

Winter Surprises

WITH

Carnation





Your family and friends will say — "Everything you cook tastes really special!" And you'll think, "Thanks to Carnation — the perfect milk for cooking!"

Carnation's special blending qualities make possible smoother sauces, custards, ice-cream and appetizing Winter dishes. And as for flavour — well, Carnation's double-richness makes all the difference.

I hope you and your family will enjoy these Winter recipes using Carnation, the best and most economical milk for all cooking purposes.

Yours for successful, economical Carnation Cooking,

Mary Blake

P.S. For more copies, or answers to cooking problems, write to me, Mary Blake, Carnation Home Economist, 252 Swanston Street, Melbourne.

COFFEE: Carnation brings out the aroma of coffee and adds smooth richness.

Make black coffee with essence, powder or pure coffee, and "cream" with Carnation by pouring straight from the can.

COCOA: For extra-creamy cocoa, dilute Carnation with an equal quantity of water and make in the usual way.

TEA: Dilute one part Carnation with two parts water and use as you would bottled milk.

PORRIDGE

Follow directions on packet, making $\frac{1}{4}$ of the liquid required Carnation. Serve sprinkled with brown sugar and undiluted Carnation.

MILK DRINKS

Carnation makes delicious milk drinks. For hot milk drinks simply follow the directions, using $\frac{2}{3}$ hot water and adding $\frac{1}{3}$ Carnation.

GENERAL USE

Whenever milk is required for drinking or cooking, use 1 part Carnation Milk to $1\frac{1}{2}$ parts of water. If a richer milk is needed, follow the directions on the label.

TO USE AS CREAM

Over fruit, desserts, pies and cereals, use chilled Carnation direct from the can or serve it whipped.

FOR READY TO EAT CEREALS

Simply pour Carnation from can, or dilute with water if preferred.

SOUPS

CANNED SOUPS

Follow the directions on the label, using $\frac{1}{3}$ Carnation and $\frac{2}{3}$ water to make up the liquid required. If a richer, creamier soup is wanted, add extra Carnation to suit your individual taste.

Tomato Soup — Add $\frac{2}{3}$ water required, bring to boil, cool slightly and add $\frac{1}{3}$ Carnation.

PACKET SOUPS

Follow the directions on the packet, making $\frac{1}{3}$ of the liquid required Carnation Milk.

HOME-MADE SOUPS

Richer, more nourishing soups call for Carnation. Where the recipe states "milk", use $\frac{1}{3}$ Carnation, $\frac{2}{3}$ water. If cream is required, use Carnation straight from the can.

SPICY TOMATO SOUP

1 cup Carnation Milk
1 tin tomato soup
1 cup water
1 tablespoon chopped parsley
1 level teaspoon curry powder
Several slices crisp, fried bacon, chopped finely

Heat all together without boiling, and serve.

SAUCES

QUICK CHEESE SAUCE

$\frac{2}{3}$ cup Carnation Milk
 $\frac{1}{3}$ cup grated processed cheese
Salt and pepper

Heat Carnation Milk in small saucepan over low heat until small bubbles appear around edges of pan. Blend in grated cheese. Add salt and pepper to taste. Heat for about 1 minute, stirring constantly.

THIN WHITE SAUCE

1 tablespoon butter
1 tablespoon flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup Carnation Milk, diluted with
 $\frac{1}{2}$ cup water

Melt butter in saucepan over medium heat. Blend in flour and salt. Cook 1 minute. Remove pan from heat. Add $\frac{1}{4}$ of the total amount of milk. Blend thoroughly until all lumps are gone. Add remaining milk and return to heat. Stir constantly until mixture thickens.

Uses: For creaming soups and vegetables, and as a base for any savoury sauce.

MUSHROOM SAUCE

1 small tin mushroom soup
4 tablespoons Carnation Milk

Combine soup and Carnation. stir over heat until thoroughly hot.

TARTARE SAUCE

$\frac{1}{2}$ cup quick salad dressing (See Page 4)
1 teaspoon chopped gherkin
1 teaspoon chopped capers
1 teaspoon chopped parsley

Prepare salad dressing. Add remaining ingredients and serve as a dressing for fried fish.



SWEET SAUCES

CREAMY CUSTARD SAUCE

1 tablespoon custard powder
or 2 small eggs
1 cup Carnation 1 tablespoon sugar
1 cup water Lemon or vanilla essence

Blend custard powder with a little Carnation Milk or beat eggs slightly. Add Carnation, water, sugar and essence. If using custard powder, cook over slow heat, stirring constantly until thick. If using eggs, cook over boiling water until mixture coats the spoon, but do not boil.

