



16 new
ways to
cook with
milk



Hello —

What fun it is to cook when you have such a versatile dairy product to use as homogenized milk. The sixteen recipes in this booklet include just a few of the many ways in which

milk can be used to enhance the flavor of your meals.

The recipes range from soups to breads; sandwiches, casseroles, cakes, frostings; on to desserts and pies. Why not try them soon? You'll find you can always rely on homogenized milk to contribute to the convenience and ease of your meal preparations. Also, it adds essential nutrients to your daily diet. They are the nutrients so necessary for good health.

For your convenience, the recipe cards are perforated for easy removal from the booklet and may be filed in the recipe box.

Beatrice Cooke

Beatrice Cooke



Beatrice Cooke's **FAVORITE RECIPE**



FISH CHOWDER

- | | |
|--|------------------------------|
| $\frac{1}{4}$ cup Meadow Gold Butter | 2 cups cubed, pared potatoes |
| 1 medium onion, chopped | 1 cup sliced celery |
| 1 pound fish fillets— haddock, cod or halibut | 1 quart Meadow Gold Milk |
| 1 bay leaf | 2 cups hot tomato juice |
| 6 whole cloves | Salt and pepper to taste |

Melt butter in sauce pot. Add onion and fish fillets, cut into 1-inch cubes. Cook for 10 minutes, stirring occasionally. Add bay leaf, cloves, potatoes, celery and 1 cup milk. Cook over low heat until fish and vegetables are tender. Remove bay leaf and cloves. Add remaining milk. Heat until hot. Gradually stir in hot tomato juice. Season to taste. Heat until hot but do not boil. Serve immediately.

Makes about $2\frac{1}{2}$ quarts or 8-10 servings

Beatrice Cooke's FAVORITE RECIPE



CHICKEN CHEESE SOUP

1/4 cup Meadow Gold Butter

1 medium onion, chopped

1/2 cup flour

2 quarts (1/2 gallon) Meadow Gold Milk

2 cups chicken broth

1 cup cooked peas

1 1/2 cups diced cooked chicken

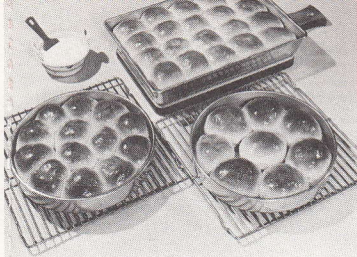
1 1/2 cups grated Meadow Gold Natural
Cheddar Cheese

1/4 teaspoon paprika

Salt and pepper to taste

Cook onion in butter until tender. Stir in flour. Gradually add milk and chicken broth. Add peas, chicken, cheese and seasonings. Heat until hot and cheese is melted. Garnish each serving with chopped green onion.

Makes about 3 1/2 quarts or 10-12 servings



Beatrice Cooke's **FAVORITE RECIPE**



PAN ROLLS

- 2 cups Meadow Gold Milk, scalded
- $\frac{1}{3}$ cup sugar
- 2 teaspoons salt
- $\frac{1}{2}$ cup Meadow Gold Butter
- 1 cup warm mashed potatoes, unseasoned
- 1 (1 oz.) package active dry or 1 cake compressed yeast
- $\frac{1}{4}$ cup warm (not hot) water
- 7 cups sifted flour, approximately

Pour scalded milk into large mixing bowl. Stir in sugar, salt, butter and potatoes. Cool to lukewarm. Dissolve yeast in warm water. Add to milk mixture. Beat in half the flour. Then stir in remaining flour or enough to make a soft dough. Turn out on lightly floured surface; knead until smooth and not sticky. Place in a greased bowl; brush top with melted butter. Cover; let rise in warm place until double in bulk. Punch down. Let rise again until double in bulk. Turn out on lightly floured surface. Cut or pinch off small, uniform pieces, folding sides under until tops are smooth and rounded. Place in greased shallow baking pans $\frac{1}{4}$ -inch apart, using either 13 x 9 x 2-inch pans or 9-inch round cake pans. Cover; let rise in warm place until double in bulk. Bake at 375° for 20-25 minutes. While hot brush with a cream-sugar mixture or melted butter.

