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1-1922

## Milk and Mild Dishes

M. Dolve

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### Recommended Citation

Dolve, M., "Milk and Mild Dishes" (1922). *Extension Circulars*. Paper 88.  
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Extension Circular No. 88

MILK AND MILK DISHES

By

Mary A. Dolve  
Extension Specialist in Foods

EXTENSION SERVICE  
South Dakota State College  
W. F. Kumlien, Director  
Brookings, S. Dak.

Cooperative Extension Work in Agriculture  
and Home Economics, South Dakota State  
College and United States Department of  
Agriculture Cooperating.

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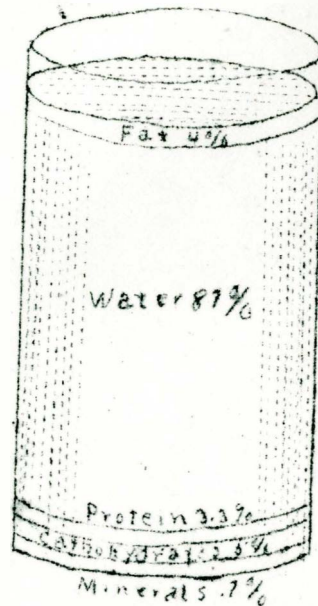
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1914.

## MILK THE BEST FOOD OF ALL

Milk looks like a simple fluid, but it really is very complex. Milk contains a mixture of the elements that go to make up a mixed diet.

### In Protein.

1 qt. of milk  
equals,  
7 oz. sirloin  
steak  
6 oz. of round  
steak.  
4.3 eggs.  
8.6 oz. of  
fowl.



### In Energy.

1 qt. of milk  
equals,  
11.3 oz. of sirloin  
steak.  
14.9 oz. of round  
steak  
9 eggs  
14.5 oz. of  
fowl.

### Milk Best Source of Lime.

One quart of milk contains as much lime as;-  
28 lbs. of lean beef  
23 lbs. of potatoes  
9 lbs. of white bread.

Lime is the principal building material for bones and teeth. During the growing period, large quantities of lime are needed to build straight, thick-walled bones and sound teeth. Grown persons need lime for repairing the bones and teeth.

### Milk Builds Muscles.

The protein in milk is an excellent muscle building material. Milk protein enables the body to utilize other proteins to much better advantage. For example when we eat milk on cereals the body can use more completely the proteins or building material of the cereal. The fact that an infant will double his weight on a straight milk diet in a comparatively short time is evidence enough that milk is a good muscle and bone building food. A child should have at least one pint of milk a day, better still one quart.

The protein of the milk can be served in the form of cottage cheese and is good food for children.

### Milk Also a Fuel Food

The body needs fuel to keep one warm and give energy for work and play, as the automobile needs gasoline. The fuel in milk is found in the form of butter and milk sugar. The fat of milk being in an emulsified form makes it very easily digested.

### Milk Contains Health and Growth Promoting Substances.

Milk not only contains building materials, proteins, and minerals, fuels, fat and sugar; but also all the vitamins. Growth, health and development is not possible without these growth and health regulating substances. The cream is especially rich in vitamins, so children should have real butter on their bread and whole milk to drink.

Boys and girls who carry their lunch should have milk with their lunch. If a hot dish is not served at school, have the child carry a half pint jar or bottle and drink the milk thru a straw. If this is not possible send a milk pudding along as part of the lunch.

For the underweight child there is nothing better than good clean milk.

### Milk Must be Clean

Care, cleanliness, and the use of ice cold water are needed to produce a satisfactory grade of milk. The principal essentials needed may be listed as follows:

Clean and healthy cows; healthy milkers; milk pails, cans other utensils, and separator sterilized by scalding or steaming; clean hands; and prompt chilling after milking and then kept cold.

Milk because it is opaque hides the dirt, but frequently there is so much dirt that it settles to the bottom in the glass.

One simple device to help keep milk clean is the covered milk pail.



Two kinds of milk pails

Anyone can make the regulation test for dirt. Filter a pint or quart of milk through some clean white cotton or through several layers of white cloth. The black or brownish stain shows the presence of dirt.



One pint of milk was poured thru each of these discs of absorbent cotton and shows four different grades of milk.

1. Perfectly clean
2. Slightly dirty
3. Dirty
4. Very dirty.

Do you know which grade yours belongs to?

Dirty milk spoils very much quicker than clean milk. Not only that, but it is laden with bacteria that may be harmful, especially to the young children.

"Milk is the Best Food We Have".

