The Dessert Lovers' Handbook
introduction

Luscious pie fillings that need no cooking... wholesome, nourishing puddings made in a twinkling... glamorous party desserts you just blend and chill... smooth, swirly frosting in minutes...

These are only a few of the thrills you'll discover in "The Dessert Lovers' Hand Book."

The secret? It's Borden Eagle Brand Sweetened Condensed Milk. Eagle Brand is the "magic" milk product, cooked and blended to a creamy smoothness to save you tedious blending and cooking... to make Eagle Brand recipes "magic-quick," easier than you ever dreamed.

WHOLESome, NOUrISHING, TOO!

The same cooking and blending process that makes Borden Eagle Brand so "magic-quick," makes it "double-rich," too. So everything you make with it is nourishing as well as delicious. And what a wonderfully easy way of putting milk in your family's diet!

MAKES EVERYTHING TASTIER!

The "double-richness" of Eagle Brand is reflected in every "magic" dish. Chocolate ones surprise you with an old-fashioned "fudgy" taste. Puddings and pies have a richer flavor. No wonder Eagle Brand has been a favorite with good cooks for years and years.

SO SURE! SO FAILURE-PROOF!

As any chef can tell you, careful blending and cooking are half the trick in making perfect desserts. Eagle Brand (already cooked for you) blends like magic with chocolate, fruit juices, peanut butter, other ingredients. So, even if you're a beginner, you're sure of glorious results with Eagle Brand.

DON'T SUBSTITUTE!

No other kind of milk will work in these recipes — only with the magic of Borden Eagle Brand Sweetened Condensed Milk can you produce the desserts found in this book.
MAGIC LEMON MERINGUE PIE
(Makes one 8-inch pie)

In medium bowl, combine sweetened condensed milk, lemon juice and rind; blend in egg yolks. Turn into cooled crust.

In small bowl, beat whites with cream of tartar until soft peaks form. Gradually beat in sugar until stiff peaks form when beater is raised. Spread over filling; seal to edge of crust. Bake in slow 325°F oven 12 to 15 minutes or until meringue is golden brown. Cool. Refrigerate about two hours or until ready to serve.

NOTE: To make a 9-inch pie: Use 3 egg yolks to make the filling. Use 3 egg whites and 6 tablespoons sugar to make meringue. Otherwise, proceed as above.

CHERRY-O CHEESE PIE
(Makes one 9-inch pie)

In medium bowl, beat softened cheese until light and fluffy. Gradually stir in sweetened condensed milk until thoroughly blended. Stir in lemon juice and vanilla. Turn into crust. Refrigerate 2 to 3 hours. Garnish top of pie with chilled cherry pie-filling OR cherry glaze.

Drain cherries; reserve juice. In small saucepan, combine sugar and cornstarch; stir in juice. Cook over low heat; stir constantly until thickened and clear. Add a few drops of red food coloring. Add cherries. Cool. Spread over top of chilled pie.

PROCEED WITH BASIC FILLING AND SELECT THE GLAZE OF YOUR CHOICE.

PEACH-O CHEESE PIE

Cut 4 peaches into slices; arrange atop pie. Mash or puree remaining peach. In small saucepan, combine sugar and cornstarch. Add mashed peach and water. Cook over medium heat; stir constantly until thickened and clear. Strain. Add a few drops of yellow food coloring. Cool. Pour glaze over top of chilled pie.

Drain peaches; reserve juice. Arrange peach slices atop pie. In small saucepan, combine 1 cup peach juice and cornstarch. Cook over medium heat; stir constantly until thickened and clear. Add a few drops of yellow food coloring. Cool. Pour glaze over top of chilled pie.
STRAWBERRY-O CHEESE PIE

In small saucepan, combine sugar, cornstarch and salt. Add crushed berries and water. Cook over medium heat; stir constantly until thickened and clear. Strain. Add a few drops of red food coloring. Cool. Arrange whole strawberries atop pie. Pour glaze over top of chilled pie.

BLUEBERRY-O CHEESE PIE

In small saucepan, combine sugar and cornstarch. Measure ½ cup berries; crush. Add crushed berries and water. Cook over medium heat; stir constantly until thickened and clear. Cool. Arrange remaining 1½ cups blueberries atop pie. Pour glaze over top of chilled pie.

MAGIC PUMPKIN PIE

(Makes one 9-inch pie)

In large bowl, blend together all ingredients. Turn into shell. Bake in moderate 375°F. oven 50 to 55 minutes or until knife inserted near center comes out clean. Cool. Refrigerate at least 1 hour.

BANANA CREAM CHEESE PIE

(Makes one 9-inch pie)

In medium bowl, beat softened cheese until light and fluffy. Gradually stir in sweetened condensed milk until thoroughly blended. Stir in ½ cup lemon juice and vanilla. Slice 3 bananas; line crust with banana slices. Turn filling into crust. Refrigerate 2 to 3 hours. Slice fourth banana; dip in lemon juice. Garnish top of pie with banana slices.
CUSTARD PIE
(Makes one 9-inch pie)

In medium bowl, blend together sweetened condensed milk, water, salt and vanilla extract. In small bowl beat eggs until just blended. Stir into condensed milk. Pour into shell. Sprinkle with nutmeg. Bake in a very hot 425°F. oven 10 minutes. Reduce oven heat to slow 300°F. and bake 20-25 minutes or until knife inserted in center comes out clean. Remove from heat and cool at room temperature; refrigerate.

VARIATION:
COCONUT CUSTARD PIE: Add 1 cup flaked coconut to custard mixture before pouring into pastry shell. If desired, garnish chilled pie with 1/3 cup toasted coconut.

