You’ve heard of electric power, water power and will power. But have you heard of protein power? The dictionary defines power as “force, energy, vigor or strength.” Protein Power is intended to convey the human capacity to convert a nutrient (protein foods such as eggs, milk, cheese, meat, etc.) into vigor or strength.

Milk contains 7.95 grams of protein for an 8-ounce glass. What’s important, also, is that milk is a first-class or complete protein. That means it contains the essential amino acids (which make up protein) in about the ratio people need.

You can drink milk by the glass or turn it into dishes for superb dining as this booklet shows. Milk can add protein to the start of the meal as in the pale green Frankly Soup. It’s right at home in entrées, ranging from that favorite of the Southland, Brunswick Stew, to a variation of the elegant quiche, using the last bit of chicken you don’t quite know-what-to-do-with.

Salads are a natural with milk if you but take a look at the creamy Frosty Mold which offers perfect foil for banking a bonanza of fruits. There’s also a Protein Power Slaw or a green salad with Julienne Cheese Strips and Yogurt Dressing, whereby salad becomes an entrée.

Desserts? Of course, they can have protein if they’re a Baked Custard, Strawberry Flan or a Quickie Brownie Pie.

Milk provides more than a plus in the protein department. It offers you important bonuses, too. Calcium is one of them, along with its friend, phosphorus. One won’t function well without the other in the formation of healthy bone, for example. Both need the delicate balance, which milk provides naturally. Add to them vitamins A, D, and B-12, thiamin, niacin and riboflavin, all supplied by milk, and you begin to realize why milk is an important food, no matter what your age. These recipes will show you how milk can give you the most pleasurable of eating experiences.
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Dairy foods are complete proteins, i.e., they contain the essential amino acids. As most of the ingredients containing protein in the recipes are dairy-based (complete protein), and exhibit a Protein Efficiency Ratio (PER) equal to or greater than 2.5, the applicable protein RDA is 45 grams daily. Where the PER is less than 2.5, the applicable RDA should be 65 grams daily.

Here are the grams of protein for commonly used portions: Milk (8 oz.) = 7.95; cottage cheese (4 oz.) = 15.43; Cheddar cheese (1 oz.) = 7.08; yogurt (8 oz.) = 7.68; ice cream (5 oz.) = 6.37; dairy sour cream (8 oz.) = 6.80.

Soups

Milk provides stick-to-the-ribs quality and honest, natural nutrition to these soups, some simple, others complex. With hearty soups like chowder and bisque, you need only to choose foods from the bread and fruit group to complete the meal.

**Protein Power Soup**
- 2 tablespoons butter
- 2 tablespoons chopped onion
- 1/3 cup all-purpose flour
- 1 1/4 teaspoons dry mustard
- 1/4 teaspoon paprika
- 2 teaspoons Worcestershire sauce
- 6 cups milk
- 3 tablespoons chicken seasoned stock base
- 1 1/2 cups sliced celery
- 2 1/2 cups (10 oz) shredded Cheddar cheese

In a 3-quart saucepan melt butter; sauté onion until tender. Blend in flour, mustard, paprika and Worcestershire sauce. Cook over low heat until mixture is smooth. Remove from heat. Stir in milk, then add chicken stock base and celery. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat; stir in cheese until melted. If necessary, return to low heat to finish melting cheese. (Do not boil.) Serve topped with chopped green pepper, pimiento strips, toasted slivered almonds or cooked crumbled bacon. Yield: 8 cups.

**Creole Bisque**
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoons seasoned salt
- 1 can (1 lb) stewed tomatoes with onions and peppers
- 1/2 pound sole or haddock fillets, cut in 1-inch pieces
- 1/2 pound zucchini, sliced 1/4-inch thick
- 2 cups milk

In a 2-quart saucepan, melt butter over low heat; stir in flour and salt until mixture is smooth. Stir in tomatoes; add fish and zucchini. Bring to boil; reduce heat, cover and simmer 5-10 minutes or until fish is cooked and squash is tender. Stir in milk. Heat to serving temperature. Yield: 5 1/2 cups.

