50 wonderful ways to use Instant Nonfat Dry Milk

From the Test Kitchen of the American Dairy Association
Dear Homemaker:

If you have not already used instant nonfat dry milk, this booklet of recipes will introduce you to new cooking adventures with a most versatile dairy food.

You will find nonfat dry milk convenient to use in every type recipe to fit every part of the menu. Enjoy it in delightful Crab Meat Party Appetizers (page 5), in a savory Chicken Royale entrée (page 15) and at the end of the meal in a glamorous Chocolate Toffee dessert (page 26).

Are you a time-wise cook? You'll like the easy way nonfat dry milk blends with other ingredients. You'll marvel at the unique, quick way it whips with egg whites and gelatin to make fluffy salads and desserts.

Are you a penny-wise cook? You'll appreciate the extra nutrition nonfat dry milk adds to recipes at very little cost. Nonfat dry milk can be added to many recipes where milk is not ordinarily used.

Or are you a glamour-wise cook? You'll delight in gourmet foods, delectable desserts and eye-appealing salads prepared with nonfat dry milk.

Ready-to-use nonfat dry milk is as easy to store as other shelf foods. Have a box on your "emergency" shelf as well as on hand for everyday use.

To help you select the recipe that fits your needs, whether it be a

time-saver, penny-saver

--or something special for a "company" meal,

there is a symbol indexing most of the recipes. Those not illustrated can fit into any category.

Happy cooking to you!

Home Economics Department
American Dairy Association
### I. BASIC WHITE SAUCE FOR VEGETABLES, SOUPS AND SOUFFLES

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. BASIC WHITE SAUCE FOR VEGETABLES, SOUPS AND SOUFFLES</td>
<td>4</td>
</tr>
</tbody>
</table>

### II. APPETIZERS

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Appetizer Meat Balls with Hot Sauces</td>
<td>6</td>
</tr>
<tr>
<td>2. Crab Meat Appetizers</td>
<td>5</td>
</tr>
<tr>
<td>3. Hot Cheese Dunk</td>
<td>5</td>
</tr>
</tbody>
</table>

### III. BEVERAGE

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Hi-Fi Cooler</td>
<td>7</td>
</tr>
</tbody>
</table>

### IV. BREADS

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Apricot Nut Bread</td>
<td>8</td>
</tr>
<tr>
<td>2. Baking Powder Biscuits with Variations</td>
<td>7</td>
</tr>
<tr>
<td>3. Banana Nut Bread</td>
<td>9</td>
</tr>
<tr>
<td>4. Cheese Rolls</td>
<td>10</td>
</tr>
<tr>
<td>5. Corn Bread</td>
<td>9</td>
</tr>
<tr>
<td>6. Feather Pancakes</td>
<td>9</td>
</tr>
<tr>
<td>7. Muffins with Variations</td>
<td>10</td>
</tr>
</tbody>
</table>

### V. SOUPS

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cream of Corn Soup</td>
<td>11</td>
</tr>
<tr>
<td>2. Curried Shrimp Soup</td>
<td>11</td>
</tr>
<tr>
<td>3. Ham and Potato Chowder</td>
<td>11</td>
</tr>
</tbody>
</table>

### VI. MAIN DISHES

#### MEAT:

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cabbage Layer Meat Loaf</td>
<td>14</td>
</tr>
<tr>
<td>2. Chicken Royale</td>
<td>15</td>
</tr>
<tr>
<td>3. Green Bean-Ham Casserole</td>
<td>16</td>
</tr>
<tr>
<td>4. Hamburger Kabobs</td>
<td>15</td>
</tr>
<tr>
<td>5. Ham Scramble</td>
<td>16</td>
</tr>
<tr>
<td>6. Hi-Fi Pizza</td>
<td>12</td>
</tr>
<tr>
<td>7. Peach-Glazed Ham Loaf</td>
<td>13</td>
</tr>
<tr>
<td>8. Tomato-Rich Meat Loaf</td>
<td>14</td>
</tr>
</tbody>
</table>

#### EGG AND FISH:

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Asparagus Topped Crab Imperial</td>
<td>17</td>
</tr>
<tr>
<td>2. Broiled Sole with Shrimp Sauce</td>
<td>18</td>
</tr>
<tr>
<td>3. Chinese Omelets with Hot Soy Sauce</td>
<td>19</td>
</tr>
<tr>
<td>4. Salmon Loaf</td>
<td>18</td>
</tr>
<tr>
<td>5. Scallops Newburg</td>
<td>17</td>
</tr>
<tr>
<td>6. Tuna Bake</td>
<td>19</td>
</tr>
</tbody>
</table>

### VII. VEGETABLE DISHES

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Broccoli and Cheese Custard</td>
<td>21</td>
</tr>
<tr>
<td>2. Crunchy Potato Puffs</td>
<td>20</td>
</tr>
<tr>
<td>3. Puffy Vegetable Broil</td>
<td>21</td>
</tr>
<tr>
<td>4. Scalloped Potatoes</td>
<td>20</td>
</tr>
<tr>
<td>5. Stuffed Yams</td>
<td>21</td>
</tr>
<tr>
<td>6. Swiss Potato Pancake</td>
<td>20</td>
</tr>
</tbody>
</table>

### VIII. SALADS

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cheese Avocado Salad</td>
<td>24</td>
</tr>
<tr>
<td>2. Cool-as-a-Cucumber Salad</td>
<td>23</td>
</tr>
<tr>
<td>3. Orangeberry Salad</td>
<td>24</td>
</tr>
<tr>
<td>4. Oriental Salad</td>
<td>22</td>
</tr>
<tr>
<td>5. Red and White Ring Salad</td>
<td>22</td>
</tr>
</tbody>
</table>

### IX. SALAD DRESSINGS

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Golden Fruit Salad Dressing</td>
<td>25</td>
</tr>
<tr>
<td>2. Gourmet Dressing</td>
<td>25</td>
</tr>
<tr>
<td>3. Whipped Mustard Dressing</td>
<td>25</td>
</tr>
</tbody>
</table>

### X. SAUCES

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Horseradish Sauce</td>
<td>6</td>
</tr>
<tr>
<td>2. Hot Soy Sauce</td>
<td>19</td>
</tr>
<tr>
<td>3. Mustard Sauce</td>
<td>6</td>
</tr>
</tbody>
</table>

### XI. DESSERTS

<table>
<thead>
<tr>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Apricot Whip with Custard Sauce</td>
<td>29</td>
</tr>
<tr>
<td>2. Brownies</td>
<td>26</td>
</tr>
<tr>
<td>3. Chocolate Toffee Dessert</td>
<td>26</td>
</tr>
<tr>
<td>4. Cornflake Macaroons</td>
<td>29</td>
</tr>
<tr>
<td>5. Fruited Almond Mousse</td>
<td>31</td>
</tr>
<tr>
<td>6. Indian Pudding</td>
<td>30</td>
</tr>
<tr>
<td>7. Lemon Chiffon Pie</td>
<td>28</td>
</tr>
<tr>
<td>8. Peach Scallop with Whipped Fruit Topping</td>
<td>28</td>
</tr>
<tr>
<td>9. Pear-Ginger Cake</td>
<td>30</td>
</tr>
<tr>
<td>10. Raspberry Chiffon Pie</td>
<td>27</td>
</tr>
</tbody>
</table>
STORING
It keeps in a cool dry place along with staple items.