Note: For hamburger buns use larger pieces of dough and place $\frac{1}{2}$ -inch apart in pan.

Makes about 3 $\frac{1}{2}$ dozen rolls.

Beatrice Cooke's FAVORITE RECIPE



RAISED DOUGHNUTS

1 cup Meadow Gold Milk, scalded
1/2 cup sugar
1 teaspoon salt
1 (1 oz.) package active dry or 1 cake
compressed yeast

1 1/2 cups sifted flour
1 Meadow Gold Egg, beaten
1/4 cup Meadow Gold Butter, melted
2 1/2-3 cups sifted flour

Combine milk, sugar and salt; cool to lukewarm. Add yeast to mixture and stir until dissolved. Stir in 1 1/2 cups flour. Cover and let rise in warm place (80-85°) about 1 hour. Add egg and butter; mix well. Stir in flour, using the amount necessary to make it easy to handle. Turn out onto a lightly floured surface. Knead until smooth. Place in greased bowl, turning once to bring greased side up. Cover; let rise in warm place until double in bulk. Punch down and turn out on floured surface, rolling out dough to 1/3-inch thickness. Cut with floured 3-inch doughnut cutter. Let rise on board until very light, about 30 to 45 minutes. Leave uncovered so a crust will form on the dough. Fry in deep hot fat (370°) for about 2 minutes or until lightly browned, turning once. Drain on absorbent paper. For sugared doughnuts, place in bag with granulated sugar and shake. For a glaze:

3/4 cup sifted confectioners' sugar
3 to 4 teaspoons water

Mix confectioners' sugar and water together until smooth. Spread on top of doughnuts when cool.

Makes about 3 dozen doughnuts



Beatrice Cooke's **FAVORITE RECIPE**



PRUNE COFFEE CAKE

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|------------------------------------|---------------------------------|
| 2¼ cups sifted flour | 1 teaspoon cinnamon |
| 1¼ cups brown sugar, firmly packed | 1 Meadow Gold Egg, beaten |
| 1 teaspoon salt | 1 cup Meadow Gold Milk |
| ½ cup Meadow Gold Butter | 1 cup finely cut, cooked prunes |
| 3 teaspoons baking powder | ½ cup chopped nuts |

Combine flour, brown sugar and salt. Cut in butter until mixture is crumbly. Reserve ½ cup crumb mixture for topping. To remaining crumb mixture add baking powder and cinnamon. Combine egg and milk. Add to mixture and stir until well mixed. Stir in cooked prunes. Pour into a greased 12 x 7½ x 2-inch baking pan. Mix together ½ cup crumb mixture and nuts. Sprinkle over top of batter. Bake at 375° for 35-40 minutes.

Makes 8-12 servings

Beatrice Cooke's **FAVORITE RECIPE**



CORN BREAD

1 cup sifted flour
1/4 cup sugar
1 tablespoon baking powder
1 teaspoon salt

1 cup yellow corn meal
1 1/4 cups Meadow Gold Milk
2 Meadow Gold Eggs, beaten
1/4 cup Meadow Gold Butter, melted

Sift together flour, sugar, baking powder and salt. Stir in corn meal. Combine milk, eggs and butter. Add all at once to dry ingredients. Stir just until dry ingredients are moistened. Pour into greased 8-inch square pan. Bake at 425° for 20 to 25 minutes.



Beatrice Cooke's **FAVORITE RECIPE**



HOT SLICED BEEF SANDWICHES

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| 1 4-ounce package smoked sliced beef | 1 1/4 teaspoons salt |
| 6 tomato slices | 1/4 teaspoon pepper |
| 6 hamburger buns, toasted and buttered | 1 teaspoon dry mustard |
| 1/3 cup Meadow Gold Butter | 3 cups Meadow Gold Milk |
| 1/3 cup flour | 6 slices Meadow Gold Process American Cheese |

Melt butter in fry pan. Stir in flour and seasonings. Gradually stir in milk. Cook over moderate heat, stirring constantly, until thickened. On each bottom bun half, place 3 slices of beef and a tomato slice. Place a slice of cheese on each top half. Spoon sauce over buns. Broil under moderate heat until cheese and sauce are bubbly.

