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Dishes Made with Milk and Cream For Everyday and Special Occasions :a Housewife Cookery Book

Rosemary Hume

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Dishes made with
MILK and
CREAM
for everyday and
special occasions

BY ROSEMARY HUME
Principal of the Cordon Bleu
School of Cookery

Produced in association with
NATIONAL MILK
PUBLICITY COUNCIL
THE value of milk as a perfect, well balanced and cheap food is not always appreciated. Containing vitamins, proteins, minerals and fats, it is a food that must not be neglected, particularly by young and growing people. In fact, all of us should, if we value our health, take at least 1 pint to 1¼ pints of milk a day in some form or other.

Cream is another valuable food. We are only too inclined to look on it as something to have with the sweet course for special occasions. Cream, like milk, fits into any part of the menu and, although it may be classed as a luxury, it should also be considered an essential, as it is a highly concentrated and nourishing food.

How to keep milk is important. Take it out of the sun as soon as possible—sunlight destroys valuable vitamins. The bottle is the best place to keep milk, in a cool larder or in the refrigerator. Even after it is in the jug, keep it covered and away from any strong flavoured foods. Jugs should have wide tops to make cleaning easier.

The following recipes show you that there are many dishes, some for everyday and some for special occasions, which can be made with milk. 

NOTE: Quantities given are for four people. A gill = ¼ pint.
SOUPS

WATERCRESS AND POTATO SOUP
A good soup for the children’s lunch, quick to make.

1 lb. potatoes, good weight when peeled; 1½ pints milk; 1 bunch watercress; 1 oz. butter.

Boil the potatoes in boiling salted water until tender, and dry well. Then crush thoroughly with a potato masher or put through a ricer. Return to a clean hot pan, bring the milk to the boil and, while foaming, pour on to the potatoes. Mix or whisk thoroughly, adding plenty of salt to taste.

Have ready the watercress finely chopped, keeping back a few leaves or small sprigs to garnish. Add the chopped cress to the soup and simmer 5-6 minutes. Then remove and beat in the butter in small pieces, pour into a hot tureen or cups and add the sprigs of cress.

Good floury potatoes (not waxy new potatoes) should be used for this soup. The consistency should be creamy.

CREAM OF CURRY SOUP
A good soup for a party. The amount of curry powder may vary to taste.

1½ ozs. butter; 1½ ozs. onion; 1 heaped teaspoonful curry powder; ½ oz. flour; ½ pint strong veal or chicken stock; 1 pint milk; 1 tablespoonful desiccated coconut; 1 small coffee cup boiling water; 2-3 tablespoonsful lightly whipped cream; 2-3 tablespoonsful boiled rice; sliced lemon; paprika.

Melt the butter, add the finely chopped onion and cook slowly without colouring. Add the curry powder and continue cooking for a few minutes. Stir in the flour, pour on the stock and

CREAM OF LETTUCE SOUP
A particularly creamy, rich soup. Use other green vegetables when lettuces are out of season: spinach, for example, or Brussels sprouts. Plunge the latter into boiling water, boil 3-4 minutes before draining, then chop and stew in the butter as for the lettuce.

2 large heads of lettuce; 2 ozs. onion, chopped; 1 oz. butter; 1½ pints milk; ¼ oz. flour (slightly rounded tablespoonful). To bind: 1 heaped teaspoonful arrowroot and 3 tablespoonsful cream or 2 yolks of egg mixed into the same amount of cream.

Wash and shred lettuce. Melt butter, add lettuce and onion, cover and stew gently 5-6 minutes. Draw aside, add flour and mix. Bring milk to the boil, pour on and add the seasoning. Simmer 15-20 minutes and pass through a fine sieve. Return to the pan, add the arrowroot, or egg and cream, and stir until boiling. If yolks are added, do not allow to boil. Serve with fried croftons, and freshly chopped mint dusted over the top of the soup.
Slake the flour with a cupful of the milk and bring the rest to the boil. Pour it on to the purée, adding the flour mixture. Stir until boiling, whisk for a few minutes while adding cream; adjust seasoning and serve with fried croûtons.