FOR BAKING
It combines with either dry ingredients or liquids when preparing quick breads, cookies, brownies, etc. It makes baked goods brown attractively.

FOR COOKING
• Mix it into dishes not requiring milk, to increase nutritive value.
• Add to casseroles and chowders already rich in milk to enhance nutritive value.
• Combine with meat in loaves, patties, etc., to seal in flavorful juices.
• Blend it with meat stocks, bouillons or cooking liquors instead of water to make savory sauces, gravies or creamed mashed vegetables.

FOR WHIPPING
It can be whipped into stiff peaks. Add it to an equal part of water, fresh or frozen fruit juices or canned fruit syrups. It will also whip and increase in volume when sprinkled on a partially set gelatin mixture or beaten with egg whites and water in recipes where both are to be whipped.

FOR WEIGHT WATCHING
Cut calories in the following type recipes:
- Mousse salads
- Fruit chiffons
- Salad dressings
- Sherbets
- Dessert toppings
- Puddings

BASIC WHITE SAUCE FOR VEGETABLES, SOUPS AND SOUFFLÉS

Saucepan, 1-quart

Yield: 1¼ cups

THIN
For creamed soups; cooked, starchy vegetables

1 tablespoon butter
1 tablespoon flour
½ teaspoon salt
Dash of white pepper
1 cup water, stock or bouillon
½ cup instant nonfat dry milk

MEDIUM
For cooked vegetables, cheese sauces

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
Dash of white pepper
1 cup water, stock or bouillon
½ cup instant nonfat dry milk

THICK
For soufflés and croquettes

3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
Dash of white pepper
1 cup water, stock or bouillon
½ cup instant nonfat dry milk

In a saucepan, melt butter; blend in flour, salt and pepper. Gradually add liquid and nonfat dry milk and cook, stirring constantly, until sauce thickens.
CRAB MEAT APPETIZERS

2 dozen  1 cup (6 1/2-oz. can) crab meat, shredded
Preheated 450° oven  1 tablespoon minced parsley
1/4 teaspoon basil
6 thin slices of bread with crusts removed

In a small saucepan, melt butter; then sauté onion and green pepper. Mix together salt, nonfat dry milk, water and egg yolks; add to vegetables. Cook 5 minutes, stirring constantly. Blend in crab meat, parsley and basil. Let cool. Toast bread on one side and cut into squares, fingers or triangles. Spread crab meat mixture on untoasted side, brush with melted butter and bake 10 minutes.

Note: Other shredded fish may be substituted for crab meat. This recipe makes a delicious luncheon sandwich, as well as appetizers.

HOT CHEESE DUNK

Yield: approx. 2 cups

In a saucepan or chafing dish, melt butter; blend in flour, pepper and Tabasco sauce. Gradually add bouillon (undiluted), nonfat dry milk and onion and cook, stirring constantly, until sauce thickens. Remove onion and add cheeses; stir until melted. Serve as a hot dunk for shrimp, cubes of ham, rye toast, apple, etc.

Note: Dunk thickens upon standing.
APPETIZER MEAT BALLS

40 small meat balls

MEAT BALLS:
1 pound ground beef
1/2 cup soft bread crumbs
1/2 cup instant nonfat dry milk
1/2 cup water
1/2 teaspoon onion salt
1/2 teaspoon garlic salt
Few drops Tabasco sauce
2 tablespoons butter

Mix all ingredients together, except butter. Form into 40 marble-size meat balls. In a skillet, melt butter and brown meat. Keep in oven until ready to use. Serve with wooden pick in each, to be dipped into sauce.

MUSTARD SAUCE:
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon white pepper
1/2 cup instant nonfat dry milk mixed with water to make 1 cup
1 1/2 tablespoons prepared mustard
1/2 tablespoon Worcestershire sauce

In a small saucepan, melt butter. Blend in flour, salt, pepper, nonfat dry milk with water. Cook, stirring constantly, until thickened. Remove from heat and add mustard and Worcestershire sauce. Serve hot for dipping meat balls.

HORSERADISH SAUCE:
2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1/2 teaspoon white pepper
1 teaspoon sugar
1/4 cup instant nonfat dry milk mixed with enough water to make 1 cup
3 tablespoons prepared horseradish
2 teaspoons prepared mustard
1 tablespoon lemon juice

In a small saucepan, melt butter. Blend in flour, salt, pepper, sugar and nonfat dry milk with water. Cook, stirring constantly, until thickened. Remove from heat and add horseradish, mustard and lemon juice. Serve hot for dipping meat balls.
HI-FI COOLER

2 Refrigerator trays  
Yield: 4 quarts

1½ cups (12-oz. can) apricot nectar  
¾ cup (6-oz. can) frozen concentrated orange juice, thawed  
1¾ cups pineapple juice  
½ cup lemon juice  
1 cup sugar  
1 cup instant nonfat dry milk  
1 cup water  
2 quarts ginger ale, chilled  
Orange and lemon slices

Mix apricot nectar, orange, pineapple and lemon juices with sugar. Stir until dissolved. Pour into trays and freeze to a mush. Beat nonfat dry milk and water until very stiff; add frozen juices and beat until well mixed. Return to trays and freeze. When ready to serve, spoon into a punch bowl and pour in ginger ale. Garnish with sliced fruit.

BAKING POWDER BISCUITS

Cooky sheet  
16 biscuits  
Preheated 450° oven

2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
½ cup instant nonfat dry milk  
¼ cup (½ stick) butter  
¾ cup water


BISCUIT VARIATIONS

CHILI-CHEESE:  
Top each with 1 teaspoon grated Parmesan cheese and a dash of chili powder before baking.

CINNAMON:  
Dot each with butter; then, sprinkle cinnamon-sugar on top before baking.

SESAME-CHEESE:  
Top each with 2 teaspoons shredded Cheddar cheese and ⅛ teaspoon sesame seeds before baking.
APRICOT NUT BREAD

Buttered loaf pan, 9 x 5 x 3-inch  

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<tr>
<th>Ingredient</th>
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<tr>
<td>1 cup dried apricots</td>
<td>Preheated 350° oven</td>
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<tr>
<td>2 oranges</td>
<td>1 loaf</td>
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<tr>
<td>Liquid to measure 1¼ cups</td>
<td>1 loaf</td>
</tr>
<tr>
<td>2 tablespoons butter</td>
<td>1 loaf</td>
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<tr>
<td>1 cup sugar</td>
<td>1 loaf</td>
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<tr>
<td>1 egg</td>
<td>1 loaf</td>
</tr>
<tr>
<td>¾ cup instant nonfat dry milk</td>
<td>1 loaf</td>
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<tr>
<td>3 cups sifted flour</td>
<td>1 loaf</td>
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<tr>
<td>2 teaspoons baking powder</td>
<td>1 loaf</td>
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<tr>
<td>1 teaspoon baking soda</td>
<td>1 loaf</td>
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<tr>
<td>1 teaspoon salt</td>
<td>1 loaf</td>
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<tr>
<td>⅛ cup chopped walnuts</td>
<td>1 loaf</td>
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Cover apricots with water and cook until tender; drain, reserving liquid, and chop. Grate orange rind to measure 1 tablespoon. Squeeze oranges, add apricot liquid and enough water to measure 1¼ cups. Cream butter and sugar. Add egg and orange rind; mix well. Stir nonfat dry milk into liquid. Sift dry ingredients together and add alternately with liquid. Fold in apricots and chopped nuts last. Turn into pan and bake 1 hour, or until center tests for doneness. Remove from pan and cool on wire rack.
BANANA NUT BREAD

