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anybody, but with much satisfaction to everybody.

First, dishes that are made with a goodly quantity of milk in them, are often just as unmilky in appearance as one can imagine. Know what I mean? There is baked Indian pudding, just to show you. My mother used to make this and I would rise to say that it was a good day when this particular dessert made its appearance. It is redolent of New England to be sure. And as simple and delicious as most of that cooking was—and is. The recipe I am giving you for that has been used for generations. And it requires a quart of milk. But it isn't milky when you eat it, only the rich smoothness says milk and that smoothness is extra smooth when it's done with evaporated milk. We always ate Indian pudding with cream and a touch of brown sugar. And here again evaporated milk, undiluted, is the accompaniment extraordinary to this splendid old-fashioned dessert, beloved by all who know its spicy grandeur.

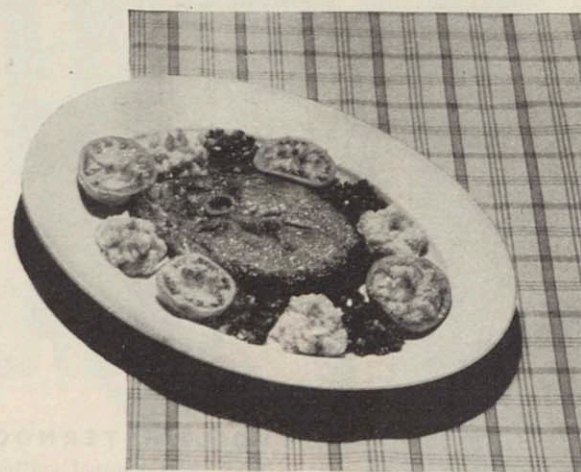
I have eaten rice puddings and rice puddings. They are as diverse as things of the same name often are. And because I want you to know of a rice pudding

SOMETIMES it does seem, what with all this talk about getting the quart a day and the pint a day every day in every way, that it's hard honestly to do it. Oh, surely, we know we ought to be getting more milk into the menu; that not only for children but for grown-up folk, milk must and should be had. It's a quart a day for a child, a pint a day for you. And that's the rule to go by. Johnny doesn't want to drink it all, Mary follows suit. Bob is home from college and gives the quart a day a big laugh. Father won't set the good example and what to do!

Then it is startling to see the array of milk bottles lined up on the back steps every day, and the milk man is the only one I ever heard of who got any glad excitement over the milk and cream bill. Apt to be big, those, but we've got a plan. And here it is:

You can buy milk along with your groceries. When you order all your canned goods and your dry groceries and fresh fruit and vegetables, order a dozen cans or so of evaporated milk, and not only have pure, always ready milk on hand all the time, but, lost in the mazes of the grocery bill, the milk won't stand out like a sore thumb, and you'll have one less bother when pay day comes around.

Also, you'll have milk for every milk and cream use, right on the shelves of pantry and refrigerator. And you will (because I'm going to give you a few hints) get the quota into your menus, with no kick from



Ham, sliced and baked, uses four cups of milk

above reproach, I am handing it on to you, with my blessing.

When I think of rice I always grow a little exuberant. It is capable of so many lovely dishes. On second thought, I think I'll give you some other rice recipes, too, using milk, of course, and so I'll be a real help to you in getting more milk, not to say more rice, into your menus. That seems fair, for you have got to have the best things to use the milk with, and rice is one of them.

You will think I have devoted my life to puddings, but really, I just want to say this: that I know a perfect pudding—and that's what I call it: Perfect Pudding.

MORE of that anon. It uses a quart of milk, by the way, and it is best of all made with this pure, rich, evaporated product. Remind me to tell you how to make a lemon cream sauce for your rice or steamed pudding, too. Never for Indian. Just cream for that, and when I say cream it may well be undiluted evaporated milk.

Now to another item of the menu. This is going to be a hot summer, and all the signs point to it. So cold dishes are pretty seasonable. Therefore, I shall try to tell you how I make one or two good frozen things, so smooth and creamy and delicate that you'll want them often. And these dishes take enough milk to account for a good large part of the daily quota. So subtly, too, that one never thinks of the "good for you" talk, but just of the "how good it tastes."

Fish is a nice food to do things with. And most kinds of fish can be had in cans or frosted, as I have so often said. And you can make delicious entrées with it, not forgetting that you are getting more milk into the menu. I hope you will try the molded fish I am putting in a recipe, for you will, in fish and sauce together, use a good deal of milk. And undiluted evaporated milk works a perfect miracle of goodness in this dish.

Lots of people might not think that baked ham offers much of a chance to get milk into the diet. Still, such is the way of it that baked ham in milk is another dish—and it's a splendid one—where a quart of milk does just what we expect it to, and graciously. So I'll add that to my recipes.

I won't say anything about cream soups. You all know about them, how good they are and tasty, and how quickly and easily they are made with evaporated milk.

But I am going to say *one* word about all these dishes. When you use evaporated milk, keep an eye on your seasonings and flavorings. I always think combined instead of single flavorings are best. And (Turn to page 96)



Baked Indian Pudding uses four cups of milk

Photographs by
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Asparagus with sauce uses two cups of milk