To bring out the flavour of the artichokes add 4 or 5 hazel nuts that have been toasted in the oven until brown. Rub off the skins and crush lightly. Add these with the artichokes.

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**CREAM OF ARTICHOKE SOUP**

A favourite winter soup.

1 lb. artichokes, weighed when peeled; 2 medium sized onions; 2 ozs. butter; ½ pint water; 1½ pints milk; 2 tablespoonsful flour; ½ teacupful or more of cream; fried croûtons; 4 or 5 hazel nuts.

Slice artichokes and onion. Stew the latter slowly in butter in a covered pan for 5-6 minutes, then add artichokes. Continue to cook gently for a further 7-10 minutes, shaking the pan occasionally. Season and add the water, cover and simmer until well cooked, about 15 minutes. Then rub the mixture through a fine sieve and return to the pan.
Flaked white fish may be added instead of shrimps. More milk may be necessary to adjust the consistency, but this depends on the type of potato used.

**CREAM OF TOMATO SOUP**

The best way to make a good smooth soup of this kind is to prepare a thick rich pulp or purée and a Béchamel sauce. The two are then combined and well seasoned with a little cream added. (Try making a celery soup this way.)

1 lb. tomatoes; 2 dessertspoonsful tomato purée, or 2 large cupsful canned tomatoes; 1 clove garlic; 1 medium sized onion, chopped; salt, pepper and sugar to taste; several sprigs of thyme, parsley and a bayleaf; a strip of rather finely pared lemon or orange rind.

Béchamel Sauce: 1½ pints milk; 2 bayleaves; 1½ ozs. butter; 1½ ozs. flour; 2–3 tablespoonsful lightly whipped cream.

First prepare tomato pulp. Halve tomatoes, remove pips. Put all the ingredients together into a pan, cover and cook gently about an hour or until a thick rich pulp. Rub through a strainer.

Prepare Béchamel sauce: infuse bayleaves in milk. Melt butter, add flour, strain on the milk, blend and stir over fire until boiling.

Draw aside, add tomato pulp by degrees. Adjust consistency if necessary by thickening with a little arrowroot or thinning with milk. Adjust seasoning to taste, and finish with the cream.

**LUNCHEON AND SUPPER DISHES**

**POTATOES MAÎTRE D'HÔTEL**

The potatoes for this are cooked until barely tender, cut into slices and simmered in milk until the milk is absorbed, so it is essential that the potatoes should be a waxy variety and not floury. It is a good idea to take double the quantity of milk required and reduce it by half in simmering, (see below).

1 lb. unpeeled potatoes; 1 pint milk to be reduced to about ½ pint; 1 oz. butter; chopped parsley; seasoning; a little nutmeg.

Scrub potatoes and put in a pan, cover with cold salted water, bring to the boil and cook gently for 20 minutes. They must still be a little firm. Simmer the milk in a heavy pan until reduced, drain the potatoes, cool and peel them, and cut them into ¼-inch slices.

Put into the boiling milk with seasoning and nutmeg and half the butter; use a fork to arrange them in the milk. Half
cover the pan and simmer 15 minutes. Shake pan occasionally to prevent sticking and when the milk is all absorbed add remaining butter, mixing gently.

Dish, and dust with chopped parsley.

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EGGS SOUBISE

4-6 eggs; a round of bread for each egg, fried or toasted; large or Spanish onions for frying.

Soubise Sauce: ½ lb. onions, 1½ ozs. butter; ¼ oz. flour; ½ pint milk.

Blanch and chop onions for sauce. Cook in 1 oz. of the butter until soft. Sieve. Melt the remaining butter, add flour, then milk. When boiling add the onion purée and simmer until creamy. Cut large onions into rounds, push out into rings, moisten with egg white and dust well with seasoned flour. Fry in deep fat. Poach eggs and drain well. Set an egg on each round of bread, coat with the sauce and arrange onion rings at each end of the dish.