2 Buttered loaf pans, 8½ x 4½ x 3-inch
3 cups sifted flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
¾ cup (1½ sticks) butter
1 ½ cups sugar

Sift together flour, baking powder, baking soda and salt. Cream butter; add sugar gradually, beating until light and fluffy. Beat in eggs. Beat nonfat dry milk, water and banana until well blended. Add alternately with dry ingredients to creamed mixture, starting and ending with dry ingredients. Blend well after each addition. Fold in nuts. Turn into loaf pans and bake 50 minutes. Remove from pans and cool on wire rack.

CORN BREAD

Buttered pan, 8 x 8 x 2-inch
1 cup sifted flour
¼ cup sugar
1 tablespoon baking powder
¾ teaspoon salt
1 cup corn meal

½ cup instant nonfat dry milk
1 egg, slightly beaten
1 cup water
¼ cup (½ stick) butter, melted

Sift together flour, sugar, baking powder and salt. Stir in corn meal and nonfat dry milk. Combine egg, water and butter. Stir into dry ingredients and mix just enough to blend. Pour into pan and bake 20 minutes.

FEATHER PANCAKES

Buttered griddle
1 ½ cup instant nonfat dry milk
¼ cup water
4 egg yolks
1 cup sieved cottage cheese

½ cup (⅔ stick) butter, melted
1 ½ teaspoons salt
⅔ cup sifted flour
4 egg whites

Beat nonfat dry milk and water until smooth. Mix in egg yolks, cottage cheese, salt and flour. Beat egg whites until stiff but not dry. Fold into batter. Drop onto hot griddle; when golden brown, turn and bake on other side. Serve with butter and syrup, jelly or fresh fruit sauce.
MUFFINS

Buttered muffin pan 1 dozen Preheated 400° oven
1 ¾ cups flour ½ cup instant nonfat dry milk
1 tablespoon baking powder 1 egg, slightly beaten
3 tablespoons sugar 1 cup water
1 teaspoon salt 3 tablespoons butter, melted

Sift together flour, baking powder, sugar and salt. Mix in nonfat dry milk. Combine egg, water and butter; add to dry ingredients all at once and stir just enough to moisten. Fill muffin cups ¾ full. Bake 20-25 minutes.

MUFFIN VARIATIONS

CHEESE: Drop a cube of Cheddar cheese in center of each muffin before baking.

HONEY-ORANGE: Place a teaspoon of honey and a ¼ slice of orange in bottom of muffin cups before filling with batter. When finished baking, turn out upside down and serve immediately.

ONION: Mix instant minced onion with melted butter and spread over top of each muffin before baking.

JELLY-CHEESE: Fill muffin cups ½ full. Drop a teaspoon of a tart jelly and cottage cheese on each; cover with remaining batter and bake.

CHEESE ROLLS

2 Buttered cooky sheets 4 dozen Preheated 375° oven
1 ½ cup instant nonfat dry milk 5 ½ cups flour
1 ½ cups water 2 eggs, beaten
2 tablespoons butter 2 cups shredded sharp Cheddar cheese
2 teaspoons salt 2 tablespoons caraway seed
2 tablespoons sugar Melted butter
2 packages active dry yeast

Add nonfat dry milk to water; scald. Remove from heat; add butter, salt and sugar. Cool to lukewarm; add yeast. When bubbly, add 3 cups flour and beat until smooth. Add eggs, Cheddar cheese and caraway seed; mix well. Add remaining flour and turn out onto floured board. Knead until smooth. Place in large buttered bowl, brush top with butter and cover bowl. Put in warm place and let rise until double in bulk (about 1½ hours). Punch down and let rest on floured board about 10 minutes. Roll to ½ inch thickness. Cut into 4 x 1-inch strips. Place ½ inch apart on sheets. Let rise until double in bulk (30-45 minutes). Bake 15-20 minutes. Brush with melted butter.

Note: For Cheese Bread, the dough may be baked in two buttered loaf pans, 9 x 5 x 3-inch in a preheated 350° oven 40-45 minutes. Rolls or bread may be frozen.
CREAM OF CORN SOUP
4-6 servings

6 slices bacon, chopped, OR 1/2 cup diced salt pork
1/4 cup sliced onion
3/4 cup chopped celery
2 tablespoons flour
3/4 cup instant nonfat dry milk

In a large saucepan, brown bacon or salt pork; then sauté onion and celery. Remove from heat and blend in flour, nonfat dry milk, salt and pepper. Gradually add water and corn; cook, stirring occasionally, until soup thickens.

Note: For a meatless dish, substitute 1/3 cup butter for the bacon or salt pork.

CURRIED SHRIMP SOUP
6-8 servings

1/2 cup finely chopped celery
1 tablespoon chopped onion
1 quart chicken broth (canned or bouillon cubes)
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon curry powder
1 1/2 cups instant nonfat dry milk
2 tablespoons butter
2 tablespoons flour
1 1/4 cups (6 oz.) finely minced cooked shrimp (fresh or frozen)
Cream cheese balls

Simmer celery and onion in 1 cup of broth until tender. Add salt, pepper and curry powder. Mix remaining broth with nonfat dry milk. In a saucepan melt butter, blend in flour. Gradually add nonfat dry milk mixture. Cook until smooth. Add shrimp and cooked vegetables. Serve hot; garnish with cream cheese balls rolled in chopped parsley.

Note: Lobster or crab meat may be substituted for shrimp.

HAM AND POTATO CHOWDER
4-6 servings

1/4 cup (1/2 stick) butter
1/2 cup minced onion
3/4 cup diced baked or boiled ham
1/2 cup chopped celery
1 1/2 cups finely diced raw potatoes
1 1/2 tablespoons flour
1 1/2 teaspoons salt
1/2 teaspoon pepper
3 1/2 cups warm water

In a saucepan, melt butter; then sauté onion, ham and celery. Add potatoes and cook over low heat 10 minutes. Remove from heat. Mix nonfat dry milk, flour, salt, pepper and water; add to cooked mixture. Return to heat and cook, stirring occasionally, about 15 minutes.
HI-FI PIZZA

4 Buttered pie pans, 9-inch

DOUGH:

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<tbody>
<tr>
<td>1⁄2 cup instant nonfat dry milk</td>
<td>1 tablespoon sugar</td>
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<tr>
<td>1 1⁄2 cups water</td>
<td>2 packages active dry yeast</td>
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<tr>
<td>1⁄2 cup (1 stick) butter</td>
<td>5 cups sifted flour</td>
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<td>2 teaspoons salt</td>
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Mix nonfat dry milk with water; scald. Remove from heat; add butter, salt and sugar. Cool to lukewarm and add yeast. Let stand 10 minutes, add flour, a little at a time, and beat until smooth. Place in buttered bowl and let rise until doubled (about 2 hours). Punch dough down and let rest 10 minutes. Divide into 4 portions and roll into circles. Place in pans and crimp high edge over rim of pan.