"No family has the right to purchase any meat until each member has at least one pint of milk daily. Milk is just as necessary in the diet of the adult as in that of the growing child. Milk is our greatest protective food and its use must be increased".

Dr. E. V. McCollum.

"Allow as much money for milk, vegetables and fruits as for meats, eggs and fish".

Dr. Henry C. Sherman.

"The mineral salts and vitamins found in milk and certain leafy vegetables are indispensable to sound teeth in children".

Dr. Percy Howe.



### SOME WAYS TO OVERCOME THE DISLIKE FOR MILK

1. Milk is a bland flavored food. Keep an appetite for the mild and bland flavored foods by not perverting or destroying the taste by giving too much sweets and other highly flavored and seasoned foods.
2. Children learn to like and do by imitation. The parents and older members of the family should always seem favorably inclined toward milk and the children will develop the same attitude. The suggestion of dislike should never be given to the child by such statements from Mother or others, "Fannie, I do not suppose you want milk for supper?"
3. Do not give too much milk at anyone time.
4. A child will drink and like milk if he can take it through a straw or drink it from a pretty cup or glass, etc.

### MILK DRINKS

There are milk drinks for everybody's taste. Make them at home or order them at the fountain.

Encourage the children to spend the dimes and nickles which they so often spend for soft drinks with little or no food value, for milk drinks which contain nutritive substances necessary for their health, growth and strength.

The following list is but a suggestion of the great number of drinks that can be made with milk as the principal ingredient. For variation in flavor use flavoring extracts, soda fountain syrups, fruit syrups from fresh or canned fruits.

#### General Instructions for Making

1. About two tablespoonfulls of syrup will be enough for each drink using three-quarter glass milk.
2. Sugar may be added to suit the taste, but it is generally unnecessary, because the syrup usually gives enough sweetness.
3. Add the milk to the flavoring rather than the flavoring to the milk.
4. A small amount of charged water is an addition to these drinks.
5. All mixtures should be well shaken or whipped. (A fruit jar makes a good device for shaking.)

6. A little nutmeg or cinnamon sprinkled over top of any of these drinks, makes them even more appetizing.
7. Macaroon milk, may be made by sifting, crushed macaroons over the top of milk.

Jersey Fiss,	Milk,	Vanilla syrup
Guernsey Highball,	Milk,	Root Beer syrup
Ayrshire Ale,	Milk,	Maple syrup
Guernsey Flip,	Milk,	Green River syrup
Chocolate Milk Blossom,	Milk,	Chocolate syrup
Strawberry " "	Milk,	Strawberry syrup
Pineapple " "	Milk,	Pineapple syrup
Grape " "	Milk,	Grape syrup
Orange " "	Milk,	Orange syrup
Raspberry " "	Milk,	Raspberry syrup
Cherry " "	Milk,	Cherry syrup.

### Milk Juleps.

In mixing juleps add milk to syrup, then break egg in glass, shake thoroughly and add charged water if available.

Use 2/3 glass milk and about 2 tablespoonsfull syrup.

Holestine Julep;-----	Milk,	Cherry syrup,	whole egg
Root Beer Milk Julep;---	Milk,	Root Beer syrup,	whole egg
Chocolate Milk Julep;---	Milk,	Chocolate syrup,	whole egg
Strawberry Milk Julep;---	Milk,	Strawberry syrup,	whole egg
Pineapple Milk Julep;---	Milk,	Pineapple syrup,	whole egg

### Hot Drinks

Hot cocoa or chocolate makes a splended breakfast or lunch beverage.

Cafe' an Lait;--- Add 5 cups hot milk to 1½ cups coffee made four times usual strenth.

### MILK DESSERTS

The following recipes make palatable desserts that are far more wholesome and easily digested than pie, doughnuts, cakes rich in fat or other heavy desserts. Make them for the children and se how well the rest of the family likes them.

### Custards.

A great many palatable dishes may be made by combining milk and eggs in custards. These may be made as a thick liquid to serve as sauce for other preparations or may be baked firm.

Made without sweetening they serve as meat substitutes, when sweetened they serve as a dessert.

A low temperature is needed to cook custards properly, because too much heat causes them to curdle or become watery. Fewer eggs are needed when rice, tapioca, or other starchy material is added.

#### Standard Recipe.

2 cups milk                      2 or 3 eggs  
                    1/8 tps. salt  
                    1/4 cup sugar

Heat milk, beat eggs with sugar and salt till well mixed and add hot milk. Cook in double boiler or bake in dish or custard cups set in pan of water.

#### To Test a Soft Custard.

Lift the spoon from the mixture, if the spoon is coated, the custard is done. To test a baked custard, insert a knife, if it comes out clean the custard is done.