**Sengalese Soup**
- 4 cups milk
- 2 eggs, slightly beaten
- 2 teaspoons chicken seasoned stock base
- 1/2 teaspoon curry powder
- 1/2 teaspoon salt
- 1/2 cup chopped celery
- 2 cups chopped cooked chicken
- 1 carton (8 oz) pineapple yogurt

Watercress


**Frankly Soup**
- 1 can (11 1/2 oz) condensed green pea soup
- 2 1/2 cups milk
- 1 cup (4 oz) shredded Provolone cheese
- 1 frankfurter, sliced

In a 2-quart saucepan gradually stir milk into soup. Heat to boiling. Remove from heat and stir in cheese until melted. If necessary, return to low heat to finish melting cheese. (Do not boil.) Garnish with slices of frankfurter and additional cheese. Yield: 4 cups.

Frankly Soup
Main Dishes with milk aren’t only foods that get creamed. Milk can be the base for stew as in Brunswick, or it can be mixed with other ingredients as in pizza or quiche. If milk does make the sauce, let it be picture-pretty as in Sauce Goldenrod (Mushroom Fish Roll-Ups) or Star of India Crepes.

**Mushroom Fish Roll-Ups, Sauce Goldenrod**

**FISH ROLL-UPS:**
- 2 tablespoons butter
- 2 tablespoons finely chopped onion
- 1/2 cup herb seasoned stuffing (optional)
- 2 tablespoons wheat germ
- 1 can (2 oz) mushroom pieces and stems, undrained
- 2 tablespoons grated Parmesan cheese
- 1 package (1 lb) frozen fish fillets, thawed (haddock, sole, perch)
- Fresh lemon juice
- Salt Pepper
- Tomato slices

**SAUCE:**
- 1 hard-cooked egg
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1 cup milk

To prepare Fish: In small skillet melt butter; sauté onion. Mix in stuffing, wheat germ, mushrooms and cheese. Sprinkle fillets with lemon juice, salt and pepper. Divide filling and spread on each fillet. Roll fillet, jelly-roll fashion; secure with wooden picks or string. Place standing up, in greased muffin pans. Bake in preheated 375 degree oven, 20-30 minutes. To prepare Sauce: Re-

Brunswick Stew

STOCK:
4 to 5 pound stewing chicken, cut up
3 pound ham shank
3 to 4 cups water
1/2 cup celery leaves
6 peppercorns
2 bay leaves
1 1/2 teaspoons salt
1/2 teaspoon basil leaves

STEW:
6 cups chicken and ham stock
4 cups milk
5 medium potatoes, cut in 1-inch pieces
3 stalks celery, cut in 1-inch pieces
2 medium onions, cut in rings
1 package (10 oz) frozen Fordhook lima beans
1 package (10 oz) frozen whole kernel corn
1/2 cup all-purpose flour
1 cup water
5 cups cut-up cooked chicken
3 cups ham strips

2 tomatoes, peeled and cut in wedges
Parsley

To prepare Stock: In a large saucepot place chicken, ham, water, celery leaves, peppercorns, bay leaves, salt, and basil. Cover and simmer 2-2 1/2 hours or until chicken is tender. Remove chicken and ham from stock. Cool and cut chicken in pieces and ham in strips. Refrigerate. To prepare Stew: Strain stock; refrigerate. Remove fat. Place stock (6 cups) in saucepot; add milk. Add potatoes, celery, onions, lima beans and corn to stock; cover and cook 10 minutes or until vegetables are just tender. Stir flour into water until smooth; gradually add to stock, stirring constantly, until thickened. Add chicken, ham and tomatoes; cover and heat over low heat to serving temperature. Serve garnished with parsley. Makes 10-15 servings. Note: this freezes well. Add tomatoes when stew is reheated.
Star of India Crepes