PIZZA FILLING:

Saucepan, 2-quart

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<tbody>
<tr>
<td>1 cup finely chopped onion</td>
<td>2 teaspoons salt</td>
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<tr>
<td>1⁄4 cup (1⁄2 stick) butter</td>
<td>1 teaspoon crushed oregano</td>
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<tr>
<td>2 1-pound, 13-ounce cans tomatoes, drained</td>
<td>1 teaspoon crushed basil</td>
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<tr>
<td>2 cups drained tomato juice</td>
<td>1 pound smoky link sausage OR bacon, cooked and diced</td>
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<tr>
<td>1⁄2 cup instant nonfat dry milk</td>
<td>1 pound shredded Provolone OR Cheddar cheese</td>
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<tr>
<td>1 6-ounce can tomato paste</td>
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Cook onion in butter until tender. Add tomatoes, tomato juice, nonfat dry milk, tomato paste, salt, oregano and basil. Simmer 50-60 minutes. Pour sauce into 4 pizza shells, dot with sausage or bacon, then top with cheese. Bake 20 minutes. Cut in wedges and serve immediately.

Variations: Italian sausage, mushrooms, anchovies, ham or any combination thereof may be substituted for sausage or bacon.
PEACH-GLAZED HAM LOAF

Loaf pan, 9 x 5 x 3-inch
8-10 servings
Preheated 350° oven

Baking dish

1 egg
1 cup water
1 cup instant nonfat dry milk
1 pound ground ham
1 1/2 pounds ground veal
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon dry mustard
1 cup fine, dry bread crumbs
Whole cloves
1 1-pound, 13-ounce can cling peach halves
1/2 cup firmly packed brown sugar
2 tablespoons vinegar

Beat egg, water and nonfat dry milk in bowl until smooth; add ground meats, salt, pepper, mustard and bread crumbs. Blend until evenly distributed. Place mixture in loaf pan. Insert whole cloves in top. Bake 1 1/2 hours. Meanwhile, drain peaches. In a saucepan mix syrup with brown sugar and vinegar; simmer 5 minutes. Baste loaf every 20 minutes with syrup. Fifteen minutes before end of baking time, place peach halves in baking dish, cover with remaining syrup and bake. When loaf is done, let stand a few minutes before slicing. Garnish with peach halves.
TOMATO-RICH MEAT LOAF

Loaf pan, 8½ x 4½ x 2½-inch 8 servings Preheated 350° oven

1¼ pounds ground beef 1 teaspoon Worcestershire sauce
3/4 cup instant nonfat dry milk 1 teaspoon salt
3/8 cup crushed cornflakes 1/4 teaspoon thyme
1/2 cup catsup 1 egg, slightly beaten
2 tablespoons chopped onion 1/2 cup catsup
1/2 cup water Parsley garnish

Combine ground beef, nonfat dry milk, cornflakes, catsup and chopped onion; mix well. Add water and seasonings to egg and blend into meat mixture. Pat into loaf pan and spread 1/3 cup of catsup on top. Bake 1 hour. Remove to warm platter and garnish with parsley.

CABBAGE LAYER MEAT LOAF

Square baking dish, 8-inch 6-8 servings Preheated 325° oven

SAUCE:

1/2 cup tomato juice 1 tablespoon Worcestershire sauce
1/2 teaspoon chili powder 2 tablespoons vinegar
1 1/2 teaspoons celery seed 1/4 cup finely chopped onion
1/2 cup catsup

MEAT:

8 large cabbage leaves 1 cup soft bread crumbs
1/4 cup instant nonfat dry milk 1/2 pound ground beef
1/2 cup water 1/2 pound ground lean pork
1 teaspoon salt 1/2 cup grated Parmesan cheese
1/4 teaspoon pepper

For the sauce, mix tomato juice with remaining ingredients in a small saucepan. Set aside. Cut cabbage coarsely and cook 5 minutes in boiling salted water. Drain and remove tough veins. Place nonfat dry milk, water, salt, pepper and crumbs in bowl; mix well. Blend in meat. Divide mixture in half. Pat one part lightly in baking dish, cover with drained cabbage; then add another layer of meat mixture. Heat Sauce and pour over all. Sprinkle with Parmesan cheese and bake 1 hour. Remove from oven and let stand a few minutes for juices to be absorbed.
CHICKEN ROYALE

Buttered ring mold, 8 servings  Preheated 350° oven
2-quart

3 cups diced, cooked chicken  1 cup instant nonfat dry milk
1 cup cooked rice  ¼ cup chopped pimiento
1 teaspoon salt  4 eggs, well beaten
2 cups soft bread crumbs  3 cups chicken broth or bouillon
½ teaspoon paprika  ¼ cup (% stick) butter, melted
¼ teaspoon white pepper  Cheese sauce, OR
creamed vegetables

Combine chicken with remaining ingredients, except cheese sauce; mix well. Turn into ring mold and place in pan of hot water. Bake 1 hour. Allow to stand 10 minutes before unmolding. Fill center with cheese sauce or creamed vegetables (see page 4 for recipe).

HAMBURGER KABOBS

8 Skewers  4 servings  Preheated broiler

2 tablespoons chopped onion  1 pound ground chuck or round beef
¼ teaspoon salt  ½ cup garlic French dressing
½ teaspoon pepper  4 firm tomatoes, cut in eighths
½ cup instant nonfat dry milk mixed with 2 tablespoons water  8 large mushroom caps cooked in butter until tender

Mix onion, salt, pepper, nonfat dry milk and water until smooth; blend in meat. Form into 16 small meat balls and marinate in French dressing 1 hour before broiling. On skewers alternate marinated meat balls with tomatoes and mushrooms. Place foil on broiler rack to catch drippings. Broil kabobs 4 minutes on each side. Turn once or twice during broiling and baste with marinade.

Note: Appetizer Kabobs can be made by making 64 tiny meat balls and alternating with small tomato and/or mushroom cubes on small skewers.
GREEN BEAN-HAM CASSEROLE

Buttered baking dish, 1½-quart  6-8 servings  Preheated 350° oven

1 package frozen French-cut green beans
1½ cups liquid
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅔ cup instant nonfat dry milk
2 cups chopped, cooked ham
1 tablespoon chopped parsley
2 tablespoons chopped pimiento
2 hard-cooked eggs, chopped
1 teaspoon finely chopped onion
1 cup shredded sharp Cheddar cheese
½ cup buttered cracker or bread crumbs

Cook green beans according to package directions; drain, reserving liquid to combine with water to make 1½ cups. In a saucepan, melt butter; blend in flour and salt. Add liquid and nonfat dry milk and cook, stirring constantly, until thickened. Remove from heat and add ham, parsley, pimiento, eggs, onion and cheese; blend well. Place beans in baking dish and cover with sauce. Sprinkle buttered crumbs over top and bake 20-25 minutes.

