DESSERT DELIGHTS

made with

EVAPORATED MILK
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Attractive and taste-appealing desserts—to serve for family meals or company fare—are made easily and thrifty with evaporated milk. Such desserts provide a goodly share of the needed daily quota of milk, too, for evaporated milk is good whole milk doubly concentrated.

Being concentrated, evaporated milk is a versatile milk supply. It serves all milk needs—yet it also whips splendidly when chilled icy cold! Whipped evaporated milk is ideal for the preparation of frozen desserts and salads, for Bavarians and other gelatin desserts, for chiffon pie fillings, for fruit whips, for sauces and garnishes. It makes these foods satisfyingly rich tasting and superbly smooth textured—and at the same time, extra rich in all the nutrients of milk plus extra vitamin D which evaporated milk contains. Though the recipes in this booklet illustrate the variety of gelatin-type dessert delights which can be prepared with evaporated milk, that is just one of its uses. Being concentrated whole milk—homogenized, fortified with vitamin D, sealed in cans and heat sterilized for safety and safekeeping—evaporated milk is good milk for drinking—for all food preparation—for infant feeding. It is convenient to use and generally costs less than any other whole milk. Because evaporated milk is sterilized in the sealed can, it requires no refrigeration until after the can is opened.

Evaporated Milk Whips Splendidly

Evaporated milk just as it pours from the can—never dilute milk to be whipped—whips splendidly when chilled icy cold. To chill milk quickly and surely to the proper low temperature to assure successful whipping, pour the amount of evaporated milk to be whipped called for in the recipe into one of the freezing trays of your refrigerator. (The tray should be clean and dry, of course.) Place the tray of milk in the freezing compartment of your refrigerator and let it chill until tiny ice crystals begin to form around the edges of the milk. Turn the icy cold milk into a cold bowl and whip rapidly with a cold beater until it is very stiff. (The bowl and beater can be put into the refrigerator at the same time as the milk so that they are cold when the milk is ready to be whipped.)

When properly handled, evaporated milk will whip as stiff as cream—and triples in volume. If the milk does not whip well, it is usually because it is not cold enough. In that case, just re-chill and whip again—it will not turn to butter. Evaporated milk does not whip well either if the milk is chilled until it is almost frozen. In that case, turn the milk into the cold bowl and let it stand until it has but a few ice crystals in it, then whip. The time required to chill evaporated milk icy cold varies with different refrigerators—but usually is between 5 and 10 minutes. Though evaporated milk whips very stiff, it is sometimes well to add a little lemon juice to hold the whip for a longer time if lemon flavor is suitable to the food with which the whipped milk is to be combined. For best results, it is well to follow directions given in each recipe and whip the milk just when you are ready to use it.
Lime and Grapefruit Bavarian

Drain juice from grapefruit segments. There should be 1 1/2 cups. If not, add water to make that amount. Heat to boiling point. Mix gelatin and the sugar in large mixing bowl. Pour hot grapefruit juice over gelatin-sugar mixture and stir until dissolved. Chill mixture until it is of the consistency of unbeaten egg white. Then whip chilled milk very stiff, and fold lightly but thoroughly into the gelatin mixture. Put a grapefruit segment in the bottom of each of 8 sherbet glasses. Pile gelatin mixture on top and garnish each serving with grapefruit segments. Chill 2 hours before serving. When ready to serve, toast pecans in moderate oven (375° F.) until crisp, about 5 minutes, and sprinkle over the top of each serving. Makes 8 generous servings.

Cherry Almond Bavarian

Mix gelatin and the sugar in large mixing bowl. Add the boiling water and stir until dissolved. Stir in the grated lemon rind, lemon juice, the 3/4 cup water and the toasted almonds. Chill mixture until it is of the consistency of unbeaten egg white. Then whip chilled milk very stiff, and fold lightly but thoroughly into gelatin mixture. Pile lightly into 8 sherbet glasses, or large serving bowl. Chill 2 hours before serving. Garnish with additional toasted almonds or ripe cherries, if desired. Makes 8 generous servings.

Chocolate Sponge

Soften gelatin in the water in large mixing bowl. Melt chocolate over hot water. Stir in sugar and salt. Add the 1 cup milk gradually, stirring to keep smooth. Cook over boiling water, stirring constantly, until mixture is thick and smooth, about 5 minutes. Pour over gelatin, and stir until gelatin is completely dissolved. Cool until mixture begins to jell, stirring frequently. Add vanilla and nuts. Whip chilled milk until stiff. Fold into gelatin mixture. If mixture has a tendency to be lumpy, beat for a few seconds until it is smooth. Turn into a 1-quart mold that has been rinsed in cold water, or spoon into sherbet glasses. Chill until set. If mixture is poured into a mold, chill about 3 to 4 hours before unmolding and serving. If mixture is spooned into sherbet glasses, chill 1 1/2 to 2 hours before serving. Makes 8 to 10 servings.
Graham Cracker Crumb Shell

1 1/2 cups fine graham cracker crumbs
  (about 16 graham crackers)
1/4 cup softened butter
1/4 cup sugar

Roll graham crackers fine. Place crumbs, softened butter and sugar in a bowl. Blend together thoroughly. Turn crumb mixture into 9-inch pie plate or pan. Press firmly into an even layer on bottom and sides of plate. Bake in moderately hot oven (350° F.) about 8 minutes. Chill thoroughly before adding filling.

To make Cereal Crumb Shell: Use 4 cups corn flakes or 3 cups oven popped rice cereal in place of graham cracker crumbs. Crush cereal fine and mix with 1/3 cup softened butter and 2 tablespoons sugar. Proceed as above.