**CREPES:**
- 3 tablespoons butter
- 3/4 cup all-purpose flour
- 1/4 teaspoon salt
- 3 eggs
- 1 cup milk

**FILLING:**
- 1/4 cup (1/2 stick) butter
- 1/4 cup all-purpose flour
- 1 to 2 teaspoons curry powder
- 1 teaspoon salt
- 2 cups milk
- 1 pound cooked shrimp
- Chopped parsley

To prepare Crepes: In an 8-inch skillet melt butter. Combine flour and salt. Add eggs, milk and melted butter (set aside skillet); beat with a rotary beater until smooth. Heat buttered skillet over medium-low heat. For each crepe pour 2 tablespoons batter in skillet; immediately rotate pan. Cook until light brown; turn and brown other side. Stack between sheets of waxed paper or paper toweling until ready to use. (Crepes may be frozen.) Yield: 12 crepes.

To prepare Filling: In a saucepan melt butter. Blend in flour, curry powder and salt. Cook over low heat until mixture is smooth. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Set aside several whole shrimp for garnish; cut remaining in 1/2-inch pieces. Combine 1 cup curry sauce with cut-up shrimp. Spread about 1/4 cup filling on each crepe; roll. Place crepes in buttered baking dish, 7x11x2-inch; spoon remaining curry sauce over crepes. Bake in preheated 350 degree oven, 20-25 minutes or until heated through. Sprinkle with parsley. Makes 6 servings.
Protein Power Beef 'n Rice

3/4 cup uncooked regular rice
2 tablespoons butter, melted
1 tablespoon chopped parsley OR 1 tablespoon freeze-dried chopped chives
1/4 cup (1/2 stick) butter
1 package (3 oz) smoked sliced beef, cut up
1/4 cup all-purpose flour
1/2 teaspoon thyme leaves
2 1/2 cups milk
1/4 cup thinly sliced ripe olives
1/4 cup pimiento strips
3/4 teaspoon Worcestershire sauce
3 hard-cooked eggs, chopped


Chicken Quiche Amandine

1 unbaked pie shell, 9-inch
1/2 cup (3 oz) diced chicken
3 tablespoons sliced almonds
1 1/2 cups (6 oz) shredded Swiss cheese
3 eggs
1 1/2 cups milk
1/2 teaspoon salt
1/4 teaspoon mace
1/8 teaspoon pepper
2 tablespoons grated Parmesan cheese

Place chicken and almonds in pie shell; then Swiss cheese. In a medium bowl beat eggs slightly; blend in milk, salt, mace and pepper. Pour over cheese. Sprinkle on Parmesan cheese. Bake in preheated 375 degree oven, 30-35 minutes or until a knife inserted near center comes out clean. Allow to stand 10 minutes before serving. Makes 6 servings.
Frosty Cheese Mold

1/4 cup water
1 envelope unflavored gelatin
1 cup milk
1 1/2 cups cottage cheese
1/4 cup crumbled Blue cheese
1 can (6 oz) frozen concentrate for limeade, thawed
1/2 cup chopped pecans
1/2 cup whipping cream, whipped
Salad greens
Fresh fruits

In a small saucepan sprinkle gelatin on water to soften; add 1/2 cup milk. Heat over low heat until gelatin is dissolved; add remaining 1/2 cup milk. In a small mixing bowl beat cottage and Blue cheeses until fairly smooth. Add gelatin, then limeade. Chill until partially set; fold in pecans and whipped cream. Turn into a 5-cup mold; chill until firm. Unmold onto greens and serve with fresh fruits. Makes 6 servings.
Salads

Mold milk right in with other ingredients as in the handsome Frosty Cheese Mold. Or, think of a new combination for cottage cheese, a stand-by favorite made from milk. Other cheeses can supply strips, cubes or crumbles to give infinite variety to your salad days.

