

# RECIPES **ASK** Aunt Daisy **ANSWERS**

## A QUART OF MILK A DAY

**A** WORLD-AUTHORITY on nutrition has said, "See that every child gets a quart of milk daily"; and every adult is supposed to need a pint. However, there are very many households where the budget could not stand the cost of this counsel of perfection, and so the milk ration is perforce cut down very considerably, with consequent undermining of health, deterioration of teeth, and weakened power of resistance to epidemics of colds, and so on.

A partial solution of the problem is the skilful use of evaporated unsweetened milk, and of dried or powdered milk. People are sometimes unnecessarily dubious as to the food-value of these forms of milk; and ask if they are pure and nutritious. They certainly are! Evaporated milk is simply milk which has been sterilised, and homogenised (that is, broken up into infinitesimal particles that are evenly distributed, and from which approximately 60% of the water content has been removed). By adding an equal amount of water to evaporated milk, the equivalent of fresh whole milk is obtained.

Powdered milk is pasteurised milk from which all water has been removed. The approximate amount of powdered milk to add to one cup of water to make it equal to one cup of fresh milk is four tablespoons.

Sweetened condensed milk differs from unsweetened only by having pure cane sugar added to it. By adding an equal part of water to the contents of the tin, the equivalent of fresh milk and sugar is obtained.

So these forms of milk, being much cheaper than fresh milk, can be used for cooking; and fresh milk used for drinking. Powdered milk has really no "cooked taste"; and any slight flavour present in evaporated milk is completely covered by the seasoning or flavourings used in the dish you are making. If it should be necessary to use this milk for drinking purposes, add a little vanilla or honey or cocoa as a flavouring.

Here are some suggestions for making nourishing dishes with milk:

### Onion Soup

Prepare 3 large onions and cut into dice; fry in 2oz. of butter over a gentle heat until cooked, taking care not to brown; then stir in 2 heaped tablespoons of flour. When quite smooth and free from lumps, add gradually 3 pints of milk, previously brought to the boil (skim milk will do quite well, or milk and water). Bring again to the boil, place at the side to keep hot and season

with salt and pepper. A little grated cheese is an improvement. Serve with sippets of fried bread. This is quite a welcome change from ordinary soups, and has the advantage of being quickly prepared.

### Leek Soup

Melt an ounce of butter in a large saucepan, add a large potato, peeled and sliced, and 3 good-sized leeks cut into small pieces. Put on the lid and cook gently for a few minutes, but do not let the vegetables brown. Add a pint of boiling water and boil for half an hour, press through a wire sieve, add a quart of boiling milk, season to taste; add 4 dessertspoons of fine sago, and simmer till the sago is cooked.

### Vegetables With Milk

Take some Brussels sprouts, small onions, potatoes cut in slices, carrots, and turnips cut in dice, celery (outside stalks will do); also some shredded cold cooked cabbage or cauliflower, and any other cold vegetable that wants using up. Put all together into pie-dish with about an ounce of butter, salt and pepper, and just enough milk to cover. Bake gently until the raw vegetables are soft, then blend a dessertspoon of flour with a little cold water. Pour in and bring to the boil. Serve in the pie-dish. This is a most economical and satisfying dish, and very delicious. Any cold or cooked vegetables may be used—fresh tomatoes or celery are excellent for flavour.

### Rabbit in Milk

Take a rabbit and soak it in salt and water to take away the rabbit taste; then joint it, and put it into a casserole, with an onion or two, pepper, salt, and a few blades of mace. Then put in two cups of white breadcrumbs, and on top put a few slices of raw bacon. Now cover the whole over with milk, and put a butter-paper on, and then the lid. Put in oven and cook for about two hours, when it will be ready to serve. The breadcrumbs thicken it sufficiently, so no further thickening is needed.

### Fish Cutlets Baked in Milk

Wash and dry the cutlets, dip them in seasoned flour, place them in a well-buttered casserole or pie-dish, cover them with milk, sprinkle with parsley and bake slowly for half an hour. Lift out the cutlets, and keep them hot while you thicken the milk with a little cornflour, not forgetting to add the knob of butter when nearly cooked. Put the cutlets back into the casserole with the sauce, and sprinkle with chopped hard boiled egg. Serve very hot.

### Onions au Gratin

Peel two or three large onions, boil till tender, then drain and cut into slices. Put into a pie-dish in alternate layers with breadcrumbs, and grated cheese, seasoning with pepper and salt.

Have ready a good rich white sauce, made with milk, and with chopped parsley added to it. Pour this over the rest. Cover with a layer of breadcrumbs and grated cheese. Bake in oven till nicely browned.

### Toad in the Hole

One and a half pounds of rump steak, 1 sheep's kidney, 1 large or 2 small onions, pepper and salt to taste. Cut the steak and kidney into small pieces, roll them well in flour, put into a deep pie-dish or casserole with the sliced onions, pepper and salt. Cover with water. Place on lid, and simmer gently in the oven until nearly done. Take out some of the gravy, and keep for serving with the completed dish. Cover the remainder with the following batter—3 eggs; 2 tablespoons flour; 1 pint of milk, and a pinch of salt. Place in a tolerably brisk oven till cooked.

I shall give you some more milk recipes next week.

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