CARAMEL SAUCE

1 cup brown sugar $\frac{1}{2}$ cup Carnation Milk
 $\frac{1}{2}$ teaspoon butter

Combine ingredients, cook over boiling water for 3 minutes, stirring constantly. Serve hot or cold over ice-cream or puddings.

CHOCOLATE SAUCE

3 rounded tablespoons sugar
1 rounded tablespoon cocoa $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup Carnation Milk $\frac{1}{2}$ teaspoon vanilla

Place all ingredients except vanilla in a saucepan, and heat gently until sugar is dissolved. Bring to the boil and simmer for 10 minutes or until mixture is thick and syrupy, stirring frequently. Flavour with vanilla and serve hot or cold over ice-cream, puddings, etc.



Lunch or

ECONOMICAL WHIPPED "CREAM"

- ½ cup Carnation Milk, chilled
- 1 tablespoon lemon juice
- 1 tablespoon sugar

Chill undiluted Carnation in ice-cream tray until crystals form, or place unopened can on ice for 2-3 hours. Pour into chilled bowl and whip until it just begins to thicken. Add lemon juice and whip until very stiff. Fold in sugar. Serve at once as a topping for puddings, fruit, pies or any dessert. Remember — do not whip until ready to serve.

BAKED EGGS MORNAV (for 6)

- 3 tablespoons shortening
- 3 tablespoons flour
- ¾ teaspoon salt
- 1 teaspoon mustard
- Cayenne
- 1 cup Carnation Milk, diluted with ½ cup water
- 4 ozs. grated tasty cheese
- 6 eggs

Melt shortening in saucepan, add flour and flavourings, blend well and cook one minute. Gradually add diluted Carnation, stirring constantly. Bring to boil and cook 2 minutes. Add cheese and heat until melted. Pour half the sauce into a greased pie dish or oblong casserole. Carefully break the eggs, one by one, into a cup and slide into sauce, side by side. Cover with rest of sauce and sprinkle with a little extra grated cheese. Bake at 325 degrees F. for approx. 25 minutes or until eggs are set.

GOLDEN OATMEAL COOKIES

- ½ cup shortening
- 1 cup sugar
- 1 egg
- ½ cup Carnation Milk
- 1 cup rolled oats
- 1½ cups self-raising flour
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 cup raisins or dates, chopped

Cream the shortening and sugar together until light and fluffy. Add the egg and beat well. Stir in Carnation and rolled oats. Finally, fold in sifted flour, salt and cinnamon alternately with chopped fruit. Drop in teaspoonfuls on to a greased oven tray and bake in a moderate oven (375 degrees F.) until brown — about 15 minutes.

CARNATION FLUFFY OMELETTE

- 3 eggs separated
- ¼ teaspoon cream of tartar
- 1 tablespoon flour
- 1 teaspoon salt
- ½ teaspoon mustard
- Cayenne
- ½ cup Carnation Milk
- 1 tablespoon butter

Beat egg whites until foamy, add cream of tartar, and beat until stiff, but not dry. Beat egg yolks until thick and creamy, add flour, salt, mustard, cayenne and Carnation. Mix until smooth. Lightly fold in the egg whites, mixing thoroughly. Melt butter in a heavy pan, pour in egg mixture, cover and cook over low heat until mixture puffs up, about 6 minutes. Uncover and place under red hot griller until omelette is slightly brown and dry on top. Fold over and serve with cheese sauce. Serves 2.

CHEESE AND BACON PIE

- 1 — 9" pie shell, uncooked
- 4 rashers bacon
- 2 eggs
- 2 cups Carnation Milk
- 1 teaspoon salt
- ½ teaspoon mustard
- Pinch nutmeg, sugar and cayenne
- 1 cup finely grated tasty cheese

Fry bacon until crisp, crumble into small pieces. Beat eggs with Carnation and flavourings until thoroughly mixed. Sprinkle bacon and cheese over the bottom of the uncooked pie shell and pour in milk mixture. Bake at 425 degrees F. for 15 minutes, then reduce heat to 300 degrees F. and bake for 40 minutes longer, or until set. Allow to stand for 5 minutes before cutting into wedges, and serve at once.

Other Variations:

Omit bacon and substitute 1 cup of finely chopped cooked ham, tongue or 2 tablespoons chopped anchovy fillets.



SOUFFLE OF COLD MEAT OR FISH

- 1 cup cold cooked meat or fish
- ¼ large onion
- Pinch thyme or other herbs
- 2 tablespoons butter or margarine
- 3 tablespoons flour
- 1 cup Carnation Milk
- ½ cup water
- 2 eggs separated
- Salt and pepper

Mince meat or flake fish finely. Add minced onion, thyme or herbs. Make a thick, white sauce using the butter, flour and Carnation Milk diluted with water. Cook 2 minutes and allow to cool slightly. Then add the beaten egg yolks and cook without boiling. Flavour well with salt and pepper. Finally, fold in meat or fish mixture and stiffly beaten egg whites. Turn into a greased casserole and bake in a moderate oven (350 deg. F.) for ¾ hour only. Serve at once.