Makes 6 sandwiches



SUNDAY SUPPER SANDWICH

6 slices cooked pork or beef
6 slices toast
Prepared mustard
 $\frac{1}{4}$ cup Meadow Gold Butter
 $\frac{1}{4}$ cup flour
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

2 tablespoons tomato paste
1 tablespoon horse-radish
 $1\frac{1}{2}$ cups Meadow Gold Milk
1 cup grated Meadow Gold Natural
Cheddar Cheese
 $\frac{1}{2}$ cup sliced ripe olives

Spread toast with prepared mustard. Arrange in flat baking dish. Cover toast with pork or beef slices. Melt butter in fry pan. Stir in flour, seasonings, tomato paste and horse-radish. Gradually add milk. Cook over moderate heat, stirring constantly, until thickened. Add cheese and ripe olives. Cook until cheese is melted. Pour sauce over sandwiches. Broil under moderate heat until lightly browned and bubbly. Serve hot.

Makes 6 servings



Beatrice Cooke's **FAVORITE RECIPE**



SALMON CASSEROLE

- 1 7 $\frac{3}{4}$ ounce can red salmon, drained and flaked
- 4 Meadow Gold Eggs, hard-cooked and quartered
- 1 medium head cauliflower, cooked
- $\frac{1}{4}$ cup Meadow Gold Milk
- Grated Parmesan cheese
- $\frac{1}{3}$ cup Meadow Gold Butter
- $\frac{1}{3}$ cup flour
- 1 $\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ cup sliced green onions
- 3 cups Meadow Gold Milk

Separate cauliflower into flowerets; dip into $\frac{1}{4}$ cup milk. Sprinkle with Parmesan cheese. Brown lightly in butter in fry pan. Remove cauliflower. Stir in flour. Add seasonings and green onions. Stir in milk; cook until thickened, stirring constantly. In a buttered 1 $\frac{1}{2}$ -quart casserole alternate layers of salmon, eggs and cauliflower. Pour sauce over mixture. Bake at 350° for about 40 minutes.

Makes 6 servings

Beatrice Cooke's **FAVORITE RECIPE**



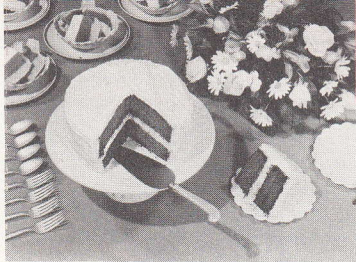
SOUTHERN STYLE CREAMED CHICKEN

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| 3 cups diced cooked chicken | 1/4 cup flour |
| 1 10-ounce package frozen lima beans, cooked | 1 1/2 teaspoons seasoning salt |
| 1 3-ounce can La Choy Water Chestnuts, sliced | 1 teaspoon finely crushed tarragon |
| 1/4 cup Meadow Gold Butter | Dash white pepper |
| | 2 1/2 cups Meadow Gold Milk |
| | 1/4 cup pimiento strips |

Melt butter in saucepan. Stir in flour and seasonings. Gradually add milk and cook over moderate heat until thickened, stirring constantly. Add chicken, lima beans, water chestnuts and pimiento strips. Heat until hot. Serve over squares of hot Corn Bread.

Makes 6 servings

Note: Recipe for Corn Bread included in recipe booklet.



Beatrice Cooke's **FAVORITE RECIPE**



FUDGE CAKE

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|---|---------------------------------------|
| 3 squares (3 oz.) unsweetened chocolate | $\frac{3}{4}$ cup Meadow Gold Butter |
| 2 cups sugar | 3 Meadow Gold Eggs |
| $1\frac{1}{4}$ cups Meadow Gold Milk | $2\frac{1}{2}$ cups sifted cake flour |
| $\frac{3}{4}$ cup hot mashed potatoes, unseasoned | $1\frac{1}{4}$ teaspoons soda |
| | 1 teaspoon salt |
| | 1 teaspoon vanilla |

Melt chocolate in top of double boiler. Add 1 cup sugar and $\frac{1}{2}$ cup milk and stir until smooth. Stir in mashed potatoes. Cool. Cream butter; gradually add remaining 1 cup sugar and beat until light and fluffy. Beat in eggs, one at a time. Add about $\frac{1}{3}$ sifted dry ingredients. Stir in chocolate mixture and vanilla. Gradually add remaining dry ingredients alternately with the $\frac{3}{4}$ cup milk. Mix well. Pour batter into 2 greased 9-inch cake pans. Bake at 350° for 30-35 minutes. Cool. Frost with VANILLA BUTTER FROSTING.