CHOCOLATE PIE
(Makes one 9-inch pie)

In the top of double boiler, combine sweetened condensed milk, chocolate and salt. Cook over hot water; stir constantly, until mixture is very thick. Gradually add water; stir to keep mixture smooth. Continue to cook 2-5 minutes, or until mixture thickens again. Stir frequently. Remove from heat. Stir in vanilla extract. Chill mixture in refrigerator or over ice water until cool. Fold whipped cream into cooled chocolate mixture. Pour into pastry shell. Refrigerate about 4 hours. If desired, garnish with additional whipped cream, shaved chocolate or chopped nuts.

VARIATION:
CHOCOLATE MINT PIE: Substitute 1/2 teaspoon mint extract for the vanilla extract.

LUSCIOUS LIME CHIFFON PIE
(Makes one 9-inch pie)

In large bowl, beat egg yolks until thick and lemon-colored. Continue to beat; gradually add sweetened condensed milk. Add food coloring. Beat until well blended. Add lime juice and 1 teaspoon of grated rind. Beat well. Beat together cream of tartar and egg whites until soft peaks form. Gently fold into lime mixture. Pour into baked shell. Refrigerate 5 hours, or until set. At serving time, whip cream until stiff. Fold in sugar. Garnish chilled pie with whipped cream and sprinkle remaining grated lime rind over top.
cookies
FUDGE CAKE BROWNIES  
(Makes 24 two-inch square brownies)  

In the top of double boiler over hot water blend chocolate and butter or margarine. Remove from heat; stir in sweetened condensed milk. Beat in eggs; one at a time. Sift together flour, baking powder and salt. Gradually add to chocolate mixture; stir well after each addition. Stir in vanilla. Fold in chopped nuts. Spread mixture in a well-greased 13 x 9 x 2-inch pan. Bake in a moderate 350°F. oven for 25 to 30 minutes. Cool. Cut into squares.

COCONUT MACAROONS  
(Makes about 1½ dozen 1½-inch diameter cookies)  

In medium bowl, combine all ingredients until well blended. Drop by teaspoonfuls, about 1-inch apart onto well-greased sheet. Bake in a moderate 350°F. oven, 8 to 10 minutes, or until lightly browned. Immediately remove from baking sheet. Cool.

GLACE FRUIT MACAROONS: Add 1 cup cut mixed glace fruit to above ingredients. Proceed as above. If desired, garnish tops of macaroons with whole glace red or green cherry or whole nut meats before baking.

PRALINE COOKIES  
(Makes about 2 dozen 2½-inch diameter cookies)  


APRICOT-COCONUT COOKIE BARS  
(Makes about 20 bars)  

In medium bowl, combine butter or margarine, sugar and 1 cup flour. With two knives or pastry blender, cut ingredients together until mixture resembles coarse corn meal. Press pastry evenly on bottom and 1 inch up sides of a buttered 9-inch square baking pan. Bake in a moderate 350°F. oven about 25 minutes. Remove from oven; set aside. Hold oven temperature at 350°F. Into a mixing bowl, sift together baking powder, salt and remaining flour. Stir in eggs, sweetened condensed milk, coconut and apricots; mix well. Spread mixture evenly over baked pastry. Return to oven. Bake 35 minutes longer, or until top is firm. Cool in pan. Cut into bars.
CHOCOLATE CHIP SQUARES
(Makes about 1¼ dozen 2-inch squares)

Grease an 8 x 8 x 2-inch pan. Line with waxed paper or aluminum foil. Grease again. In large bowl, blend dry ingredients together. Stir in sweetened condensed milk. Turn into prepared pan. Bake in moderate 350°F. oven 40 minutes, or until a wooden pick inserted in center comes out clean. Immediately remove from pan. Peel off paper. Cool on wire rack.

MOLASSES CHEWS
(Makes about 3½ dozen 2-inch diameter cookies)


PRUNE BARS
(Makes 2 dozen 2 x 1-inch bars)

In medium bowl, combine flour, baking soda, salt, oats, brown sugar and nuts; blend well. Add butter or margarine; mix well. Press about 2½ cups of crumb mixture onto the bottom of a buttered 9-inch square pan. In medium bowl, combine prunes, sweetened condensed milk and ginger; blend well. Beat on medium speed of electric mixer or with rotary beater until well blended. Spread filling over crumb mixture. Sprinkle remaining crumbs over top; press firmly. Bake in a moderate 350°F. oven, about 30 minutes or until top is light brown. Cool in pan. Cut into bars.

OLD FASHIONED SUGAR COOKIES
(Makes about 7½ dozen 3-inch diameter cookies)

In large bowl, sift together flour, baking powder and salt. Make a well in center of dry ingredients; add remaining ingredients, except sugar and nuts. Beat until blended and smooth. Divide dough into 3 equal parts. Wrap each in aluminum foil or waxed paper. Refrigerate about 2 hours or until firm. Remove one portion of dough at a time from refrigerator. Shape dough, about ½ teaspoonful at a time into balls. Place balls about 2 inches apart on a well-greased baking sheet. Flatten each ball with the bottom of a well-floured glass, until about 1/16-inch thick. Sprinkle with sugar or decorate with nuts. Bake in moderate 375°F. oven, about 5 minutes or until cookie edges are lightly browned. Immediately remove from baking sheet. Cool.
**MAGIC COOKIE BARS**
(Makes about 2 dozen 1 1/2-inch x 3-inch bars)

Pour melted butter or margarine onto the bottom of a 13 x 9 x 2-inch pan. Sprinkle crumbs evenly over melted butter or margarine. Sprinkle nuts evenly over crumbs. Scatter chocolate pieces over nuts. Sprinkle coconut evenly over chocolate pieces. Pour sweetened condensed milk evenly over coconut. Bake in a moderate 350°F oven, 25 minutes or until lightly browned on top. Cool in pan 15 minutes. Cut into bars.