QUICK SALAD DRESSING

- ½ teaspoon mustard
- Pinch salt and cayenne pepper
- 1 teaspoon sugar
- 3 tablespoons Carnation Milk
- 1 tablespoon vinegar

Mix the mustard, salt, pepper and sugar with a small amount of Carnation Milk until smooth. Then stir in balance of milk and the vinegar.

FRENCH FRIED ONIONS

- 2 large onions, peeled
- Flour
- 1 cup Carnation Milk

Slice onions about ¼ inch thick, and separate into rings. Dip in flour, then into Carnation, then in flour again. Deep fry until golden brown, 2-3 minutes. Drain well and sprinkle with salt before serving.

MASHED POTATOES

Mash potatoes exactly as usual. Add Carnation Milk, salt and pepper to taste and beat until creamy. No need to use butter for deliciously smooth, rich mashed potatoes.



PIES AND SWEETS

LEMON MERINGUE PIE

- 1 — 9" pie shell, cooked
- 1 cup sugar
- 3 tablespoons cornflour
- Pinch salt
- $\frac{3}{4}$ cup hot water
- $\frac{3}{4}$ cup Carnation Milk
- 2 eggs
- 1 tablespoon butter
- 3 tablespoons lemon juice
- 3 teaspoons grated lemon rind

Combine sugar, cornflour and salt in saucepan. Add hot water gradually. Add Carnation and cook over low heat, stirring constantly until mixture thickens and boils. Cook 1 minute. Remove from heat, add beaten egg yolks and cook without boiling. Remove from heat and blend in the butter, lemon juice and rind. Pour into pie shell, cover with meringue topping, and brown lightly in a moderate oven.

MERINGUE TOPPING

- 2 egg whites
- $\frac{1}{4}$ cup sugar

Whip egg whites till frothy, gradually adding sugar during whipping. Beat till meringue is stiff. Place on top of cool pie, sealing meringue to edges of pie crust. Bake in moderate oven (350 deg. F.) 10 to 12 minutes.

CARNATION CREAM PIE FILLING

- $\frac{1}{2}$ cup sugar
- 3 tablespoons cornflour
- $\frac{1}{2}$ teaspoon salt
- $1\frac{1}{3}$ cups Carnation Milk
- 1 cup water
- 2 egg yolks
- $\frac{1}{2}$ teaspoon vanilla

Place sugar, cornflour and salt in saucepan. Gradually add Carnation and water, and cook over low heat, stirring constantly until mixture thickens and boils. Remove from heat, add beaten egg yolks and cook without boiling; add vanilla and pour into cool pie shell.

COCONUT CREAM PIE

Add $\frac{1}{2}$ cup shredded coconut to Carnation Cream pie filling. Cover with meringue and sprinkle with $\frac{1}{3}$ cup coconut before browning.

CHOCOLATE MERINGUE PIE

Add 2 tablespoons cocoa to Carnation Cream pie filling. Use $\frac{3}{4}$ cup sugar instead of $\frac{1}{2}$ cup. Cover with meringue topping.

BANANA CREAM PIE

Slice 3 ripe bananas into pie shell. Cover with Carnation Cream pie filling and meringue topping.

CARNATION JELLY WHIP and VARIATIONS

- 1 packet jelly crystals or tablet of any desired flavour
- 1 cup boiling water
- 1 cup Carnation Milk, icy cold

Dissolve jelly crystals or tablet in boiling water, allow to cool, but not set. Whip icy cold Carnation until thick and blend in jelly mixture. Set in ice chest or refrigerator.

For Variations:

1. Add 1 tablespoon lemon juice to dissolved jelly.
2. Add pulp of 3 passionfruit to dissolved jelly.
3. Just before setting, fold in 1 cup of any tinned fruit, well drained, and cut into small dice.

APPLE CORNFLAKE DELIGHT

4-5 large apples, sliced
1 dessertspoon butter
 $\frac{1}{2}$ - $\frac{3}{4}$ cup sugar
2 eggs
1 cup Carnation Milk, undiluted

Topping:

2 cups crushed cornflakes
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ teaspoon cinnamon
2 ozs. butter, melted

Cook apples with butter and $\frac{1}{2}$ - $\frac{3}{4}$ cup sugar, according to taste. Rub apples through a fine sieve. Add beaten eggs and undiluted Carnation. Turn into a greased pie dish and bake in a moderate oven for approximately 25 minutes.

For the topping, mix cornflakes, sugar, cinnamon and melted butter together. Sprinkle on top of apple mixture and bake until crisp. Serve hot.