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GNOCCHIS

These, if well made, puff up like little soufflés while being baked. They may be prepared and left in the dish, coated with the sauce before baking.

1½ gills milk; 4 ozs. butter; 6 ozs. flour; 4 eggs; 3 ozs. grated cheese.

Boil the milk and butter together, draw aside and at once add all the flour. Beat till smooth. Cool, then add the eggs one at a time and the cheese. Season with salt, pepper and French mustard.

Poach in dessertspoonsful in boiling salted water 10-12 minutes. Drain, dry on a napkin and put into a buttered fireproof dish. Coat with a creamy Mornay sauce, sprinkle with grated cheese and bake 10-12 minutes in a moderate to hot oven, Reg. 5-6, 375-400 degs. F.

Mornay or Cheese Sauce: Melt ½ oz. butter in a saucepan, add ¼ oz. flour off the fire, with seasoning. Pour on ¼ pint of milk, stir until boiling, simmer for a few moments then draw aside. Season, add French mustard and 1 oz. grated cheese. Add a little single cream.

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LEEK SOUFFLÉ

6 large leeks; 3 ozs. butter; 2 ozs. flour; ¼ pint milk; ¼ pint cream; salt, pepper, grated nutmeg; 4 eggs; browned bread crumbs; grated cheese.

Wash leeks thoroughly, cook them until tender in boiling salted water. Drain them very well and chop them roughly. Put 1 oz. of the butter into the pan and allow it to colour slightly. Add the leeks with seasoning and shake over the fire until dry. Set aside. Melt rest of butter, add flour and when well mixed pour on the milk. Stir until boiling, add the cream, the seasonings to taste and the egg yolks.

When well beaten stir in the leeks, whip
whites stiffly and fold into the mixture. Turn at once into a soufflé case or deep fireproof dish. Sprinkle the top well with browned crumbs and grated cheese and bake in a moderate to hot oven Reg. 5-6, 375-400 degs. F. for about 30-35 minutes. Serve at once. Make other vegetable soufflés in the same way.

**SPAGHETTI AND TOMATO SOUFFLÉ**

2 ozs. (weighed when raw) spaghetti or macaroni, boiled and mixed with tomato sauce or pulp to moisten; or 1 small tin spaghetti and tomato.

Cheese Soufflé Mixture: 1 oz butter; ⅛ oz. flour; ¼ pint milk; 3 egg yolks; 4 egg whites, stiffly whipped; 3 ozs. grated Cheddar cheese; cayenne and paprika pepper, browned breadcrumbs; extra grated cheese to garnish.

Have ready the spaghetti mixture, warmed, and a soufflé or deep fireproof dish. Melt the butter in a pan, stir in the flour, add the milk and stir until boiling. Cool slightly, beat in the yolks, adding salt and a little cayenne pepper. Work in the cheese and 1 spoonful of egg whites to soften, fold in remainder.

Put in a third of the soufflé mixture into the bottom of the soufflé or deep fireproof dish, then add half the spaghetti mixture, another layer of the soufflé, the rest of the spaghetti and finally the rest of the soufflé.

Finish the top with browned breadcrumbs and cheese and bake as for the leek soufflé.

In place of the spaghetti and tomato, flaked smoked haddock warmed in a little cream is delicious.

**CAULIFLOWER AU GRATIN**

An old favourite that tastes good with sautéed mushrooms and curls of crisp fried or grilled bacon.

A 2 lb. cauliflower.

Sauce: 1½ oz. butter; scant 1½ oz. flour; a good ¼ pint milk; 3 ozs. grated cheese; an extra ounce of butter for finishing; 2 tablespoonsful white breadcrumbs; salt, pepper, nutmeg.

Break the cauliflower into sprigs, using the stalks and the best of the leaves. Boil in salted water until tender.