**Julienne Cheese Salad**

**YOGURT DRESSING:**
- 2 tablespoons chopped parsley
- 3/4 teaspoon dill weed
- 1/8 teaspoon garlic salt
- 1 cup plain yogurt

**SALAD:**
- 6 cups salad greens (romaine, iceberg or Boston lettuce; escarole, chicory, endive or spinach)
- 3/4 cup radishes, sliced
- 1 red or white onion, sliced
- 6 ounces cooked ham, cut in strips
- 4 ounces Cheddar cheese, cut in strips
- 4 ounces Swiss cheese, cut in strips
- 2 tomatoes, cut in wedges

To prepare Dressing: In a small bowl combine parsley, dill weed and garlic salt; fold in yogurt. Cover and chill. To prepare Salad: In a large bowl tear combination of three greens into bite-size pieces. Toss with radishes and onion. Reserve a few strips of ham and cheese. Toss remaining ham and cheese with greens. Just before serving toss with dressing and arrange reserved ham and cheese on top along with tomato wedges. Makes 6 servings.

**Protein Power Slaw**

**DRESSING:**
- 2 cups cottage cheese
- 1/4 cup milk
- 3 tablespoons wine vinegar
- 2 teaspoons prepared mustard
- 3/4 teaspoon salt
- 1/2 teaspoon Worcestershire sauce

**SLAW:**
- 6 cups shredded cabbage
- 3/4 cup chopped celery
- 1/3 cup chopped green pepper
- 1/3 cup chopped pimiento
- 2 tablespoons sliced green onions

To prepare Dressing: In a small mixing bowl beat cottage cheese until fairly smooth. Add milk, vinegar, mustard, salt and Worcestershire sauce. To prepare Slaw: In a large bowl toss cabbage, celery, green pepper, pimiento and onions. Cover and keep chilled. Just before serving toss cottage cheese dressing with slaw. Makes 6 servings.
Desserts

After the appetite’s been teased, tickled and satisfied, there’s nothing like a creamy milk dessert for a super-smooth finale. Popular flavors are presented here with vanilla (custard), strawberry (flan) and chocolate (brownie pie).

Strawberry Flan

CRUST:
1 cup all-purpose flour
1/4 cup sugar
1/8 teaspoon salt
6 tablespoons (3/4 stick) butter
1 egg yolk
1 to 1 1/2 tablespoons cold water
1/4 teaspoon vanilla extract

FILLING:
1/4 cup all-purpose flour
1/3 cup sugar
1/4 teaspoon salt
1 1/2 cups milk
2 eggs, slightly beaten
1 tablespoon butter
1 teaspoon vanilla extract
1/2 cup whipping cream, whipped

GLAZE:
3 cups fresh strawberries
3/4 cup sugar
1/4 cup water
1 1/2 tablespoons cornstarch
Dash of salt
1 teaspoon butter
Red food color

To prepare Crust: Combine flour, sugar and salt. Cut in butter until mixture resembles coarse meal. Combine egg yolk, water and vanilla; add to flour mixture. Gather up dough with fingers; shape into a ball. Chill for ease in handling. Between two sheets of waxed paper roll dough into a circle 2-inches larger than diameter of 10-inch flan pan or 9-inch pie plate. Lift and ease pastry into pan; prick with a fork. Bake in preheated 400 degree oven, 10 minutes. Reduce oven temperature to 350 degrees, bake 5-10 minutes longer. Cool on wire rack.

To prepare Filling: In a 2-quart saucepan combine flour, sugar and salt; gradually add milk. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Add small amount of hot mixture to eggs; return all to saucepan. Cook 1 additional minute, stirring constantly. Stir in butter and vanilla. Cover and cool, stirring occasionally. Fold in whipped cream. Chill. Turn into crust. To prepare Glaze: Wash and hull strawberries; crush 1 cup; slice remainder in half and set aside. In a small saucepan combine crushed berries, sugar, water, cornstarch and salt. Cook over medium heat, stirring constantly, until thickened. Cook 2 additional minutes. Stir in butter and food color to desired shade. Put through strainer. Cool slightly. Spoon two-thirds of glaze over filling. Arrange strawberries on glaze, brush with glaze. Chill. Makes 10 servings.
Baked Custard

4 cups milk
6 eggs, slightly beaten
1/2 cup sugar
1/2 teaspoon salt
2 teaspoons vanilla extract
Nutmeg

Scald milk; cool slightly. In a bowl stir together eggs, sugar, salt, vanilla and milk just until blended. Set 1 1/2-quart shallow baking dish in shallow pan on oven rack; pour custard into baking dish; sprinkle with nutmeg. Pour hot water in pan around baking dish 1-inch deep. Bake in preheated 325 degree oven, 1 hour or until a knife inserted near center comes out clean. Remove from water immediately and place on wire rack to cool. Chill. Makes 8 servings.