HAM SCRAMBLE

Skillet  6 servings

⅔ cup instant nonfat dry milk  ¼ teaspoon pepper
1 cup water  3 tablespoons butter
6 eggs  1½ cups chopped, cooked ham
1 teaspoon salt  Chopped parsley

Place nonfat dry milk, water and eggs in medium-size bowl; beat until smooth. Add seasonings. In a skillet, melt butter over medium heat. Pour in egg mixture, sprinkle with ham and cook, stirring occasionally, until set. Turn onto warm platter and garnish with chopped parsley.
### ASPARAGUS TOPPED CRAB IMPERIAL

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Size</th>
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<tbody>
<tr>
<td>1 package frozen asparagus</td>
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</tr>
<tr>
<td>¼ cup (¼ stick) butter</td>
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</tr>
<tr>
<td>2 tablespoons chopped green pepper</td>
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<tr>
<td>1 tablespoon chopped onion</td>
<td></td>
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<tr>
<td>1½ teaspoons salt</td>
<td></td>
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<tr>
<td>½ teaspoon monosodium glutamate</td>
<td></td>
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<tr>
<td>¼ cup flour</td>
<td></td>
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<tr>
<td>½ cup instant nonfat dry milk</td>
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Cook asparagus according to package directions. Drain; place in bottom of baking dish. In a saucepan, melt butter; sauté green pepper and onion. Add salt, monosodium glutamate and flour; stir until smooth. Mix nonfat dry milk and water; add to flour mixture. Cook until thickened. Beat egg yolks until light and lemon colored. Mix a small amount of sauce with yolks; return to saucepan. Stir until smooth. Add crab meat, Worcestershire sauce, tarragon and lemon juice. Pour over asparagus. Sprinkle with Parmesan cheese and bake 20 minutes.

### SCALLOPS NEWBURG

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Size</th>
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<tbody>
<tr>
<td>1 pound scallops</td>
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<td>½ cup (½ stick) butter</td>
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<tr>
<td>1 garlic clove, peeled and split</td>
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<tr>
<td>1 cup (8-oz. can) sliced, drained mushrooms (save liquor)</td>
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<tr>
<td>3 tablespoons flour</td>
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<tr>
<td>1 cup instant nonfat dry milk</td>
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Thaw scallops, if frozen. Cut large ones in half. Place in boiling salted water. Cover and return to the boiling point. Simmer 3-4 minutes, depending on size. Drain and remove any shell particles. In a saucepan or chafing dish, melt butter. Add garlic and mushrooms; sauté about 1 minute. Discard garlic and blend in flour. Cool. Mix nonfat dry milk, salt and liquid. Add to flour mixture. Stir and cook 5 minutes, or until smooth. Add small portion to beaten egg yolks, then return to mixture and cook about 1 minute. Stir in scallops, pimiento, lemon juice and cayenne pepper. Serve in toast cups.
BROILED SOLE WITH SHRIMP SAUCE

4 servings

SHRIMP SAUCE:

- \( \frac{1}{4} \) cup (\( \frac{1}{2} \) stick) butter
- 2 tablespoons flour
- \( \frac{1}{2} \) teaspoon paprika
- \( \frac{1}{2} \) teaspoon salt
- Dash of cayenne pepper
- 1\( \frac{1}{2} \) cups water

In a saucepan, melt butter; blend in flour and cook about 1 minute. Remove from heat and add paprika, salt, cayenne pepper, water and nonfat dry milk. Cook, stirring constantly, until thickened. Remove from heat and add Worcestershire sauce, shrimp, lemon juice and parsley. Keep warm while broiling sole.

BROILED SOLE:

- 1 1-pound package frozen sole, thawed
- Butter, softened
- Salt

Place sole on foil-covered broiler pan. Rub with butter and salt. Broil 6-7 minutes, or until done. Place on platter and cover with sauce.

SALMON LOAF

Buttered loaf pan, 9 x 5 x 3-inch

8 servings

Preheated 350° oven

- 2 cups (1-lb. can) salmon
- 1\( \frac{1}{2} \) cups liquid
- 2 tablespoons finely chopped onion
- 2 tablespoons butter, melted
- 2 eggs
- \( \frac{3}{4} \) cup instant nonfat dry milk
- \( \frac{3}{4} \) teaspoon salt
- Dash of pepper
- 3 cups finely diced soft bread cubes

Drain salmon; add enough water to salmon liquor to make 1\( \frac{1}{2} \) cups. Sauté onion in butter. In a medium-size bowl beat eggs; blend in nonfat dry milk, liquid, salt and pepper. Add bread cubes and let stand to soften; then mix in onion and salmon, which has been flaked. Pack in loaf pan and bake 1 hour.

Note: A sharp cheese sauce enhances the flavor of this salmon loaf. Add 2 cups of shredded Cheddar cheese to one recipe of the Basic White Sauce (see page 4 for recipe).
TUNA BAKE
6-8 servings
Buttered shallow baking dish, 1½-quart Preheated 325° oven
2 cups (2 6½-oz. cans) tuna 1 cup cooked peas and carrots, drained
¾ cup finely diced soft bread 1 tablespoon chopped onion
½ cup instant nonfat dry milk ¼ teaspoon thyme
1 cup water 1 teaspoon salt
2 tablespoons butter, melted 2 eggs, slightly beaten
1 cup cottage cheese

Flake tuna; add other ingredients and mix well. Turn into baking dish and bake 50 minutes.

CHINESE OMELETS WITH HOT SOY SAUCE
8 servings
Frypan, electric or conventional

OMELETS:

1¾ cups (l4½-oz. can) mixed
chop suey vegetables ½ cup water
1 cup (4-oz. can) sliced mushrooms 6 eggs
½ cup chopped green onions ½ teaspoon salt
and tops ¼ teaspoon pepper
½ cup finely sliced celery ¼ teaspoon garlic salt
2 tablespoons chopped parsley 1 teaspoon monosodium glutamate
½ cup instant nonfat dry milk 1 tablespoon soy sauce
¾ cup (½ stick) butter

Drain vegetables and mushrooms (reserve 1½ cups of liquor for sauce); add to onion, celery and parsley. Beat nonfat dry milk, water and eggs; add all seasonings, then the vegetables. Preheat frypan (350° for electric), add butter; when hot add ¼ cup mixture for each omelet. Use spatula to shape omelets while cooking. When lightly brown, turn. Remove to pan and keep in warm oven until ready to use. Serve with HOT SOY SAUCE*.

*HOT SOY SAUCE:

1½ tablespoons cornstarch 2 tablespoons soy sauce
1 tablespoon sugar 1½ cups reserved vegetable liquor

In a small saucepan, mix cornstarch and sugar; then blend in soy sauce and vegetable liquor. Cook, stirring constantly, until clear. Serve hot with the omelets.