Makes 2 9-inch layers

Vanilla Butter Frosting

- $1\frac{1}{2}$ cups Meadow Gold Milk
6 tablespoons flour
 $1\frac{1}{2}$ cups Meadow Gold Butter

- 3 cups sifted confectioners' sugar
1 tablespoon vanilla

Blend milk and flour. Cook over low heat, stirring constantly, until smooth and thick. Cool. Cream butter and confectioners' sugar until light and fluffy. Stir in milk mixture and vanilla. Beat until smooth and fluffy.

Beatrice Cooke's FAVORITE RECIPE



SPICE DATE CAKE

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| 1 cup finely chopped dates | 1/2 teaspoon nutmeg |
| 1/2 cup chopped nuts | 1/2 teaspoon allspice |
| 3 cups sifted cake flour | 1/2 cup Meadow Gold Butter |
| 1 1/2 teaspoons baking powder | 1 1/2 cups sugar |
| 3/4 teaspoon soda | 3 Meadow Gold Eggs |
| 3/4 teaspoon salt | 1 teaspoon vanilla |
| 1 1/2 teaspoons cinnamon | 1 1/4 cups Meadow Gold Milk |

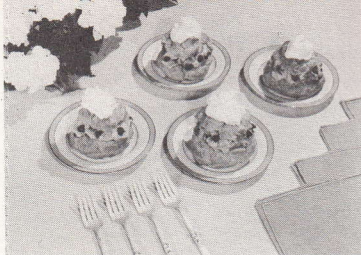
Sprinkle 3 tablespoons sifted cake flour over dates and nuts. Sift remaining flour with baking powder, soda, salt and spices. Cream butter and sugar until light and fluffy. Beat in eggs, one at a time. Add vanilla. Alternately add dry ingredients and milk. Fold in dates and nuts. Pour batter into 2 greased 9-inch cake pans. Bake at 350° for 30-35 minutes. Cool. Frost with PENUCHE FROSTING.

Makes 2 9-inch layers

Penuche Frosting

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|---|----------------------------|
| 1 1/2 cups light brown sugar, firmly packed | 1/2 cup Meadow Gold Butter |
| 1 1/2 cups granulated sugar | 1/4 teaspoon salt |
| 2 tablespoons light corn syrup | 1 teaspoon vanilla |
| 3/4 cup Meadow Gold Milk | |

Combine all ingredients except vanilla in saucepan. Bring slowly to a boil, stirring constantly, and boil 7-8 minutes. Cool to lukewarm. Add vanilla; beat until thick enough to spread.



Beatrice Cooke's **FAVORITE RECIPE**



CREAM PUFFS

- 1 cup boiling water
- $\frac{1}{2}$ cup Meadow Gold Butter
- $\frac{1}{4}$ teaspoon salt
- 1 cup sifted flour
- 4 Meadow Gold Eggs

Add butter and salt to water; stir until butter melts and mixture comes to a boil. Add flour all at once; stir vigorously until mixture is smooth and forms soft ball. Remove from heat. Cool until lukewarm. Beat in eggs, one at a time. Beat well. Drop by tablespoonfuls, 2 inches apart, on lightly greased cooky sheet. Bake at 375° for 50 minutes. Remove from oven; cut a small slit in side of each puff. Cool. Fill with the following filling:

Chocolate Chip Cream Filling

- 3 tablespoons flour
- 3 tablespoons cornstarch
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ teaspoon salt

- 3 cups Meadow Gold Milk, scalded
- 3 Meadow Gold Eggs, beaten
- $1\frac{1}{2}$ teaspoons vanilla
- 1 (6 oz.) package semi-sweet chocolate pieces

Combine flour, cornstarch, sugar and salt in saucepan. Gradually stir in milk. Cook over low heat, stirring constantly, until slightly thickened. Add small amount of hot mixture to eggs. Stir into remaining hot mixture. Cook over low heat for about 5 minutes. Remove from heat; cool. Add vanilla and chocolate pieces. Chill.