Drain well. Melt butter for sauce, add flour, mix and pour on the milk. Blend and stir until boiling. Leave to simmer 4-5 minutes. Add a bare half of the cheese to the crumbs and the remainder to the sauce off the fire. Finish with the butter in small pieces, reserving a little. Season to taste.

Arrange the sprigs of cauliflower in a pudding basin (the flowers outwards and the stalks inwards) fill up the middle with the remaining sprigs and spoon in a little of the sauce to bind. Turn out carefully on to a fireproof dish, spoon the rest of the sauce over and round, scatter on breadcrumb
mixture and dot with remaining butter. Put to brown in a hot oven, Regulo 6 or 400 degrees F., 10-15 minutes.

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**CURRY POTATOES**

Excellent to serve with cold meat.

- 1 oz. butter
- 1 oz. flour (scant)
- 1 small onion, chopped
- 1 dessert spoonful curry powder
- 1 pint of milk
- bayleaf, blade mace, few peppercorns
- 1 lb. small new potatoes

Parboil new potatoes and prepare sauce as follows:

Melt the butter in a saucepan, add the onion, cover and soften slowly. Stir in the curry powder, cook for a minute or two, add the flour off fire and strain on the milk which has been brought slowly to the boil with flavourings. Stir until boiling, simmer a few minutes then add the potatoes and continue simmering until they are quite soft.

The sauce should reduce to the consistency of thick cream. The bayleaf can be left in during the cooking, but it should be removed before serving. Finish with a little cream.

* * *

**GRATIN DAUPHINOIS**

A very good dish of potatoes cooked in milk. The title is quite impossible to translate: Serve with meat, game, etc.

- 1 lb. potatoes
- 1 oz. grated cheese
- 1 clove of garlic
- pepper and grated nutmeg
- 1 small egg, or half a larger one
- salt; ½ pint milk
- 1 oz. butter

SHRIMP AND POTATO SOUP
Butter a fireproof dish, crush a clove of garlic under the blade of a knife with a little salt, and put it in the dish. Peel the potatoes, slice them paper thin and lay them in the dish in regular rows, seasoning between each row with salt, pepper and grated nutmeg and a little of the grated cheese. Beat the egg, bring the milk to the boil and pour it over the egg. Pour the mixture over the potatoes, dot with small pieces of butter, scatter over the remaining cheese and bake in a moderate oven for three-quarters of an hour. Regulo 5 or 375 degrees F.

**Devilled Kidneys**

This may be made with veal or lambs' kidneys, fillets of fish, mushrooms, chicken, etc., and is a rich and delicious dish to serve for a first course or as a substantial savoury.

2-3 veal kidneys according to size or 4-5 lambs' kidneys; ½ to 1 oz. butter; 1 level dessertspoonful flour; ¼ pint stock; 1-2 tablespoonsful sherry; salt, pepper, mustard, cayenne; watercress to garnish.

**Devil Cream Sauce:** 1½ gills cream; 1 tablespoonful Worcester sauce; 1 tablespoonful mushroom ketchup; a dash of anchovy essence; salt, pepper, cayenne and mustard.

First prepare kidneys. Skin and slice.
Devilled Kidneys served with watercress

Toss over a brisk fire for 4-5 minutes in the butter. Draw aside, add the flour, moisten with the stock and bring to the boil. Add sherry and seasonings and simmer 2-3 minutes. Turn into a fireproof dish.

Whip the cream and when firm carefully stir in the other ingredients. Spread this mixture over the kidneys and bake in a hot oven, Reg. 6, 400 degs. F., until nicely coloured. Serve at once.

Be careful not to have the kidney mixture too liquid as the cream sauce melts and runs down the dish. Garnish with sprigs of watercress.

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CHEESE AND MUSHROOM PANCAKES

3½ ozs. flour; 2 eggs; 1 dessertspoonful each melted butter and oil; 1½ ozs. grated Cheddar cheese; 1½ gills to ½ pint milk and water mixed.