Note: Chopped cooked shrimp, chicken, ham or pork may be added to vegetables, if desired.
**SWISS POTATO PANCAKE**

Frypan, electric or conventional 6-8 servings

- 3 medium baking potatoes
- 1 tablespoon finely chopped onion
- ½ cup shredded Swiss cheese
- 1 ½ teaspoons salt

Peel and shred potatoes; pat between paper towels to remove excess moisture. Mix with onion, Swiss cheese, salt, pepper and nonfat dry milk. Preheat frypan (340° for electric); add butter. Pack mixture into ½-cup measure and put in buttered frypan; flatten with spatula. Cook over low heat until brown. Turn, and brown on other side (about 5 minutes on each side).

**Note:** This recipe must be prepared just before serving. If allowed to stand, potatoes darken.

**SCALLOPED POTATOES**

Buttered baking dish, 1½-quart 6-8 servings Preheated 350° oven

- 3 tablespoons flour
- 1 ½ teaspoons salt
- ½ teaspoon pepper
- 2 tablespoons instant minced onion
- 1 cup instant nonfat dry milk
- 6 medium potatoes
- 3 tablespoons butter
- 2 cups water

Mix flour, salt, pepper, onion and nonfat dry milk. Pare and slice potatoes paper thin; arrange in baking dish in thin layers, sprinkling each with the nonfat dry milk mixture and dotting with butter. Pour water over potatoes, cover and bake 1 hour. Uncover and bake an additional ½ hour, or until potatoes are tender.

**CRUNCHY POTATO PUFFS**

Buttered baking dish, 1½-quart 6 servings Preheated 400° oven

- ½ cup instant nonfat dry milk
- ½ cup water
- 1 egg
- 2 cups mashed potatoes
- ¼ cup finely chopped green onions
- 1 teaspoon salt
- Dash of cayenne pepper
- ½ cup crushed cereal flakes
- ½ cup grated Parmesan cheese
- 3 tablespoons butter, melted

Beat nonfat dry milk, water and egg until smooth; add potatoes, onions, salt and cayenne pepper. Mix well. Spoon batter to make 6 puffs in baking dish. Mix cereal flakes, Parmesan cheese and butter; sprinkle over puffs. Bake 20 minutes.
STUFFED YAMS

Baking sheet

6 medium yams
3 tablespoons butter, melted
1 teaspoon salt
1/2 cup instant nonfat dry milk
1/2 cup drained pineapple juice

Scrub yams; bake 1 hour, or until well done. Remove potatoes from oven and increase temperature to 400°. Cut slice from top of potato and scoop pulp into bowl. Add butter, salt, nonfat dry milk and pineapple juice; beat until fluffy. Fold in pineapple and walnuts. Refill shells, top with buttered crumbs; return to oven and bake 15 minutes.

PUFFY VEGETABLE BROIL

Buttered shallow baking dish, 4-5 cup

2 packages frozen cauliflower, OR chopped spinach
1/2 cup dairy sour cream
1/4 cup grated Parmesan cheese
1 tablespoon dried parsley

Cook vegetable according to package directions. Drain well and place in baking dish. Combine sour cream, Parmesan cheese, parsley, lemon juice, salt and paprika. Beat nonfat dry milk and water until very stiff; fold into sour cream mixture. Spread over vegetable and broil about 6 inches from heat 3-5 minutes, or until golden brown and puffy.

BROCCOLI IN CHEESE CUSTARD

Shallow baking dish, 1 1/2-quart

1 package frozen chopped broccoli
3/4 cup instant nonfat dry milk
1 1/2 cups hot water
2 eggs, slightly beaten
1/2 cup shredded Cheddar cheese
2 tablespoons lemon juice
3 tablespoons butter, melted
1 teaspoon salt
1/8 teaspoon pepper

Cook broccoli according to package directions. Drain. Beat nonfat dry milk with water until smooth. Add eggs, Cheddar cheese, lemon juice, butter, salt and pepper. Stir until smooth. Place cooked broccoli in baking dish; pour on custard mixture. Set dish in pan of hot water. Bake 35-40 minutes, or until custard is set.
ORIENTAL SALAD

8 servings

2 cups cooked rice
2 cups diced, cooked chicken
½ cup diced celery
1 tablespoon instant minced onion
3 tablespoons chili sauce
½ cup instant nonfat dry milk

Combine rice, chicken, celery, onion and chili sauce. Beat nonfat dry milk, French dressing and lemon juice until fluffy; mix into salad and chill several hours. Fold in oranges and almonds, and serve on greens. Garnish with water cress, if desired.

RED AND WHITE RING SALAD

Ring mold, 1½-quart

6-8 servings

TOMATO LAYER:

1¾ cups tomato juice
¼ cup finely chopped celery
1 tablespoon chopped onion
½ teaspoon paprika
1 teaspoon salt
2 whole cloves
1 bay leaf
2 tablespoons sugar
2 tablespoons lemon juice
1 tablespoon (1 envelope) unflavored gelatin
¼ cup water

In a saucepan, combine tomato juice, celery, onion, paprika, salt, cloves, bay leaf, sugar and lemon juice; simmer 10 minutes. Strain; add water to yield 1¾ cups if any juice has evaporated. Sprinkle gelatin on water to soften and add to hot tomato juice; stir until dissolved. Pour into mold which has been rinsed in cold water. Chill until firm.

COTTAGE CHEESE LAYER:

1 tablespoon (1 envelope) unflavored gelatin
¼ cup chopped nuts
¼ cup finely chopped green pepper
¼ cup water
½ cup instant nonfat dry milk
½ cup water

Sprinkle gelatin on water to soften; dissolve over hot water. Mix cottage cheese, salt, nuts, green pepper and dissolved gelatin. Beat nonfat dry milk and water until stiff; fold into cottage cheese mixture. Pour into mold over Tomato Layer. Chill until firm.
COOL-AS-A-CUCUMBER SALAD

Salad mold, 2-quart, OR 8 individual molds
8 servings

1 package lime-flavored gelatin
1 cup boiling water
¾ cup cold water
¼ cup lemon juice
½ cup instant nonfat dry milk
½ cup dairy sour cream
¼ cup chopped green pepper
2 cups chopped cucumber
1 teaspoon onion juice
⅛ teaspoon salt

Dissolve gelatin in boiling water. Add cold water and lemon juice; cool to jelly-like consistency. Add nonfat dry milk; beat until fluffy. Fold in remaining ingredients. Turn into mold which has been rinsed in cold water. Chill until firm. To serve, unmold and garnish.
CHEESE AVOCADO SALAD

Ring mold, 1½-quart
6-8 servings

- 1 tablespoon (1 envelope) unflavored gelatin
- 1 tablespoon sugar
- 1 teaspoon salt
- Dash of cayenne pepper
- 1% cups water
- 2 tablespoons lemon juice

- ½ cup instant nonfat dry milk
- 1 cup sieved cottage cheese
- ¼ cup crumbled Blue cheese
- 1 cup dairy sour cream
- ½ cup coarsely chopped walnuts
- 1 cup diced avocado
- Grapefruit and orange sections

In a saucepan mix gelatin, sugar, salt and cayenne pepper. Stir in water and lemon juice. Heat slowly, stirring constantly, until dissolved. Cool to jelly-like consistency. Add nonfat dry milk; beat until fluffy. Fold in remaining ingredients, except fruit sections; turn into mold which has been rinsed in cold water. Chill until firm. Unmold. Fill center with grapefruit and orange sections.

