower, celery and cabbage.

White Sauce No. 3 is the one to use for creamed dishes served in timbale shells, croustades as well as in puffs, souffles, etc.

White Sauce No. 4 is the best for use in making croquettes, as it is thick enough to hold the chopped meats or vegetables together.

#### CREAM OF ASPARAGUS SOUP

2 c. milk	Speck pepper
2 c. asparagus water	1 tsp. grated onion
4 tbsp. flour	Dash paprika
4 tbsp. butter	1 c. asparagus pulp or asparagus tips
1½ tsp. salt	

Melt butter; add flour and seasonings while stirring. Add cold milk. When thickened, add asparagus water and asparagus pulp. Reheat and serve.

#### CREAM OF CARROT SOUP

2 c. milk	Speck pepper
2 c. carrot water	Dash paprika
4 tbsp. flour	1 tsp. grated onion
4 tbsp. butter	1 c. cooked carrot pulp or diced cooked carrots
1¼ tsp. salt	

Melt butter, add flour and seasonings while stirring. Add cold milk. When thickened, add carrot water and carrot pulp. Reheat and serve.

#### CREAM OF CAULIFLOWER SOUP

2 c. milk	Dash paprika
2 c. cauliflower water	Speck pepper
4 tbsp. flour	1 tsp. grated onion
4 tbsp. butter	1 c. cooked cauliflower pulp
1½ tsp. salt	

Melt butter, add flour and seasonings while stirring. Add cold milk. When thickened, add cauliflower water and cauliflower pulp. Reheat and serve.

#### CREAM OF CELERY SOUP

2 c. milk	Speck paprika
2 c. celery water	Speck pepper
4 tbsp. flour	1 tsp. onion
4 tbsp. butter	1 c. cooked celery pulp or diced celery
1 tsp. salt	

Melt the butter, add flour and seasonings while stirring, then the cold milk. When this comes to a boil add celery water and celery pulp. Reheat and serve.

## CREAM OF CORN SOUP

2c. milk	Speck pepper
2 c. corn water	Dash paprika
4 tbsp. flour	1 tsp. grated onion
4 tbsp. butter	1 c. scraped, cooked corn
1½ tsp. salt	

Melt butter, add flour and seasonings while stirring. Add cold milk. When thickened, add corn water and scraped corn. Reheat and serve. With canned corn, use 1 c. which has been strained and 4 c. milk.

## CREAM OF SPINACH SOUP

2 c. milk	1½ tsp. salt
2 c. spinach water	Speck pepper
4 tbsp. flour	Dash paprika
4 tbsp. butter	1 c. strained spinach
	¼ tsp. celery salt

Melt butter, add flour and other seasonings. Add cold milk. When thickened, add spinach water and strained spinach. Reheat and serve.

## CREAM OF TOMATO SOUP

2 c. canned tomatoes	½ bay leaf
2 c. cold milk	1 tbsp. minced onion
4 tbsp. flour	1 clove
4 tbsp. butter	¼ tsp. celery seed
1½ tsp. salt	⅛ tsp. soda
⅓ tsp. pepper	

Melt butter. Add flour and salt. Add cold milk. Meanwhile combine tomatoes, salt, pepper, bay leaf, onion, clove and celery seed. Thicken the tomato mixture with 2 tbsp. of butter and 2 tbsp. flour blended together. Strain, add the soda, and combine with white sauce.

## CREAM OF POTATO SOUP

3 potatoes	2 c. white sauce No. 1
½ onion	Stalk of celery or celery seed

Cook potatoes, onions and celery in three cups of boiling water. When tender, drain, saving two cups of water. Press vegetables through the sieve and combine with white sauce and vegetable liquid in top of a double boiler. Reheat, season to taste. In serving, sprinkle chopped parsley over the top of each soup plate.

## CREAM OF PEA SOUP

Cook either fresh or canned peas with a slice of onion and rub thru sieve. To each cup of this puree, add one cup of white sauce No. 1 and reheat before serving. Season to taste.

## CUSTARDS

Custards are divided into two classes, the firm custards, which are steamed or baked, and the soft custards, which are made in the top of the double boiler. As custards contain a large proportion of egg, the need of cooking at a temperature lower than boiling is to be emphasized.

Custards form excellent desserts for children.

## BAKED OR STEAMED CUSTARDS

1 c. milk	$\frac{1}{4}$ tsp. salt
1 or 2 eggs or 1 egg and 1 yolk	$\frac{1}{4}$ tsp. flavoring
2 tbsp. sugar	

Scald milk in double boiler. Beat eggs slightly, adding sugar and salt. Add milk and flavoring. Wet individual molds and fill two-thirds full of custard mixture. Set molds in a pan of hot water and bake in a moderate (350° F.) oven until firm. Test by inserting the point of a knife. It should come out clean if custard is done.

These molds may be placed in the top of a steamer to cook. In the latter case the molds should be covered to keep out the moisture.

## SOFT CUSTARD

1 c. milk	$\frac{1}{4}$ tsp. salt
1 egg or 2 egg yolks	$\frac{1}{4}$ to $\frac{1}{2}$ tsp. flavoring
2 tbsp. sugar	

Scald milk in the top of the double boiler. Beat eggs slightly, adding sugar and salt. Pour the milk over the egg mixture gradually. Return to the double boiler and cook until it thickens. A soft custard is done when it coats a spoon and at the same time becomes thicker.

## VARIATIONS FOR BAKED CUSTARDS

**Caramel Custard.** Use the recipe for baked custard and caramelize the sugar in a sauce pan, adding the milk when syrup is golden brown. Then pour over the beaten egg gradually.

**Chocolate Custard.** Use the foundation recipe for baked custard, first melting  $\frac{1}{2}$  ounce of chocolate in the double boiler before putting in the milk. Proceed as for the above recipe.

**Cocoanut Custard.** To the foundation recipe for baked custard add  $\frac{1}{2}$  c. of shredded cocoanut.

## VARIATIONS FOR SOFT CUSTARDS

**Cake Custard.** Pour soft custard over slices of sponge cake or lady fingers just before serving. Garnish with whipped cream and a bit of jelly.

**Fruit Custard.** Pour soft custard over sliced peaches, bananas, oranges or other fruits. Serve very cold. This kind of custard is more attractive if arranged in individual dishes for serving.

**Floating Island.** Use the yolks of eggs to make a soft custard. Make a meringue of whites of egg. Cook the meringue by dropping spoonfuls of it on a pan of hot water until it is set. Another method is to drop spoonfuls on a pan of ice water and place under a slow gas broiler or on the top shelf of the oven until it browns. Pour soft custard into serving dish and dot with cooked meringue.

#### BUTTERMILK GRUEL

Scald one quart of buttermilk in the top of a double boiler and add to it one tablespoon of cornmeal mixed with  $\frac{1}{4}$  tsp. of salt. Cook slowly two hours, stirring often to keep it smooth. Add a tablespoon of butter before serving.

#### WHEY LEMONADE

Juice of two lemons	1 quart whey
Sugar to taste	

Mix together and serve cold.

#### WHEY BAVARIAN CREAM

2. tbsp. gelatine	1 c. fruit cut in small pieces
1 $\frac{1}{2}$ c. whey	1 c. sour or sweet cream
$\frac{2}{3}$ c. sugar	whipped
1 tbsp. lemon juice	

Soak the gelatine in the whey and after it is swelled, dissolve it by setting dish containing whey in hot water. Add the sugar, lemon juice and fruit. Allow to cool until it begins to thicken. Then fold in the whipped cream and turn into a mold. Serve very cold, garnished with whipped cream.