**PEANUT BUTTER COOKIES**
(Makes about 4 dozen 2-inch cookies)

Sift together flour and baking powder. In large bowl, blend peanut butter, shortening and egg. Add sweetened condensed milk alternately with the sifted dry ingredients. Stir in vanilla and peanuts. Shape dough into 1/2 to 1-inch diameter balls. Place balls on ungreased baking sheet. Flatten each ball by pressing with tines of a fork. Bake in moderate 350°F oven, about 10 minutes, or until edges are lightly browned. Immediately remove from baking sheet. Cool.

**CHOCOLATE COCONUT DROPS**
(Makes about 1 1/4 dozen 1 1/2-inch diameter cookies)

In top of double boiler, combine sweetened condensed milk, chocolate and salt. Cook over hot water; stir frequently until thickened. Remove from heat. Stir in coconut and vanilla extract. Drop by teaspoonfuls, about 1 inch apart, onto well-greased baking sheet. Bake in a moderate 350°F oven, 10-12 minutes, or until set. Immediately remove from baking sheet. Cool.
MAGIC CHOCOLATE FRENCH FUDGE
(Makes about 1¼ pounds)

In top of double boiler, melt chocolate over hot water; stir occasionally. Remove from heat. Add sweetened condensed milk, salt, vanilla extract and nuts meats, if used. Stir only until smooth. Turn into waxed paper-lined 8-inch square pan; spread mixture evenly and smooth surface. Refrigerate about 2 hours or until firm. Turn candy out onto cutting board. Peel off paper. With a sharp knife, cut fudge into serving-size pieces. Store in airtight container.

VARIATIONS:
MOCHA: Proceed as for Magic Chocolate French Fudge, but omit vanilla extract and use 1½ tablespoons instant coffee, dry form.

TRIPLE-TREAT FONDANT
(Makes 2¼ pounds)

In medium bowl, cream butter or margarine and salt. Blend in sweetened condensed milk until smooth. Gradually add sugar; blend well after each addition until mixture becomes very stiff. Turn mixture onto a clean pastry board. Carefully knead in any remaining sugar. (Note: mixture should be smooth, not sticky.) Divide fondant into 3 equal portions. Add desired flavoring. (See below.) With palms of hand, shape small pieces of each mixture into balls or patties. Place on a waxed-paper-lined baking sheet. If desired, decorate tops of candies with chocolate sprinkles, whole glace red or green cherries or whole nut meats. Refrigerate several hours or overnight.

VARIATIONS:
MAPLE: Add ½ teaspoon maple extract to one portion of fondant; blend well.

PEPPERMINT: Add 1 teaspoon peppermint extract and desired food coloring to one portion of fondant; blend well.

ALMOND: Add 1 teaspoon almond extract and desired food coloring to one portion of fondant; blend well.

CHOCOLATE CARAMELS
(Makes about 1 pound)

In medium heavy saucepan, combine sweetened condensed milk, corn syrup, butter or margarine and salt. Cook over medium heat; stir constantly until temperature of mixture reaches 200°F. on candy thermometer. Add chocolate, half a square at a time; stir until melted. Continue cooking over medium heat; stir constantly until temperature of mixture reaches 235°F. on candy thermometer or until a little mixture dropped into very cold water forms a firm ball when removed from the water. Remove from heat; stir in vanilla. Pour into a 9 x 5 x 2½-inch buttered loaf pan. Cool. Cut into pieces.
**APRICOT COCONUT BALLS**
*(Makes 1½ dozen 1¼-inch diameter balls)*

In large bowl, combine apricots and coconut; blend well. Stir in sweetened condensed milk. Shape into small balls. If desired, roll in confectioners’ sugar. Let stand at room temperature until firm.

**MOLASSES TAFFY**
*(Makes ¾ pound)*

In heavy, shallow saucepan, combine sweetened condensed milk, molasses and salt. Cook over medium heat; stir constantly, to 235°F. on candy thermometer or until a little dropped into very cold water forms a semi-firm ball which holds its shape when taken from the water. Immediately remove from heat. Pour into a buttered 8-inch square pan. Let stand until cool enough to handle. Pull taffy between buttered fingers until shiny and light colored. Twist into a rope about ½-inch thick. Cut into 1-inch pieces with kitchen scissors. If desired, wrap taffy.

**FROSTED STRAWBERRIES**
*(Makes 1 pound)*

In medium bowl, combine sweetened condensed milk, coconut, 3 tablespoons gelatin, almonds, extract and enough red food coloring to tint mixture a strawberry shade. Form small amounts (about ½ tablespoon) into strawberry shapes. Sprinkle remaining gelatin into a flat dish; roll each strawberry to coat. Place on waxed paper; refrigerate. To make strawberry hull: combine sugar, cream and green food coloring. Spoon into pastry bag with open star tip. Pipe small amount atop each strawberry. Other fruits and vegetables may be made from the above recipe by using the appropriate color and flavor of gelatin.
2 (4-oz.) bars sweet cooking chocolate
2/3 cup Eagle Brand Sweetened Condensed Milk
1 cup shelled, unsalted whole peanuts

CHOCOLATE PEANUT CLUSTERS
(Makes about 2 dozen 1 3/4-inch diameter candies)

In top of double boiler, melt chocolate over hot water. Remove from heat. Add sweetened condensed milk and nuts; stir until all nuts are covered. Drop by teaspoonfuls onto buttered baking sheet. Refrigerate several hours.

(NOTE: If desired, pecans, cashews, walnuts, or seedless raisins may be substituted for the peanuts.)