BAKED LEMON-RICE CUSTARD

1 cup cooked rice
2 cups Carnation Milk, diluted with
1 cup water

$\frac{1}{2}$ cup sugar

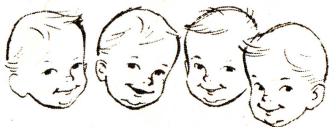
Grated rind and juice of 1 lemon

2 eggs, lightly beaten

1 cup cornflakes, crushed

1 tablespoon melted butter

Place cooked rice in a bowl. Add diluted Carnation Milk, sugar, lemon rind and juice, and lightly beaten eggs. Mix well. Pour into a greased pie dish, and bake in a moderate oven (350 degrees F.) until beginning to set. Combine cornflakes and melted butter, sprinkle over rice mixture. Continue baking until set. Serve hot or cold with whipped Carnation.



easy digestion and then sterilised in sealed cans.

No other form of processed milk is safer, more nutritious, or more digestible. And Carnation costs so much less.

Ask your Doctor or Baby Health Centre about Carnation, and help your baby to grow as healthy and contented as the famous Lucke Quads.

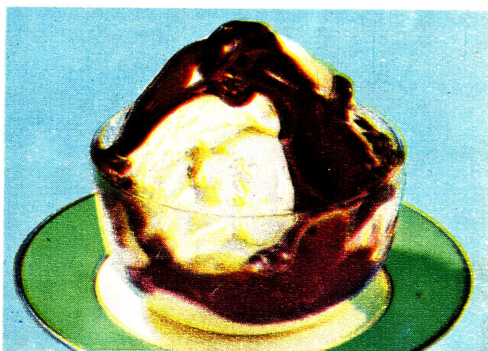
VANILLA "ONE-WHIP" ICE-CREAM

1 large can Carnation Milk
3 tablespoons castor sugar
1 teaspoon vanilla
1 teaspoon gelatine
1 tablespoon boiling water

Set refrigerator at coldest point before mixing ice-cream. Pour undiluted Carnation Milk, castor sugar and vanilla into ice-cream tray. Thoroughly dissolve gelatine in boiling water and while still hot stir into milk mixture. Place in refrigerator and chill until ice crystals form. Pour into chilled mixing bowl and beat until stiff. Freeze rapidly at low temperature.

Variations for "One-Whip" Ice-cream:

1. Add 1 cup tinned pineapple, apricots or peaches, well drained and finely chopped.
2. **Banana Ice-cream:** add 1 tablespoon lemon juice and 3 ripe, mashed bananas.
3. **Passionfruit:** fold in the pulp of 6 passionfruit just before freezing.



INFANT FEEDING

Carnation is perfect for baby's bottle, because it's pure, double-rich, wholesome cow's milk. It's homogenised for

RECIPES FOR DISHES ON FRONT COVER

SAVOURY CHEESEBURGERS

1 lb. hamburger steak $\frac{1}{3}$ cup grated tasty cheese
Pepper to taste 1 teaspoon salt
 $\frac{1}{4}$ cup Carnation Milk

Mix ingredients together thoroughly. Form into four large cheeseburgers and grill until cooked through. Serve on toasted buns or with French fried onions.

PINEAPPLE UPSIDE-DOWN CAKE

2 tablespoons butter $\frac{1}{4}$ teaspoon nutmeg
 $\frac{3}{4}$ cup brown sugar 1 cup brown sugar
4 rings pineapple 1 egg
 $1\frac{1}{3}$ cups self-raising flour $\frac{1}{4}$ cup melted butter
Pinch salt $\frac{1}{4}$ cup Carnation Milk
1 teaspoon cinnamon $\frac{1}{4}$ cup pineapple juice

Melt the 2 tablespoons butter in a deep 8" cake tin. Spread $\frac{3}{4}$ cup brown sugar evenly over the bottom of tin, then place the halved pineapple rings in a decorative design on top.

Sift flour with salt and spices, add 1 cup brown sugar and mix in thoroughly. Beat the egg, add melted butter, milk and pineapple juice. Pour on to dry ingredients, mix well and beat for 1-2 minutes, or until batter is smooth.

Pour over pineapple in tin and bake in a moderate oven (375 degrees F.) for approximately 45 minutes. Turn cake out of tin as soon as it is removed from oven.

QUICK HOT CHOCOLATE — 4 cups

6 tablespoons Carnation Milk
1 pint boiling water
8 teaspoons drinking chocolate

Place $1\frac{1}{2}$ tablespoons Carnation in each cup. Add boiling water, and sprinkle in 2 teaspoons of drinking chocolate. Whisk briskly with teaspoon. Sweeten as desired.

Carnation MILK

"from contented cows"