Filling: 4 ozs. mushrooms, or mushroom stalks; 1 small onion finely chopped; 1 oz. butter; 1 oz. flour; ½ pint milk; 1 heaped dessertspoonful chopped parsley or mixed herbs.

To finish: 5 thin rashers streaky bacon; grated cheese; melted butter; mushrooms for garnish (optional).

Make up the batter in usual way, adding the cheese last with plenty of seasoning. Put aside to stand for half an hour. Meantime prepare the filling by softening the onion in half the butter then adding the mushrooms, well washed and finely chopped. Cook quickly for two or three minutes then draw aside, add rest of butter and the flour. Pour on the milk and stir until it is boiling.

Boil rapidly 2 or 3 minutes if the consistency is not quite thick enough. Finish with the herbs. Set aside.

Make pancakes in the usual way, but using very little fat in the pan and making them as thin as possible. Put a spoonful of the filling in each pancake, roll up and lay in a buttered dish. Scatter with the grated cheese, sprinkle well with melted butter and brown in a hot oven, Regulo 6, 400 degrees F. Garnish with the bacon rashers, grilled until crisp, and the sautéed mushrooms.

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HADDOCK PAPRIKA

1-1½ lbs. fresh haddock fillet; water; lemon juice; bayleaf; parsley stalks; slice of onion.

Sauce: 2 ozs. mushrooms; 1 oz. butter; ½ oz. flour; 1 heaped teaspoonful paprika pepper; ½ pint milk; 1 'cap' of tinned pimento (sweet pepper); 1-2 tablespoonsful cream; 6 oz. noodles or spaghetti freshly boiled (weighed when raw); 1 cupful cream.

Skin fish and cut into 4 or 5 neat pieces. Lay in a dish, barely cover with water, add a good squeeze of lemon and the flavourings. Cover with a piece of paper and poach in the oven, Regulo 4, 350 degrees F., 12-15 minutes.

Meantime prepare the sauce. Wash and slice mushrooms. Cook in the
butter in a covered saucepan for 2
minutes. Draw aside, add the flour,
paprika and, when mixed, the milk. Stir
until boiling, add salt and pepper to
taste and boil briskly for a minute. Then
add the pimento cut in thin slices and
the cream.
Re-dish the fish, draining well from
the cooking liquor, and spoon the sauce
carefully over the fish. Serve with the
noodles tossed in about a cupful of well
boiled and seasoned cream.

** FRICASSÉE OF VEAL **
May also be made with a boiling fowl.
Simmer as for veal until very tender.
1½-2 lbs. veal from the oyster or leg
(this may be kept whole or cut in 2
inch squares); 1 large onion; 1 large
carrot; a large bouquet (parsley stalks,
thyme and bayleaf).
Sauce: 1½ ozs. butter; 1½ ozs. flour;
½ pint strong stock from the veal; ¼
pint milk; 2-3 tablespoonsful cream; 2
large handfuls of parsley, boiled 5-6
minutes, drained and pressed, then
rubbed through a sieve or strainer; bacon
to garnish.

Simmer 45 minutes to 1 hour or until
quite tender. Draw aside. Pour off about
½ to 1 pint of the stock and boil it down
hard until it measures about ½ pint.
Pour off and in the same pan melt the
butter, add the flour and, when mixed,
pour on the stock.

Stir till blended, add milk and stir
over the fire until boiling. Boil 3-4
minutes or until the right consistency,
then add the cream and the parsley
purée. Adjust seasoning, adding a
squeeze of lemon. Take up the veal, slice
and arrange on serving dish. Coat with
the sauce and garnish round with curls
of crisply fried or grilled bacon.

** SWEETS **

** BROWN BREAD CREAM **
½ pint milk; 3 yolks egg; 1 table-
spoonful sugar; 1 level tablespoonful
gelatine; 3-4 tablespoonsful water; 2-3
tablespoonsful fresh brown bread-
crums; grated lemon rind to flavour;
2-3 large tablespoonsful lightly whipped
cream; slices of banana or pineapple to
decorate.