#### To Caramelize Sugar.

Melt sugar in skillet over slow fire, stirring constantly until sugar has all melted to a brown syrup. To make caramel syrup of this, add an equal amount of boiling water and simmer until mixture has thickened to a syrup.

#### Variations.

##### Flavor.

Use vanilla, other extracts, nutmeg, cinnamon, caramel, maple or fruit syrup or jelly. Syrups may be combined with the other ingredients or a little caramel syrup, or other syrup may be placed in bottom of each mold. The custard mixtures should be poured very gently on top of syrup to prevent the custard and syrup mixing. The caramel also serves as a sauce for the custard when served.



### Rice Custard.

Add 1 cup cooked rice and a few raisins, chopped dates or some preserved or dried fruit.

### Tapioca Custard.

Cook  $\frac{1}{4}$  cup pearl tapioca in the milk until the tapioca is transparent. Beat egg yolks, sugar and salt together. Add hot mixture slowly to egg mixture, return to double boiler and cook until thickened. Remove from fire, add beaten egg whites, flavor and chill.

### Bread and Fruit Custard.

Use four thin slices of buttered bread or toast with fruits such as chopped dates, figs, raisins, or some preserved or dried fruit. Sprinkle bread with fruit, pour the custard mixture over and bake.

### Junket.

1 qt. milk	$\frac{1}{3}$ tps. vanilla
$\frac{1}{4}$ cup sugar	or
1 junket tablet, (Dissolved in 1 tbs. cold water.)	$\frac{1}{4}$ tps. nutmeg
	or
	$\frac{1}{3}$ cup caramel, (sugar caramelized)
	or
	1 sq. chocolate, melted.

Heat milk until lukewarm, add sugar and flavoring; when sugar is dissolved add the tablet dissolved in the cold water. Pour mixture immediately into sherbert cups, partly fill. Stand in warm room undisturbed until firm like jelly, then put on ice to cool.

### Variations.

Serve with whipped cream heaped on top, with cube of bright jelly for garnish, or sprinkle with chopped nuts or serve with fruit.

Tint delicately with fruit or vegetable coloring or that which comes in gelatine packages.

### Milk Gelatin Puddings.

#### Foundation Recipe.

2 tbs. granulated gelatin	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup cold milk	$\frac{1}{4}$ tps. salt
2 cups scalded milk	1 tps. vanilla

Soak gelatin in cold milk five minutes or longer. To scalded milk, add sugar and soaked gelatin. Let cook in double boiler until gelatin is dissolved.

Cool, flavor and pour into mold previously wet in cold water. Serve plain or with whipped cream or soft custard.

#### Variations.

1. Gelatine milk pudding with fruit or nuts; When jelly begins to stiffen, add 1 cup of any of the following:-  
  
Orange sections, pieces of cooked pineapple, chopped nuts, shredded cocoanut, dates or prunes, sliced peaches, preserved apples, quinces or pears.
2. Chocolate gelatine milk pudding: Add 1 sq. melted chocolate and two additional tablespoons sugar to scalded milk in foundation gelatine pudding recipe.
3. Gelatine Rice Custard: Add  $1\frac{1}{3}$  cup rice and 2 eggs to foundation gelatine milk pudding. Cook rice in double boiler with milk. Beat eggs with sugar, add slowly to rice and milk mixture when rice is thoroughly cooked. Cook 3 minutes stirring constantly. Dissolve soaked gelatin in one additional cup of hot milk and add rice mixture. Mold.
4. Spanish Cream: Add 3 eggs to foundation gelatine milk pudding recipe. Combine yolks with sugar before adding scalding milk. Make pudding, when slightly cool, add the stiffly beaten whites

#### Cornstarch Pudding.

$3\frac{1}{2}$ cups scalded milk	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup cold milk	$\frac{1}{4}$ tps. salt
$\frac{1}{2}$ cup cornstarch	1 tps. vanilla
2 or 3 egg whites (may be omitted)	

(If a creamy consistency is preferred to a molded pudding, use only about half as much cornstarch. 1 cup flour may be used instead of  $\frac{1}{2}$  cup cornstarch).

Mix dry ingredients and cold milk. Add gradually to scalded milk, stirring constantly until mixture thickens. Cover and cook in double boiler from 30 to 45 minutes. Add flavoring and beaten egg whites. Mold in a bowl or in cups that have been wet with cold water. Serve cold with cream or soft custard.

