

BETTER FOR COOKING



BETTER FOR DRINKING



Meadow Gold  
*Buttermilk-*



## "Meet an Old Friend"!

And keep acquainted with him! Order buttermilk regularly. It's a refreshing drink at any time—and you will find many new ways to use it. Ask your milkman tomorrow morning for a quart of Meadow Gold Buttermilk.

### Handy to have Around

#### For Health

Serve the family a glass of chilled buttermilk, adding orange, pineapple or any fruit flavor sweetened slightly. All the family will like it and cultivate this healthful drink. It should be a "MUST" several times a week.



#### For Goodness

Buttermilk is not only a perfect beverage, but very special dishes with an enhanced flavor can be made from its use in cookery. It is delicious for biscuits, cakes, salad dressings, desserts, and many dishes. Try some of our special buttermilk dishes.



#### BUTTERMILK PANCAKES

3 cups Meadow Gold Buttermilk	$\frac{1}{2}$ teaspoon salt
1 teaspoon soda	1 cup flour
2 eggs	1 tablespoon sugar

Beat eggs well; add salt, sugar, and flour. Dissolve soda in buttermilk, add to first mixture. Bake on hot griddle, until golden brown, then turn.

# Recipes You'll Enjoy

## BUTTERMILK COOKIES

- |                           |                                |
|---------------------------|--------------------------------|
| 1 cup brown sugar         | 1/2 cup Meadow Gold butter     |
| 1 egg, beaten             | 1/2 cup Meadow Gold buttermilk |
| 1/2 teaspoon salt         | 1 cup pastry flour             |
| 1/2 teaspoon nutmeg       | 1/2 teaspoon soda              |
| 2 teaspoons baking powder | 2 cups quick oats              |
| 1 cup raisins             |                                |

Cream butter and sugar. Add beaten egg. Sift dry ingredients and add alternately with buttermilk. Add oats. Fold in raisins. Mix well and drop by teaspoonful on buttered baking sheets. Bake in hot oven 375° F. for 15 minutes. Makes 24.

## BUTTERMILK MEAT BALLS

- |                     |                               |
|---------------------|-------------------------------|
| 1 pound ground beef | 3 slices bread                |
| 1/2 cup milk        | 1 egg                         |
| 1 onion, chopped    | 2 tablespoons catsup          |
| 1/2 teaspoon salt   | 1 pint Meadow Gold buttermilk |
| 3 tablespoons flour |                               |

Soak bread in milk, then combine with meat. Add beaten egg, onion, catsup and salt. Shape into small balls. Brown in butter until well browned on all sides. Pour buttermilk over balls and cover. Cook for 10 minutes, then remove meat balls and thicken buttermilk gravy with the flour. Just before serving pour gravy over meat balls. Serves 6 to 8.

Main dish for dinner. Inexpensive, but good.

## RUSSIAN BEET SOUP

- |                                |                         |
|--------------------------------|-------------------------|
| 2 quarts boiling water         | 1 bay leaf              |
| 8 beef bouillon cubes or       | 1 teaspoon salt         |
| 2 quarts strong stock          | 1/4 teaspoon pepper     |
| 3 onions (medium sized)        | 1/4 cup flour           |
| 1 tablespoon sugar             | 1/2 cup water           |
| 2 cups chopped cabbage         | 1 1/2 cups beets cooked |
| 1/2 cup Meadow Gold Buttermilk |                         |

Cook the first eight ingredients slowly for ten minutes. Make a paste of the flour and water. Stir into the bouillon or stock mixture. Add beets. Heat to boiling point, stirring constantly. Remove from heat and stir 1/2 cup Meadow Gold Buttermilk. Serves six.



## GINGERBREAD MUFFINS

2 cups sifted flour	1 teaspoon baking powder
$\frac{1}{2}$ teaspoon baking soda	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ cup brown sugar
$\frac{1}{2}$ cup Meadow Gold buttermilk	1 egg
$\frac{1}{4}$ cup Meadow Gold butter, melted	

Sift together flour, baking powder, soda and salt. Beat egg, add molasses, brown sugar, buttermilk and butter. Add to sifted dry ingredients. Stir until mixed. Fill greased muffin pans two-thirds full of batter. Bake in moderately hot oven, 375° F. about 25 minutes or until firm and browned. Especially good served with pear and cottage cheese salad. Makes 1 dozen muffins.

## BUTTERMILK BISCUITS

2 cups all-purpose flour	1 teaspoon salt
3 teaspoons baking powder	$\frac{1}{4}$ teaspoon soda
$\frac{1}{3}$ cup Meadow Gold butter	
$\frac{3}{4}$ cup Meadow Gold buttermilk	

Sift dry ingredients. Cut in butter. Add buttermilk all at once and stir until batter follows the spoon around bowl. Knead lightly. Cut and bake 15 minutes in hot oven. 425° F. Makes 12.

## BUTTERMILK DRESSING

Season buttermilk highly with salt, pepper, onion juice, Worcestershire, chopped parsley, lemon juice or other preferred seasonings. No oil and no cooking are needed for this dressing.