1 cup pitted dried dates
1/2 cup seedless raisins
1/2 cup currants
1/4 cup Eagle Brand Sweetened Condensed Milk
1 cup peanut butter
Confectioners’ sugar

PEANUT BUTTER FRUIT SQUARES
(Makes 1 1/2 pounds)

Put fruits through food chopper; place in medium bowl. Add sweetened condensed milk and peanut butter; stir until blended. Sprinkle bottom of 8-inch square pan with sugar. Turn mixture into pan; press evenly onto bottom. Sprinkle top with sugar. Refrigerate until firm. Cut into 1-inch squares with sharp knife.

8 (1 oz.) squares semi-sweet chocolate
2/3 cup Eagle Brand Sweetened Condensed Milk
1/2 cup miniature marshmallows
1/4 cup peanut butter
1 teaspoon vanilla extract
1/2 cup coarsely chopped peanuts

PEANUT BUTTER DROPS
(Makes 1 1/4 pounds)

In top of double boiler, melt chocolate over hot water. Stir in sweetened condensed milk and marshmallows. Cook; stir constantly until marshmallows are melted. Remove from heat. Stir in peanut butter, vanilla and chopped peanuts. Spoon mixture into small fluted candy cups.

1 can Eagle Brand Sweetened Condensed Milk
1 cup light corn syrup
1 teaspoon salt

ENGLISH TOFFEE
(Makes 1 1/4 pounds)

In a heavy saucepan, combine sweetened condensed milk, sugar and corn syrup. Cook over medium heat; stir constantly until mixture begins to boil. Reduce heat to low. Cook; stir constantly to 236°F. on candy thermometer or until a small amount dropped in cold water forms a soft ball. Remove from heat; stir in butter or margarine and salt. Pour into lightly buttered 8-inch square pan. Cool. Cut into squares.

1 can Eagle Brand Sweetened Condensed Milk
1 cup light corn syrup
1 teaspoon salt

NUT CARAMELS
(Makes about 45 caramels)

In a medium heavy saucepan, combine sweetened condensed milk and corn syrup; bring to a boil over medium heat. Boil 15-20 minutes; stir constantly. (Syrup will be thick and caramel colored.) Add salt and chopped almonds or other nut mixture. Pour syrup into a buttered 8 x 8-inch pan. Cool at room temperature until firm enough to cut into squares. Shape these squares into balls; place in small candy paper cups; decorate with whole pecans, whole blanched almonds or chocolate sprinkles. OR, dribble melted unsweetened chocolate over mixture in pan; let cool, then cut into squares, diamond shapes, or rectangles.
REFRIGERATOR-FREEZER:

2 1/3 cup Eagle Brand Sweetened Condensed Milk
1/2 cup water
1 1/2 teaspoons vanilla extract
1 cup (1/2 pint) heavy cream

VANILLA ICE CREAM
(Makes about 1 1/2 pints)

In medium bowl, combine sweetened condensed milk, water and vanilla extract. Refrigerate. In medium bowl, whip cream to a soft custard-like consistency. Fold into chilled mixture. Pour into ice cube tray. Freeze about 1 hour, or until a firm mush forms. Turn into chilled, large electric mixer bowl; break into pieces. Beat until fluffy but not melted. Quickly return to ice cube tray. Cover with aluminum foil. Return to freezer. Freeze until firm.

VARIATIONS:

COFFEE ICE CREAM: Proceed as for Vanilla Ice Cream except stir 2 teaspoons instant coffee, dry form, into mixture before pouring into ice cube tray. (Note: coffee will dissolve after ice cream is beaten.)

FRESH STRAWBERRY ICE CREAM: Proceed as for Vanilla Ice Cream except fold 1 cup crushed, fresh strawberries sweetened with about 1/4 cup sugar into mixture before pouring into two ice cube trays or a deep loaf pan.

PEPPERMINT CANDY ICE CREAM: Proceed as for Vanilla Ice Cream except fold 1 cup finely crushed peppermint stick candy into mixture before pouring into ice cube tray. (Note: candy will dissolve during freezing.)

MAPLE NUT ICE CREAM: Proceed as for Vanilla Ice Cream except substitute 2 teaspoons maple flavoring for the vanilla extract. Fold in 1/4 cup coarsely chopped walnuts after frozen mixture is beaten.

PEACH ICE CREAM: Proceed as for Vanilla Ice Cream except fold 1 cup mashed fresh peaches, OR drained frozen peaches OR drained canned peaches before pouring into two ice cube trays or a deep loaf pan.

HAND OR ELECTRIC FREEZER:

1 can Eagle Brand Sweetened Condensed Milk
2 cups light cream
1 cup cold water
1 tablespoon vanilla extract

MAPLE NUT ICE CREAM: Proceed as for Vanilla Ice Cream except substitute 2 teaspoons maple flavoring for the vanilla extract. Fold in 1/4 cup coarsely chopped walnuts after frozen mixture is beaten.

LEMON ICE CREAM: Proceed as for Vanilla Ice Cream except reduce amount of vanilla extract to 1 teaspoon and add the finely grated rind of 1 lemon (about 2 teaspoons).
PENNY-SAVER VANILLA ICE CREAM
(Makes about 4 quarts)

In large bowl, combine nonfat dry milk and water. Add sweetened condensed milk and vanilla. Stir until well blended. Pour into freezer. Proceed according to the operating instructions for using your hand or electric home freezer.

PENNY-SAVER CHOCOLATE ICE CREAM:
Proceed as for Vanilla Ice Cream except combine 4 (1-oz.) squares unsweetened chocolate and sweetened condensed milk in top of double boiler. Cook over hot water; stir frequently until thickened. Add water and nonfat dry milk or homogenized milk. Mix until smooth. Cool. Pour into freezer.

NOTE: For a richer ice cream, 6 cups of homogenized milk may be substituted for the nonfat dry milk and water.

FROZEN PASSION
(Makes 2 quarts)

Pour sweetened condensed milk and soda pop into freezer drum of ice cream maker. Freeze according to manufacturer’s operating directions.