Scald milk. Cream yolks and sugar
together. Add water to the gelatine. Put
crumbs to brown in the oven until crisp
and nicely coloured. Pour milk on to
Brown Bread Cream
Rice Cream Connaught with apricot sauce

1 yolk into a bowl and cream with the sugar and vanilla. Pour on the hot milk, blend and strain into the soufflé dish. Stand the dish in a roasting tin half-full of water, cover with a piece of paper and set in a moderate oven, Regulo 4, 350 degrees F. until firm to the touch. (Or the mixture may be steamed). Leave until cold.

Whip the remaining egg white stiffly and fold into the whipped cream. Cover the dish with the caraque chocolate and pile the cream on top. Decorate also with the chocolate.

Caraque chocolate: for decoration. Melt some plain block chocolate over gentle heat. Do not allow to get hot, but just warm. Spread this on to a clean baking sheet, enamel tray, or marble or slate slab. Work the knife to and fro over the chocolate. Leave a minute or so until on the point of setting, then scrape off with the knife. The chocolate will then flake off into scrolls or shavings.

RICE CREAM CONNAUGHT

A cold rice sweet with pieces of crisp apple in the cream. It is served with a full flavoured apricot sauce.

1 pint milk; 3 good tablespoonsful rice; 1 tablespoonful sugar, or to taste; 1 level dessertspoonful gelatine; 2-3 tablespoonsful orange juice or water; 1 large dessert apple; 2-3 good tablespoonsful lightly whipped cream (about 1 gill) ½ oz. almonds (optional); cream to decorate if wished.

Sauce: About ½ lb. dried apricots; sugar; lemon rind.

Simmer rice in milk until tender, stirring occasionally. Draw aside, add sugar and cool. The consistency must be thick but not too solid, so add a little
more milk if necessary. Soak gelatine in orange juice or water, then dissolve over gentle heat. Add to the rice with the apple cut in dice, and when on the point of setting fold in the cream. Turn into an oiled tin or mould to set.

Meantime prepare sauce. Soak apricots in water to cover overnight. Simmer until tender (in water in which they were soaked) with a strip of lemon rind. Then rub through a strainer or sieve. Sweeten to taste and thin the sauce down a little if necessary. Blanch, split and shred almonds. Toast to a golden brown in the oven.

Turn out the rice, decorate with cream, scatter with the almonds and pour round the sauce.

PANCAKES À LA CRÈME
A pleasant hot sweet. The pancakes are filled with a light fluffy cream. A fruit or jam sauce may accompany them.

Batter: 3 ozs. flour (plain); 1 egg; 1 yolk; 1 dessertspoonful sugar; 1 tablespoonful melted butter; 1½ gills milk.

Filling: A good ½ pint milk; 1 egg; 1 yolk; 1½ tablespoonsful sugar; 1 rounded dessertspoonful each flour and cornflour; grated orange and lemon rind to flavour.

Make up batter in usual way and set the mixture aside.

Prepare filling: scald milk, reserving about a quarter. Put the yolks into a bowl, and cream with the sugar and flours, mix with the reserved milk then pour in the hot milk. Blend and return to the pan. Stir over the fire until boiling. Draw aside. Whip the white to a firm snow (if wished the white from the batter may be added also). Add a little of the hot cream, folding it in carefully, then add the remainder.

Cook the pancakes as thinly as possible. Spread out and put a good spoonful of the cream in each. Fold over and lay in a buttered dish. Brush over with melted butter and dust well with castor sugar. Bake in a hot oven, Regulo 6, 400 degrees F., 10-12 minutes. Serve with hot red jam.

MILK DRINKS
Pleasant, nourishing and economical drinks that vary from the simple for everyday to the rich for a party.

EGG FLIP
This drink is a real pick-me-up.
Per Person: 1 egg; ½ pint milk; 1 good teaspoonful sugar; 1 tablespoonful brandy or rum.