ORANGEBERRY SALAD

Salad mold, 1½-quart
6-8 servings

CRANBERRY LAYER:

- 1 package strawberry-flavored gelatin
- 1 cup boiling water
- ½ cup cold water
- 1 package frozen cranberry-orange relish, thawed

- 1 cup finely diced apple
- ½ cup chopped nuts
- 1 teaspoon lemon juice
- ¼ teaspoon salt

Dissolve gelatin in boiling water. Add cold water, relish, apple, nuts, lemon juice and salt. Turn half of mixture into mold which has been rinsed in cold water. Chill until firm. Hold remaining half to use on top.

COTTAGE CHEESE LAYER:

- 1 tablespoon (1 envelope) unflavored gelatin
- ¾ cup water
- ¾ cup frozen orange juice concentrate, thawed

- 2 teaspoons lemon juice
- ½ teaspoon salt
- 1 tablespoon sugar
- 1½ cups cottage cheese
- ½ cup instant nonfat dry milk

Sprinkle gelatin on water in saucepan. Place over low heat, stirring constantly, until gelatin is dissolved. Remove from heat, add orange concentrate, lemon juice, salt and sugar. Cool to jelly-like consistency. Add cottage cheese and nonfat dry milk; beat until smooth. Pour into mold over Cranberry Layer; chill until firm. Then add other half of cranberry mixture. Chill until firm.
WHIPPED MUSTARD DRESSING
Yield: approx. 2 cups

\( \frac{1}{2} \) cup instant nonfat dry milk \hspace{1cm} 2 tablespoons prepared mustard
\( \frac{1}{2} \) cup water

Beat nonfat dry milk and water until stiff. Beat in mustard until smooth. Serve with meat and fish salads.

GOLDEN FRUIT SALAD DRESSING
Yield: 1½ cups

3 tablespoons sugar \hspace{1cm} \frac{1}{4} \) cup lemon juice
3 tablespoons flour \hspace{1cm} 1 tablespoon butter
\( \frac{1}{2} \) cup pineapple juice \hspace{1cm} \frac{1}{2} \) cup instant nonfat dry milk
\( \frac{1}{2} \) cup orange juice \hspace{1cm} \frac{1}{2} \) cup water
3 egg yolks

In a heavy-quart saucepan, mix sugar, flour, pineapple and orange juices. Cook until thickened. Beat egg yolks until thick; mix small amount of sauce with yolks; return to saucepan. Cook 5 minutes. Remove from heat, add lemon juice and butter. Cool. When ready to use, add nonfat dry milk to water and beat until very thick. Fold into cooled fruit mixture.

GOURMET DRESSING
Yield: 1½ cups

1 2-ounce can anchovy filets
1 clove garlic, minced
1 small onion
1 cup dairy sour cream
\( \frac{1}{2} \) cup instant nonfat dry milk
3 tablespoons lemon juice

3 tablespoons wine vinegar
1 tablespoon chopped capers
\( \frac{1}{4} \) teaspoon salt
\( \frac{1}{4} \) teaspoon freshly ground pepper
\( \frac{1}{4} \) cup chopped parsley

Put all ingredients in blender and mix 1 minute; or, grind anchovies, garlic and onion and combine with other ingredients. Add chopped parsley just before serving.
CHOCOLATE TOFFEE DESSERT

Spring form pan, 8-inch  6-8 servings

1/4 cup (1/2 stick) butter, melted  1 teaspoon vanilla
1 1/2 cups crushed vanilla wafers  2 squares (2 oz.) unsweetened chocolate, melted
3/4 cup chopped walnuts
1/2 cup (1 stick) butter
1 cup confectioners sugar
2 egg yolks

Mix melted butter, wafer crumbs and nuts. Pat half of mixture into bottom of pan. Cream 1/2 cup butter; add sugar and beat until light and fluffy. Add egg yolks and vanilla; mix well. Blend in chocolate, a little at a time to prevent separation. Beat egg whites, water and nonfat dry milk until very stiff. Fold into chocolate mixture. Spoon into pan. Sprinkle remaining crumbs over top. Chill several hours.

BROWNIES

Buttered square pan, 9-inch  16 squares  Preheated 350° oven

3/4 cup sifted flour  2 tablespoons water
1/2 teaspoon baking powder  1/2 cup instant nonfat dry milk
1/4 teaspoon salt  2 eggs, beaten
1/2 cup (1 stick) butter  2 squares (2 oz.) unsweetened chocolate, melted
1 cup sugar
1 teaspoon vanilla  1/2 cup chopped nuts

Sift together flour, baking powder and salt. Cream butter; add sugar and beat until light and fluffy. Stir vanilla, water and nonfat dry milk into eggs. Add this to creamed mixture alternately with dry ingredients. When well mixed, add chocolate and nuts. Turn into pan and bake 35 minutes. Cut and cool.
RASPBERRY CHIFFON PIE

Pie plate, 9-inch
6-8 servings

1 9-inch baked pie shell
1 package raspberry-flavored gelatin
1 cup boiling water
¼ cup sugar
1 tablespoon lemon juice

1 12-ounce package frozen raspberries, partially thawed
½ cup instant nonfat dry milk
½ cup water

Dissolve gelatin in boiling water. Add sugar, lemon juice and raspberries; (with fork break apart frozen pieces). Cool to jelly-like consistency. Beat nonfat dry milk and water until very stiff. Fold into gelatin mixture. Turn into pie shell. Chill until firm.
LEMON CHIFFON PIE

Pie plate, 9-inch 6-8 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 9-inch crumb or baked pie shell</td>
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<tr>
<td>1 tablespoon (1 envelope) unflavored gelatin</td>
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<tr>
<td>¼ cup water</td>
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<tr>
<td>4 egg yolks</td>
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<tr>
<td>½ cup sugar</td>
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<td>¼ teaspoon salt</td>
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<td>½ cup lemon juice</td>
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<tr>
<td>1 teaspoon grated lemon rind</td>
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<tr>
<td>½ cup instant nonfat dry milk</td>
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<td>¼ cup water</td>
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<tr>
<td>4 egg whites</td>
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<tr>
<td>½ cup sugar</td>
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<td>Shaved chocolate, optional</td>
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Sprinkle gelatin on water to soften. In double boiler, mix egg yolks with sugar, salt and lemon juice. Cook, stirring constantly, about 10 minutes, until mixture thickens. Add lemon rind and gelatin; stir until gelatin is dissolved. Remove from heat. Beat nonfat dry milk, water and egg whites until fluffy. Gradually add sugar and continue beating until very stiff. Slowly fold the slightly warm lemon mixture into meringue. Turn into pie shell. Garnish with shaved chocolate, if desired.