Combine ingredients; blend well. Pour into trays. Freeze until nearly firm. Turn into chilled bowls. Break up; beat with rotary or electric beater until smooth. Quickly return to trays. Freeze until firm.

FRESH PEACH SHERBET
(Makes about 2 quarts)

Combine peaches and sugar. With fork, toss lightly to thoroughly coat peaches. In large bowl, combine sweetened condensed milk, lemon juice and egg yolks. Blend thoroughly. Stir in peaches. Beat egg whites until stiff but not dry. Fold into peach mixture. Pour into 9 1/2 x 3 1/2 x 2-inch tray or 2-quart pan. Cover with aluminum foil. Freeze about 1 1/2 to 2 hours or until a firm mush forms. Turn into chilled, large bowl; break into pieces. Beat until fluffy but not melted. Quickly return to tray. Cover. Return to freezer. Freeze about 2 hours or until firm.
FRESH BERRY SHERBET
(Makes about 1 1/2 pints)

Mash berries; force through a sieve. Stir in sugar. In a large bowl, combine sweetened condensed milk and lemon juice. Fold in berry puree. Refrigerate. In a small bowl, whip egg whites until stiff but not dry. Fold into chilled mixture. Turn mixture into ice cube tray. Cover with aluminum foil. Freeze about 1 hour or until firm mush forms. Turn into chilled, medium bowl; break into pieces. Beat until fluffy but not melted. Quickly return to ice cube tray. Cover. Return to freezer. Freeze until firm.

HOT FUDGE SAUCE
(Makes about 2-cups)

In top of double boiler, melt chocolate over hot water. Stir in sweetened condensed milk. Cook until very thick; stir constantly. Add hot water, salt and sugar; continue to cook until mixture is very smooth and of desired thickness. Remove from heat; stir in vanilla extract. Serve hot.

MAGIC CHOCOLATE SAUCE
(Makes about 2-cups)

In top of double boiler, combine sweetened condensed milk, chocolate and salt. Cook over hot water; stir frequently until thickened. Remove from heat. Slowly stir in hot water until sauce is of desired thickness. Stir in vanilla extract. Serve hot or chilled.

VARIATIONS:

CHOCOLATE-ALMOND: Proceed as for Magic Chocolate Sauce except add 1/2 teaspoon almond extract.

CHOCOLATE-PEANUT BUTTER: Proceed as for Magic Chocolate Sauce except add 1/4 cup peanut butter.

MOCHA: Proceed as for Magic Chocolate Sauce except add 1 tablespoon instant coffee, dry form.

SOFT CUSTARD SAUCE
(Makes four 1/2-cup servings)

In top of double boiler, combine sweetened condensed milk, water and salt; blend well. Gradually stir in eggs. Cook over hot water; stir constantly for about 20 minutes or until mixture coats a metal spoon. Immediately remove from heat. Place top of double boiler over ice water; quickly cool sauce. Add vanilla extract. Refrigerate thoroughly.
puddings and custards
1 tablespoon (1 envelope) unflavored gelatine
3/4 cup ReaLemon Reconstituted Lemon Juice
4 eggs, separated
1/4 teaspoon salt
1 can Eagle Brand Sweetened Condensed Milk
2 1/2 cups (1 lb. 4 oz. can) crushed pineapple

PINEAPPLE PUFF
(Makes 6-8 servings)

In top of double boiler, sprinkle gelatine over lemon juice to soften. Add slightly beaten egg yolks and salt. Cook over hot water; stir until gelatine is dissolved (about 3 minutes). Stir in sweetened condensed milk, pineapple and pineapple syrup. Remove top of double boiler from heat; place in ice water. Stir mixture frequently until it mounds slightly when dropped from spoon. In a large bowl, beat egg whites until stiff but not dry. Thoroughly fold gelatine mixture into beaten egg whites. Carefully turn mixture into prepared dish.* Chill in refrigerator 4-5 hours or until firm. At serving time, carefully remove foil collar.

* Tear a 20-22 inch length of aluminum foil; fold lengthwise in half. Wrap around a one-quart souffle or straight-sided baking dish to form a 4-inch collar above the edge of dish. Tie with string or fasten with tape.

BAKED CUSTARD
(Makes 6 servings)

In medium bowl, combine sweetened condensed milk and water. Gradually stir in eggs, salt and vanilla. Pour into a 1-quart shallow (7 x 7 x 2-inch) baking dish OR 6 individual custard cups. Sprinkle with nutmeg. Place in shallow pan of hot water. Bake in a moderate 325°F. oven, 40-50 minutes or until a knife inserted near center comes out clean. Cool at room temperature.

COFFEE CUSTARD: Proceed as for Baked Custard except dissolve 2 to 3 teaspoons instant coffee, dry form, in sweetened condensed milk and water.

PEACH CUSTARD: (Makes 9 servings) Proceed as for Baked Custard except place one well-drained peach half into each of 9 individual custard cups.

2 1/2 cups Eagle Brand Sweetened Condensed Milk
2 cups hot water
3 eggs, slightly beaten
1/2 teaspoon salt
1 teaspoon vanilla extract
Nutmeg

VARIATIONS:
CHOCOLATE PUDDING
(Makes six ½-cup servings)

In top of double boiler, combine sweetened condensed milk, salt and 1½ cups of water. Add chocolate. Cook over hot water; stir until chocolate melts. Gradually stir remaining ½ cup water into cornstarch, keeping mixture smooth. Gradually add to milk mixture; stir rapidly. Continue to cook; stir constantly until thickened. Stir in vanilla extract. Turn into six individual dessert dishes. Refrigerate.