Whisk egg, adding sugar and brandy. Warm milk until nicely hot and pour on to the mixture whisking vigorously. Then pour into a glass or beaker.
**ICED COFFEE**

This is a different way of making iced coffee from the usual and one that children usually prefer.

Take very cold milk, add coffee essence to taste, and a little sugar if liked. Whisk, adding a little lightly whipped cream. Keep in the refrigerator until wanted.

A spoonful or two of coffee ice cream may be added in place of cream.

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**EGG NOG (1)**

This drink is very popular in America, and has several versions. Here are two to choose from. They can be made in various flavours.

*Per Person: 1 egg; 1 dessertspoonful sugar; a few drops vanilla or 1¼ tablespoonsful sherry; 1⅛ gills cold milk; nutmeg.*

Beat egg until smooth, add sugar and the sherry by degrees. Add milk gradually, mixing well all the time. Strain into tall glasses, and grate a little nutmeg over the top of each one. Serve cold.

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**EGG NOG (2)**

This is a rather richer version.

*Per Person: 1 egg; 2 tablespoonsful brandy or rum; 1 level tablespoonful sugar; 2 tablespoonsful thick cream; ⅛ pint milk.*

Divide the egg. Cream yolk with the sugar, adding the brandy or rum. Beat well. Add milk gradually. Beat in the cream very lightly whipped. Whisk the white to a firm snow, fold into the mixture and pour into a glass. Grate a little nutmeg over the top.

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**COLD MILK PUNCH**

Make this in a cocktail shaker or glass jug with cracked ice.

*1 pint milk; 1 dessertspoonful castor sugar; ½ gill brandy or whisky; 2-3 strips pared orange or lemon rind.*

Steep the rind in the spirit for an hour or two, pour into the shaker with the milk and sugar. Add a little cracked ice and shake well. Strain off into glasses. This quantity makes enough for two.
## The 7-day Milk Diet

### Breakfast
*(every morning during the 7 days)*
- 1 glass milk
- 1 egg, boiled or poached
- 1 cup tea or coffee (no sugar)

### Nightcap
*(every night during the 7 days)*
- 1 glass milk, hot or cold

### Midday Meal

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean meat, grilled or braised</td>
<td>Lean meat or fish (not fried)</td>
<td>Grilled fish</td>
<td>Grilled liver</td>
<td>Clear soup</td>
<td>Tomato juice</td>
<td>Lean roast beef or lamb</td>
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<tr>
<td>1 green vegetable (not peas or beans)</td>
<td>Stewed apple</td>
<td>2 tomatoes</td>
<td>Spinach</td>
<td>Baked fish</td>
<td>Braised beef or kidneys</td>
<td>1 green vegetable (not peas or beans)</td>
</tr>
<tr>
<td>Apple, pear or orange</td>
<td>Lemon jelly</td>
<td>Watercress</td>
<td>Apple, orange or pear</td>
<td>Tomato juice</td>
<td>Fresh fruit</td>
<td>Prune whip</td>
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### Evening Meal

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<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Green salad with grated cheese</td>
<td>Green salad with cold lean meat</td>
<td>Vegetable broth</td>
<td>Cheese and tomato sandwiches</td>
<td>Cauliflower with cheese</td>
<td>½ grapefruit</td>
<td>Lean cold ham and salad</td>
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<tr>
<td>1 glass milk</td>
<td>1 slice melon or ½ grapefruit</td>
<td>2 biscuits and cheese (1½-in. cube)</td>
<td>(2 rounds wholemeal bread)</td>
<td>1 glass milk</td>
<td>1 glass milk</td>
<td>1 glass milk</td>
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### You have completed the 7-day milk diet! To retain the benefits of the treatment, make sure that your diet includes a pint of milk daily from now on. Weigh yourself once a week. And follow the milk diet again—just for a day or two a week—whenever you need to.