### Variations.

1. Fruit:-  
Just before molding, add 1 small can grated pineapple, 1 cup chopped dates, raisins or some preserved fruit, or  $\frac{1}{2}$  cup grated cocoanut, or place  $\frac{1}{2}$  cooked peach or apricot in bottom of individual mold before pouring in pudding.
2. Chocolate Blanc Mange:-  
Add 2 sq. of melted chocolate to which has been added the scalded milk or mix  $\frac{1}{4}$  cup cocoa with the sugar and corn-starch. Add on additional  $\frac{1}{4}$  cup sugar to chocolate blanc mange.
3. Caramel:-  
Use  $\frac{1}{3}$  cup sugar in recipe and add an additional  $\frac{2}{3}$  cup sugar which has been made into a caramel syrup.

### Bread Pudding.

1 qt. milk	$\frac{1}{2}$ cup sugar
2 eggs	$\frac{1}{4}$ tps. salt
crumbs or pieces of	$\frac{1}{4}$ tps. spices
bread packed solidly.	1 tps. vanilla
1 to 2 cups. (if soft,	
2 cups if dry, 1 cup)	

Beat eggs slightly. Add sugar, spices, salt, milk, crumbs and vanilla. Let stand about half an hour.

When crumbs are soft, stir well, if lumps need to be broken. Turn into buttered baking dish and bake in slow oven until firm.

### Variations.

1. Fruit:-  
Add  $\frac{1}{2}$  cup chopped raisins, figs, dates or currants.
2.  
Omit spice, add an additional,  $\frac{1}{4}$  cup sugar and 2 sqs. melted chocolate or  $\frac{1}{2}$  cup cocoa which should be mixed with the sugar.
3. Cocoanut:-  
Separate eggs, adding yolks and 1 cup cocoanut to pudding. When pudding is nearly done, beat whites until stiff, add  $2\frac{1}{2}$  tbs. powdered sugar, spread over pudding and brown in oven.

4. Caramel:-

Use only 1/3 cup sugar in recipe. Caramelize an additional 2/3 cups sugar, make into caramel syrup and use for flavor.

5. Boy's Delight:-

Make as No. (3) but omit vanilla and coccanut. Flavor with lemon gratings and 2 tbs. lemon juice and spread pudding with jelly or jam just before covering with meringue.

Indian Meal Pudding.

1 qt. milk	1 tps. salt
1/4 cup cornmeal	1/2 cup molasses
1 tsp. ginger	2 cups apples, (cut fine)

Scald milk, add corn meal and cook 30 minutes, and add salt, spices, and molasses and apples. Pour in buttered baking dish, bake one hour, stirring occasionally.

Variations.

Raisins, dates, figs and other cooked dried fruits or raw fresh fruit may be added for last hour of cooking.

SUGGESTIONS FOR SUBSTANTIAL MILK DISHES.

Cream soups.

3 tbs. butter or substitute	1 qt. milk
2 or 4 tbs. flour	1 to 2 tps. salt

2 cups vegetables pulp and juice.

Onion, celery salt, dried celery leaves, pepper or parsley as desired for flavor.

Cook vegetables until tender. Chop fine, mash or put thru strainer. Make white sauce and add vegetable pulp and juice and reheat.

Kinds of Cream Soup.

Asparagus	Cheese	Pea	salsify
Bean	Chicken	Peanut butter	spinach
Cauliflower	Corn	Potato	tomato
Celery	Oysters	Salmon	



### Creamed Dishes.

#### White Sauce:-

2 tbs. butter       $\frac{1}{4}$  tps. salt  
2 tbs. flour      1 cup milk

1 to 2 cups material to be creamed.

Make white sauce and add material to be creamed, reheat and season.

#### Foods to Cream.

Asparagus	Chipped dried beef	onions
Any fish or meat	Cabbage	peas
Celery	Greens	potatoes
Corn	Hard cooked eggs	salsify
Carrots	Ham	salmon
Cauliflower	Lima beans	oysters
	chicken	
	cheese	

For variation serve creamed foods on toast and crackers. May be garnished with parsley, strips of green pepper or pimento.

#### Escalloped Dishes.

Make a white sauce, using the proportions as for creamed vegetables. One-half as much sauce as material to be escalloped will be needed. Butter a baking dish, put a layer of bread crumbs, then a layer of food which is to be escalloped, then white sauce. Repeat layers until the top of the dish is reached. Bread crumbs either buttered or with butter dotted over them should be placed on top. Bake until material is hot thru and crumbs are brown.

#### Foods to Escallop.

Cabbage	meat	rice
cauliflower	onions	salmon
chicken	oysters	salsify
macaroni	potatoes	

Cheese or eggs makes a good addition to macaroni and rice. Cheese may be used with any of above vegetables.