BREAD PUDDING
(Makes 6 servings)

In large bowl, combine sweetened condensed milk and water. Add bread; let stand until lukewarm. Stir in eggs, butter or margarine, salt and vanilla or lemon rind. Pour into greased 1½-quart shallow (10½ x 6½ x 2-inch) baking dish. Place in shallow pan of hot water. Bake in a moderate 350°F oven about 1 hour, or until a knife inserted near center comes out clean. If desired, serve hot or cold with cream, fruit or preserves.

BREAD PUDDING DE LUXE: Proceed as for Bread Pudding except add 1 cup flaked coconut with vanilla extract.

CREAMY RICE PUDDING
(Makes eight ½-cup servings)

In a heavy 2-quart saucepan, combine rice, water and salt. Cover; cook over medium heat until water boils. Reduce heat; simmer 15 minutes or until rice is tender. Remove from heat. Stir in sweetened condensed milk and raisins. In small bowl, beat eggs just until blended. Gradually add beaten eggs to rice-milk mixture; stir briskly. Return to low heat; stir constantly until mixture coasts a metal spoon. Remove from heat. Stir in vanilla extract and nutmeg. If desired, serve hot or chilled.

RASPBERRY FANFARE
(Makes 6 to 8 servings)

Prepare gelatin according to directions. Chill until slightly thickened. Combine sweetened condensed milk, lemon juice, rind and egg yolk. Beat egg white; add sugar. Beat until soft peaks form. Fold into mixture. Alternately spoon raspberry gelatin and lemon-milk mixture into parfait glasses. Refrigerate for 1 hour. If desired, garnish with maraschino cherry.
MAGIC RAINBOW PUDDINGS
(Makes six 1/2-cup servings)

In large bowl, soften gelatine in cold water. Let stand 5 minutes. Add hot water; stir until dissolved. Add concentrate and sweetened condensed milk. Chill mixture over ice water; stir constantly until mixture is the consistency of unbeaten egg whites. Gently fold in whipped cream. Turn into 6 sherbet glasses. Refrigerate until firm. If desired, garnish with fresh fruit.

VARIATION:
Substitute any of the following for the pineapple-orange concentrate:

TANGERINE: 1 (6-oz.) can frozen tangarine concentrate, defrosted.

GRAPE: 1 (6-oz.) can frozen grape concentrate, defrosted and 1/4 cup lemon juice.

LIME: 1 (6-oz.) can frozen limeade concentrate, defrosted.

MOUNT EVEREST DESSERT
(Makes eight 1/2-cup servings)

In large bowl, blend sweetened condensed milk, lemon juice and rind. Fold in sour cream and coconut. Spoon into individual parfait glasses or dessert dishes. Refrigerate until set. Garnish with whipped cream to serve. NOTE: If desired, this dessert may be frozen. Place desserts in freezer for 3 hours or until mixture is frozen. If desired, garnish with whipped cream to serve.
frostings and fillings
MAGIC CHOCOLATE FROSTING
(Makes 1 1/2 cups frosting OR enough to frost top and sides of two 8-inch cake layers OR 12 cupcakes)

1 can Eagle Brand Sweetened Condensed Milk
1 tablespoon water
1/8 teaspoon salt
2 (1-oz.) squares unsweetened chocolate
1/2 teaspoon vanilla extract

In top of double boiler, combine sweetened condensed milk, water, salt and chocolate. Cook over hot water; stir frequently until thickened. Remove from heat. Cool. Stir in vanilla. Spread on cooled cake.

VARIATIONS:
MOCHA-PECAN: Proceed as for Magic Chocolate Frosting, except dissolve 2-3 teaspoons instant coffee, dry form, in the water. Decorate frosted cake with pecan halves.

CHOCOLATE-PEPPERMINT: Proceed as for Magic Chocolate Frosting, except, omit the water and vanilla extract. Add 8 regular-size marshmallows, quartered, to chocolate mixture; stir until melted. Stir in 2 drops essence of peppermint or 1/4 teaspoon peppermint extract.

CHOCOLATE-ORANGE: Proceed as for Magic Chocolate Frosting, except omit the water and vanilla extract. Add 1 tablespoon orange juice and 1 tablespoon grated orange rind to chocolate mixture. If desired, decorate cake with grated orange rind.

ORANGE-DATE FROSTING
(Makes enough to frost top and sides of two 8-inch cake layers OR 18 cupcakes)

1/4 cup butter OR margarine
2 1/3 cups Eagle Brand Sweetened Condensed Milk
2 tablespoons frozen orange juice concentrate
1 teaspoon grated orange rind, optional
3 1/2 cups sifted confectioners’ sugar
1/2 cup pitted dried dates

In medium bowl, cream butter or margarine. Gradually add sweetened condensed milk. Blend in juice concentrate and rind. Stir in sugar; beat until smooth. Frost cake or cupcakes. Decorate with dates.

PEANUT BUTTER FROSTING
(Makes 1 1/2 cups frosting OR enough to frost top and sides of two 8 or 9-inch cake layers OR 12 cup cakes)

3 tablespoons cream-style peanut butter
1 can Eagle Brand Sweetened Condensed Milk

In top of double boiler, combine peanut butter and sweetened condensed milk. Cook over hot water; stir constantly, until thickened. Cool. Spread on cooled cake.

VARIATION:
PEANUT BUTTER-COCONUT: Makes 1 1/2 cups frosting. Proceed as for Peanut Butter Frosting except stir in 3/4-cup flaked coconut after mixture has thickened.
BAKED MOCHA NUT FROSTING
(Makes 1 cup frosting OR enough to frost top of an 8 or 9-inch square cake)

In top of double boiler, combine chocolate, sweetened condensed milk, water and instant coffee. Cook over hot water; stir frequently until thickened. Remove from heat. Stir in nut meats. Spread on top of baked cake in baking pan. Bake in hot 400°F. oven, about 10 minutes or until top is lightly browned and set. Cool in pan on wire rack for 10 minutes. Carefully remove cake from pan, frosted-side up, onto wire rack. Cool.