Makes about 4 cups filling and 10-12 cream puffs

Beatrice Cooke's **FAVORITE RECIPE**



BUTTERSCOTCH PIE

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|---------------------------------------|--|
| 1 9-inch baked pie shell | 1/2 teaspoon salt |
| 1/3 cup Meadow Gold Butter | 2 Meadow Gold Eggs, beaten |
| 1 cup dark brown sugar, firmly packed | 1 teaspoon vanilla |
| 2 3/4 cups Meadow Gold Milk, scalded | 1/2 cup Meadow Gold Whipping Cream, whipped and sweetened |
| 3 tablespoons cornstarch | Pecan halves |
| 3 tablespoons flour | |

Melt butter in saucepan. Add brown sugar and bring to a boil, stirring constantly. Stir in 1 cup scalded milk; remove from heat. Cool. Blend in cornstarch, flour and salt. Gradually stir in remaining 1 3/4 cups scalded milk. Cook over low heat, stirring constantly, until slightly thickened. Stir small amount of hot mixture into eggs. Add to remaining hot mixture. Cook over low heat for 5 minutes. Add vanilla. Cool. Pour into cooled pie shell. Top with whipped cream and pecans.

Makes 6 servings



Beatrice Cooke's **FAVORITE RECIPE**



STRAWBERRY MERINGUES

3 Meadow Gold Egg Whites
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ teaspoon almond flavoring

Beat egg whites until frothy. Add cream of tartar and salt; beat until stiff. Add sugar, a tablespoon at a time; beat until meringue forms stiff straight peaks. Fold in flavorings. Spoon into 6 mounds on cookie sheet covered with brown paper. Hollow out center of each mound with spoon. Bake at 275° for 1 hour. Cool 5 minutes; remove from paper. Cool. Fill with the following filling:

Strawberry Cream Filling

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{3}$ cup flour

2 cups Meadow Gold Milk, scalded

3 Meadow Gold Egg Yolks, beaten
2 tablespoons Meadow Gold Butter
2 teaspoons vanilla

$1\frac{1}{2}$ cups sweetened fresh or frozen strawberries

Combine sugar, salt and flour in saucepan. Gradually stir in milk. Cook over low heat until slightly thickened. Beat a small amount of hot mixture into egg yolks. Add to remaining hot mixture. Cook over low heat for about 5 minutes. Add butter and vanilla. Chill. Fold in strawberries before filling shells.

Makes 6 servings

Beatrice Cooke's

FAVORITE RECIPE



BANANA PINEAPPLE CUSTARD

- 2 medium bananas, sliced
- 1 No. 303 can pineapple chunks, drained
- 2 cups Meadow Gold Milk, scalded
- 3 Meadow Gold Eggs, beaten
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla

Arrange banana slices and pineapple chunks in 8 custard cups. Add sugar, salt and vanilla to eggs; beat just until blended. Gradually add milk to egg mixture. Pour into custard cups. Set in shallow pan and pour hot water into pan, 1-inch deep. Bake at 325° for about 45 minutes or until silver knife inserted near edge comes out clean. Serve warm or cold.

Makes 8 servings

TIPS ON COOKING WITH MILK

- Use milk instead of water as the liquid when cooking cereals.
- For more flavorful, wholesome soups, cook the vegetables in milk.
- To scald milk—heat over low heat or in top of double boiler until tiny bubbles gather at sides. This is just under the boiling point.
- When combining milk with tomatoes—be it juice; cooked or canned ones; paste or sauce—always add the tomato product *to* the milk.
- Use milk in making smooth, creamier sauces—such as: a cheese sauce, egg sauce, onion sauce or vanilla sauce. Sauces give variety and much flavor to main dishes, vegetables and desserts.
- Often a molded salad and dessert is more tasty if the unflavored gelatin is softened in milk. Also, use milk for all or part of the liquid needed to dissolve the gelatin.
- Between-meals or end-of-day snacks, cold or hot beverages made with milk are so nourishing and satisfying.



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