VARIATIONS:
Caramel Custard: Increase sugar to 1 cup. In a small heavy skillet, over medium heat, melt sugar, stirring constantly, to an amber colored syrup. Gradually stir melted sugar into scalded milk until dissolved. Proceed as above.
Coconut Custard: Add 1/2 cup shredded coconut. Omit nutmeg.
Chocolate Custard: Add 2 squares (2 oz) unsweetened chocolate to the milk before it is scalded.

Stirred Custard

3 eggs, slightly beaten
1/4 cup sugar
1/8 teaspoon salt
2 cups milk, scalded
1/2 teaspoon vanilla extract


Quickie Brownie Pie

1 package (22.5 oz) brownie mix
1/2 cup chopped pecans
Orange sherbet
Vanilla ice cream

Prepare brownie mix according to package directions adding pecans. Divide batter into two buttered 9-inch pie plates. Bake in preheated 375 degree oven, 18 minutes. Remove to wire rack to cool completely. (One brownie crust may be frozen for future use. Thaw shell before adding ice cream and sherbet.) Just before serving spoon alternating petals of 1 pint sherbet and 1 pint ice cream over each brownie crust. Yield: 2 pies, 6 servings each.
Milk Sippers

As a toast to your health, nothing surpasses a well chilled glass of milk. But for those special occasions, children's parties or to satisfy that irrepressible need for something different, milk is a perfect mixer with a mighty multitude of other foods. Eight ounces of milk yields 7.95 grams of protein. When you add other ingredients protein levels can climb another notch or so.

Protein Power Sipper: Beat 1/2 cup creamy peanut butter and 1/3 cup honey in mixing bowl or blender. Add one quart milk gradually. Chill. Stir before serving. Yield: approximately 5 cups.

Milk Julep: Mix 4 tablespoons mint jelly with 1/4 cup milk in mixer or blender. Gradually add 1 3/4 cups milk and 1-2 drops green food coloring. To serve, pour 1 cup mint mixture in each glass, add 1/2 of a 7-ounce bottle of ginger ale, mixing well. Top with scoop of chocolate ice cream. Yield: Two 12-ounce servings.

Orange Energizer: Combine 2 eggs, 1/4 cup frozen concentrated orange juice and 1 tablespoon sugar in mixing bowl or blender. Gradually add 1 1/4 cups milk. Yield: 2 cups.


Lush Lime Cooler: Beat 1/2 pint (1 cup) lime sherbet in blender or mixing bowl. Add 1 can (6 oz) frozen concentrate for limeade. Add 3 cups milk. Pour into glasses. Top each with scoop of lime sherbet, garnishing with fresh mint or cherry. Yield: approximately 5 cups.

Chocolate Orange Blossom: Blend 2 cups chocolate milk with 1 tablespoon frozen concentrated orange juice. Yield: 2 cups.

Cokie Mochie: Blend 3/4 cup instant chocolate flavored mix with 3 tablespoons instant coffee. Stir in 4 1/2 cups hot milk. Yield: approximately 4 1/2 cups. Note: Prepare Mocha mixture in advance and use 2 tablespoons for each 6 ounce serving.

Carrot Curler: Mix 1/2 cup milk, 1/3 cup chilled carrot juice, 1/4 cup chilled, unsweetened pineapple juice and 2 teaspoons honey with 1-2 ice cubes. Shake well. Garnish with carrot curl. Serve immediately. Yield: approximately 1 cup.

All recipes from the test kitchen of American Dairy Association.

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Dairy Food Recipes