LEMON BUTTER FROSTING
(Makes 2 cups frosting OR enough to frost top and sides of two 8-inch cake layers)

In medium bowl, cream butter and lemon rind. Gradually stir in half of the sweetened condensed milk. Alternately stir in sugar and remaining milk; beat until smooth. Gradually add lemon juice until flavor is of desired tartness; beat well. Spread on cooled cake.

CREAM PUFF FILLING
(Makes enough filling for 8 cream puffs)

In medium bowl, combine sweetened condensed milk and fruit concentrate; blend well. Fold whipped cream into sweetened condensed milk mixture. Let stand about 5 minutes. Refrigerate. At serving time, cut off tops of cream puffs; spoon filling into puffs and replace tops. Sprinkle with confectioners’ sugar or dribble melted chocolate over cream puffs.

CHOCOLATE ECLAIR FILLING
(Makes about 1 1/2 cups filling)

In top of double boiler, combine sweetened condensed milk, chocolate and salt. Cook over hot water; stir constantly for about 5 minutes or until mixture is very thick. Gradually add water; stir to keep mixture smooth. Continue to cook until mixture thickens again. Stir frequently. Remove from heat. Stir in vanilla. Refrigerate until ready to fill eclairs. Fold in whipped cream. Fill prepared eclairs. If desired, sprinkle with confectioners’ sugar.
STRAWBERRY CREAM FILLED ANGEL CAKE
(Makes one 10-inch cake)

In medium bowl, combine sweetened condensed milk, lemon juice and almond extract; blend well. Fold in whipped cream. Chill about 10 minutes. Turn cake upside down. Cut topper page 1-inch down. To make a tunnel for filling, cut around cake 1-inch from center hole and 1-inch from outer edge leaving 1-inch base. Scoop out tunnel with a fork. Pour only 1½ cups of the chilled sweetened condensed milk mixture into a medium bowl. Stir in ⅔ the cake pieces until well blended. Gently fold in one pint of the strawberries. Lightly spoon this mixture into the tunnel. Place cake layer cut from top over filling and press on gently. Use remaining sweetened condensed milk mixture to frost top and sides of cake. Place in freezer. Chill about 2 hours. At serving time, garnish top and sides of cake with remaining strawberries.

FRUIT CREAM FILLING
(Makes 1 ¼ cups filling OR enough to fill two 8 or 9-inch cake layers)

In medium bowl, combine sweetened condensed milk and lemon juice; blend well. Fold in fruit. Fill two 8 or 9-inch cake layers. Sprinkle confectioners' sugar over filled cake.

*Use any one of the following fruits:
Fresh raspberries
Sliced fresh strawberries
Drained, crushed fresh peaches
Crushed pineapple
Prune or apricot puree

COCONUT CAKE TOPPING
(Makes topping for a 13 x 9 x 2-inch cake)

In medium bowl, combine sweetened condensed milk and coconut; blend well. Place cake on a heat-proof serving platter. Spread topping over cake. Place cake under broiler, at least 3-inches from source of heat. Broil about 3 minutes just to lightly brown topping. WATCH CAREFULLY. Cool.

NOTE: This topping is excellent on a spice cake.
APRICOT CHEESECAKE
(Makes 12 to 16 servings)

Combine crumbs, sugar and butter or margarine; mix well. Press to bottom and 1-inch around sides of 10-inch spring-form pan. Bake in moderate 350°F. oven 10 minutes. Cool. Refrigerate. Drain 1 can apricots; reserve liquid. Sieve apricots. In double boiler top, sprinkle gelatine over water; let stand 5 minutes. Add beaten egg yolks. Cook over hot water; stir constantly until thickened. Stir into apricots. Cool (chill if necessary) until partially thickened. Combine cheeses; blend well. Stir in sweetened condensed milk and lemon juice. Blend in gelatine-apricot mixture.
Beat egg whites until stiff; not dry. Fold into mixture. Turn into crust. Refrigerate 3 hours. Drain 2nd can apricots; reserve liquid. Slice apricots; arrange on cake. Blend ¼ cup apricot liquid with cornstarch. Cook reserved liquid; reduce to ½ cup. Add cornstarch; stir until thick and clear.
Cool. Spoon over cake. Refrigerate 30 minutes.

CHEESELESS CHEESECAKE
(Makes one 9-inch cake)

In large bowl, beat egg yolks. Add sweetened condensed milk; blend well. Add lemon juice, rind, vanilla and nutmeg; blend well. In medium bowl, beat egg whites until stiff but not dry. Fold into milk mixture. Combine crumbs, butter or margarine; mix well. Sprinkle half of crumb mixture evenly over the bottom of a buttered 9-inch square pan. Pour in mixture; sprinkle top with remaining crumbs. Bake in slow 325°F. oven 30 minutes. Cool 1 hour in oven with door closed.

LEMON FREEZE
(Makes 8 servings)

In medium bowl, combine crumbs, 2 tablespoons sugar and melted butter or margarine; blend well. Reserve 2 to 4 tablespoons crumb mixture for topping. Press remaining crumb mixture evenly and firmly around sides and bottom of an 8-inch pie plate or onto the bottom of an ice cube tray. In medium bowl, beat egg yolks until very thick and lemon colored. Add sweetened condensed milk and lemon juice; blend well. In medium bowl, beat egg white until stiff but not dry. Gradually beat in remaining 3 tablespoons sugar. Gently fold into condensed milk mixture. Pour into crumb-lined pie plate or tray. Sprinkle reserved crumbs over top. Place in freezer; freeze until firm. To serve, cut into pie-shaped wedges or bars.