PEACH SCALLOP WITH WHIPPED FRUIT TOPPING

Shallow baking dish, 4-5 cup 4-6 servings Preheated 375° oven

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 cup crumbs (cake, cooky, doughnut, etc.)</td>
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<tr>
<td>¼ cup firmly packed light brown sugar</td>
<td></td>
</tr>
<tr>
<td>¼ cup (½ stick) butter</td>
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<tr>
<td>½ teaspoon mace</td>
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<tr>
<td>½ teaspoon cinnamon</td>
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<tr>
<td>¼ teaspoon ginger</td>
<td></td>
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<tr>
<td>1 cup instant nonfat dry milk</td>
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<tr>
<td>1 1-pound, 13-ounce can peach halves</td>
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<tr>
<td>½ cup drained peach syrup</td>
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<tr>
<td>2 teaspoons lemon juice</td>
<td></td>
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<tr>
<td>½ cup instant nonfat dry milk</td>
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<tr>
<td>⅛ teaspoon salt</td>
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</tbody>
</table>

Blend crumbs with brown sugar, butter, mace, cinnamon, ginger and non-fat dry milk. Drain peaches and arrange in baking dish. Sprinkle with crumb mixture; bake 20 minutes. Serve warm with WHIPPED FRUIT TOPPING*.

*WHIPPED FRUIT TOPPING:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>½ cup drained peach syrup</td>
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<tr>
<td>2 teaspoons lemon juice</td>
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</tr>
<tr>
<td>½ cup instant nonfat dry milk</td>
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<tr>
<td>⅛ teaspoon salt</td>
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Place syrup in mixing bowl. Add nonfat dry milk; beat until fluffy. Add lemon juice and salt and continue beating until very stiff. Chill until ready to serve.
APRICOT WHIP WITH CUSTARD SAUCE

8 servings

APRICOT WHIP:

1 11-ounce package dried apricots
1 tablespoon (1 envelope) unflavored gelatin
¼ cup water
1 cup sugar

1 tablespoon lemon juice
1 teaspoon grated lemon rind
2 egg whites
½ cup instant nonfat dry milk
½ cup water

Cook apricots according to package directions; sieve and return to saucepan. Sprinkle gelatin on water to soften; add with sugar to apricots. Heat until sugar and gelatin dissolve. Remove from heat; add lemon juice and rind. Cool. Beat egg whites, nonfat dry milk and water until very stiff. Fold into apricots, blending well. Divide into dessert dishes. Chill. Serve with CUSTARD SAUCE*.

*CUSTARD SAUCE:

2 egg yolks
1 egg
½ cup sugar
¼ teaspoon salt

1 cup instant nonfat dry milk
1¾ cups water
1 teaspoon vanilla
¼ teaspoon almond flavoring

Beat egg yolks and egg until well blended; add sugar, salt, nonfat dry milk and water. Cook over low heat, stirring constantly, until mixture coats spoon. Remove from heat at once and add flavorings. Chill. Serve over APRICOT WHIP.

CORNFLAKE MACAROONS

Buttered cooky sheets 5 dozen Preheated 300° oven

3 egg whites
½ teaspoon cream of tartar
½ teaspoon salt
1 cup sugar
1 teaspoon vanilla

½ cup instant nonfat dry milk
3 cups cornflakes
1 cup chopped walnuts
1½ cups (3½-oz. can) coconut

Place egg whites in large bowl; add cream of tartar and salt. Beat until soft peaks are formed. Add sugar slowly, continuing to beat until very stiff; then add vanilla and beat in nonfat dry milk, a little at a time. Fold in cornflakes, walnuts and coconut. Drop by teaspoon onto cooky sheet. Bake 20-25 minutes, or until lightly browned.
INDIAN PUDDING

Buttered baking dish, 1 1/2-quart 6-8 servings Preheated 300° oven

1 1/2 cups instant nonfat dry milk 1/2 teaspoon ginger
3 3/4 cups water 1/2 teaspoon cinnamon
1/4 cup corn meal 1/4 teaspoon nutmeg
1/2 cup molasses 1 tablespoon sugar, optional
1 egg 1 tablespoon grated orange rind, optional
1 tablespoon butter, melted Cream or ice cream
2 tablespoons sugar
1/2 teaspoon salt

Mix nonfat dry milk with water; reserve 1 cup. To the remainder, add corn meal and molasses and cook in saucepan 5 minutes. Beat egg slightly, add butter, sugar, salt and spices. Blend a small amount of hot corn meal into egg mixture; beat and return all to saucepan; stir well. Pour into baking dish; bake 30 minutes. Pour reserved cup liquid nonfat dry milk over pudding. Do not stir. Continue baking 2 hours. If desired, a mixture of sugar and orange rind may be sprinkled over pudding before final 15 minutes of baking time. Serve warm with cream or ice cream.

PEAR GINGER CAKE

Square cake pan, 9-inch 9 servings Preheated 325° oven

PEAR TOPPING:
2 tablespoons butter 1/4 teaspoon ginger
1/2 cup firmly packed light brown sugar 2 cups thinly sliced fresh or canned pears
1/2 teaspoon cinnamon

CAKE:
1 cup sifted flour 1/4 cup (1/2 stick) butter
1 teaspoon baking soda 1/2 cup sugar
1/2 teaspoon baking powder 1 egg
1/2 teaspoon ginger 1/4 cup molasses
1/4 teaspoon cinnamon 1/2 cup water
1/4 teaspoon cloves 1/2 cup instant nonfat dry milk
1/4 teaspoon salt 1 cup whipping cream, whipped

Melt butter in cake pan; add brown sugar, cinnamon and ginger. Mix well and spread evenly over pan; arrange pears on top. Set aside. Sift together flour, baking soda, baking powder, spices and salt. Cream butter; add sugar and beat until fluffy. Add egg and mix well. Combine molasses, water and nonfat dry milk; add this alternately with dry ingredients to the creamed mixture, starting and ending with dry ingredients. Beat until smooth after each addition. Spread over pears; bake 45-50 minutes. Turn upside down on plate. Serve warm with whipped cream, or a lemon sauce.
FRUITED ALMOND MOUSSE

Mold, 2-quart  
8-10 servings

| 1 1/2 cups sugar | 1/2 cup lemon juice |
| 2 tablespoons grated orange rind | 3/4 cup instant nonfat dry milk |
| 2 tablespoons (2 envelopes) unflavored gelatin | 1/2 cup drained, chopped maraschino cherries |
| 1 1/2 cups water | 1/2 cup drained crushed pineapple |
| 1 1/2 cups orange juice | 1 1/2 cups chopped, blanched almonds |
| 1/2 cup drained pineapple juice | Fruit garnish |

In a saucepan mix sugar, orange rind and gelatin. Stir in water. Heat slowly, stirring constantly, until dissolved. Remove from heat and stir in fruit juices. Cool to jelly-like consistency. Add nonfat dry milk; beat until fluffy. Fold in fruits and almonds. Pour into mold which has been rinsed in cold water. Chill until firm. Unmold and garnish with fruit.