Note: If dessert is frozen solid, set pie plate or tray on a hot, wet towel for a few minutes before cutting.
FONDANT EASTER EGGS
(Makes 2-lbs. fondant, enough for 12 large, 24 medium or 36 small eggs)

In a medium bowl, cream butter, vanilla and salt. Blend in sweetened condensed milk until smooth. Gradually add sugar. Blend well after each addition until mixture becomes very stiff. Turn mixture onto a clean pastry board. Carefully knead in any remaining sugar. (Note: mixture should be smooth, not sticky.) Divide fondant in half. Add desired flavoring. (See below.) Cut each portion into the desired number of eggs. With palms of hand, mold each piece into an egg shape. Place eggs on a waxed-paper-lined cookie sheet. Refrigerate for several hours or overnight. Dip eggs in Dipping Chocolate and decorate with Butter Cream Frosting.

VARIATION:
COCONUT: Gradually knead ¾ cup flaked coconut into one portion of fondant.
ALMOND: Substitute 1 teaspoon almond extract for vanilla extract OR add 1 (8-oz.) can almond paste to one portion of fondant.

How to Dip:
DIPPING CHOCOLATE: In top of double boiler, melt 8 (1-oz.) squares semi-sweet OR unsweetened chocolate and ¼ cup hydrogenated vegetable shortening over hot, not boiling water. Stir with wire whisk until chocolate is melted and well blended. Remove from heat. Insert double-pronged fork into bottom of chilled egg or place egg on a flat wire skimmer. Dip into chocolate; let excess chocolate drip for a moment. Carefully place dipped egg on waxed-paper-lined cookie sheet. Stir chocolate thoroughly with wire whisk before dipping each egg. If chocolate cools and thickens, place over hot water and gently reheat. Let chocolate coating dry thoroughly before decorating. Store eggs in refrigerator.

How to Decorate:
BUTTER CREAM FROSTING: In a medium bowl, cream ¼-cup butter until fluffy. Add 1 teaspoon vanilla extract. Gradually add 3 cups sifted confectioners’ sugar; mix well after each addition. (Note: Mixture will be very stiff.) Beat in 1 tablespoon egg white until mixture is smooth and creamy. Add few drops food coloring until mixture is of desired shade. If mixture needs slight thinning, add 1-2 tablespoons heavy cream to make suitable consistency to press through decorating tube. Store eggs in refrigerator.

1/2 cup butter
1 teaspoon vanilla extract
1 teaspoon salt
2 1/3 cup Eagle Brand Sweetened Condensed Milk
6 cups (about 1 1/2 lbs.) sifted confectioners’ sugar
STRAWBERRY PARTY CAKE
(Makes one 9-inch square cake)
Use angel food cake mix or store purchased cake. In medium bowl, combine sweetened condensed milk and lemon juice; blend well. Stir in grated lemon rind and strawberries. Cut cake into two crosswise layers. Spread filling on bottom layer. Cover with top cake layer. Frost top and sides of cake with whipped cream. If desired, garnish with whole strawberries. Refrigerate 1 hour before serving.

1 (9-inch) square angel food cake
1 can Eagle Brand Sweetened Condensed Milk
1/4 cup Real Lemon Reconstituted Lemon Juice
1 1/2 teaspoons grated lemon rind
1 cup sliced fresh strawberries, drained
1 pint heavy cream, whipped
Whole strawberries

PRIZE CHEESECAKE
(Makes one 9-inch cake)
In medium bowl, combine crumbs, sugar and butter or margarine; blend well. Reserve 1/4 cup crumb mixture; set aside. Press remaining mixture firmly and evenly onto bottom and 1 inch up on side of 9-inch spring-form pan. In large bowl, beat softened cheese until fluffy. Blend in sweetened condensed milk. Beat in egg yolks, one at a time. Beat in remaining ingredients except salt. In small bowl, beat egg whites with salt until stiff, but not dry. Gently fold into cheese mixture. Turn into prepared pan. Sprinkle reserved crumbs on top. Bake in slow 300°F. oven 30 minutes. Cool in pan away from drafts. Refrigerate.

1 cup (about 12 crackers) fine graham cracker crumbs
1/4 cup sugar
1/4 cup melted butter OR margarine
4 (3-oz.) packages cream cheese, softened
2 1/2 cup Eagle Brand Sweetened Condensed Milk
2 large eggs, separated
1/3 cup sour cream
2 teaspoons confectioners’ sugar
1/2 teaspoon vanilla extract
1/2 teaspoon grated lemon rind
1/4 teaspoon salt

HOLIDAY EGG NOG
(Makes about 2 quarts)
In large bowl, beat egg yolks until thick and light. Gradually beat in sweetened condensed milk, salt, vanilla and milk. In medium bowl, beat egg whites until stiff, but not dry. Gently fold beaten whites into condensed milk mixture. If desired, add rum flavoring to taste. Pour into chilled punch bowl or serving cups. If desired, garnish egg nog with a sprinkling of nutmeg and whipped cream.

4 eggs, separated
1 can Eagle Brand Sweetened Condensed Milk
1/4 teaspoon salt
1 teaspoon vanilla extract
4 cups (1-quart) homogenized milk
Rum flavoring, nutmeg and whipped heavy cream, optional

EVER-SO-EASY FRUIT CAKE
(Makes one 9-inch cake)
Butter a 9-inch tube pan. Line with waxed paper; butter again. In large mixing bowl, beat eggs until foamy. Add sweetened condensed milk, mince meat, fruit and nuts; mix well. Add corn flake crumbs (only corn flake crumbs will do) and baking soda; blend well. Pour batter into prepared pan; spread evenly. Bake in slow oven 300°F one hour and 50 minutes or until a cake tester comes out clean. Cool in pan for five minutes. Turn out of pan; remove paper. Cool to room temperature before slicing. If desired, decorate with glazed cherries. To store cake: Cool completely; wrap well in aluminum foil and refrigerate or freeze.
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