Chocolate Crumb Shell

1 1/2 cups fine chocolate wafer crumbs
1/4 cup melted butter

Blend crumbs with butter thoroughly. Turn crumb mixture into 9-inch pie plate or pan. Press firmly into an even layer on bottom and sides of plate. Do not bake, but chill thoroughly before adding filling.

To make Gingersnap Crumb Shell: Use 1 1/4 cups fine gingersnap crumbs in place of chocolate wafer crumbs. Mix crumbs with 5 tablespoons melted butter. Proceed as above.

Apricot Chiffon Pie

1 cup pulp from stewed dried apricots
4 to 6 tablespoons sugar
Few grains salt
1 envelope unflavored gelatin
1/4 cup cold water
1/2 cup boiling water
1 cup evaporated milk, chilled icy cold
2 teaspoons lemon juice

Add sugar and salt to apricot pulp. Set in a cold place to dissolve sugar, stirring occasionally. Soften gelatin in the cold water. Add the boiling water and stir until gelatin is dissolved. Cool slightly, then add to the apricot mixture. Add lemon juice to the chilled milk, and whip until very stiff. Fold into the apricot mixture quickly but thoroughly. Turn mixture into a 9-inch gingersnap crumb shell (see above). Chill until set, about 2 hours. Makes 6 to 8 servings.
Ambrosia Cream

Mix gelatin and the sugar in large mixing bowl. Add the boiling water and stir until dissolved. Add orange rind and juices. Save about 2 tablespoons of the coconut for garnish, and stir remainder into the gelatin mixture. Chill mixture until it is of the consistency of unbeaten egg white. Then whip chilled milk very stiff and fold lightly but thoroughly into gelatin mixture. Put 2 orange segments in the bottom of each of 8 sherbet glasses. Pile gelatin mixture on top and garnish each serving with 2 more orange segments and a sprinkle of coconut (plain or toasted). Chill 2 hours before serving. Makes 8 generous servings.

To make Orange Chiffon Pie: Omit coconut. Turn mixture into a 9-inch chocolate crumb shell (page 4). Chill until set, about 2 to 3 hours. For Halloween, top of pie may be decorated with chocolate wafers which have been decorated with frosting to resemble faces. Makes 6 to 8 servings.

Danish Fruit Pudding

Soften gelatin in the cold water. Beat eggs slightly in top of double boiler. Add sugar and the 1/2 cup milk. Cook over hot (not boiling) water until thickened, stirring constantly. Add gelatin and stir until gelatin is dissolved. Remove from heat, add vanilla, and set aside to cool. When custard is slightly set, whip chilled milk very stiff. Fold whipped milk carefully into custard mixture. Rinse 6 small individual molds with cold water, then fill with pudding. Chill until set, about 3 hours. When ready to serve, unmold in serving dishes, and surround with sweetened fruit such as raspberries or strawberries. Makes 6 servings.

To make Egg Nog Pie: Turn mixture into a 9-inch chocolate crumb shell (page 4). Chill until set, about 2 to 3 hours. Decorate top with maraschino cherries and citron before serving, if desired. Makes 6 to 8 servings.
Lime Snow

1 envelope unflavored gelatin
1/4 cup cold water
1/2 cup sugar
1/4 teaspoon salt
1 cup boiling water
1 teaspoon grated lime rind
2 tablespoons lemon juice
2 egg whites
1/3 cup sugar

Soften gelatin in the cold water in large mixing bowl. Add the 1/2 cup sugar, salt and boiling water. Stir until sugar and gelatin are dissolved. Stir in rind and juices. Chill until gelatin begins to hold its shape, but is not stiff. Beat egg whites until they form moist peaks. Gradually beat in the 1/3 cup sugar. Add to gelatin and beat until well blended. Chill until set. When ready to serve, spoon into roomy serving dishes, and surround with custard sauce. Makes 6 servings.

To make Lemon Snow: Use 1/4 cup lemon juice only and 1 teaspoon grated lemon rind in place of lime rind and juices.

Custard Sauce

2 egg yolks
1 egg
1/2 cup sugar
1/4 teaspoon salt
2 cups evaporated milk
1 cup boiling water
1 teaspoon vanilla extract

Beat egg yolks and egg slightly in top of double boiler. Add sugar and salt. Beat well then add milk. Stir in boiling water. Cook over boiling water, stirring constantly, until mixture coats spoon, about 4 to 5 minutes. Do not overcook or sauce will curdle. Remove from heat and cool quickly by placing top of double boiler in cold water. Stir frequently until custard is cool. Add vanilla. Chill and serve over lime or lemon snow.

Lemon Chiffon Pie

1 envelope unflavored gelatin
2 tablespoons cold water
1 egg
1/2 cup sugar
1/2 teaspoon salt
1/2 cup evaporated milk
1/2 cup water
1/2 cup evaporated milk, chilled icy cold
1/3 cup lemon juice
1 tablespoon grated lemon rind
9-inch baked pastry shell or crumb shell

Soften gelatin in the cold water. Beat egg slightly in top of double boiler. Add sugar, salt, the 1/2 cup milk and the 1/2 cup water, and beat well. Cook over boiling water, stirring constantly, until mixture coats spoon, about 3 minutes. Remove from heat, add softened gelatin and stir until gelatin is dissolved. Turn into large mixing bowl and chill mixture until it is of the consistency of unbeaten egg white. Then add 1 tablespoon lemon juice to the chilled milk and whip until very stiff. Fold remaining lemon juice and rind into custard. Then fold in whipped milk lightly but thoroughly. Turn mixture into baked pastry or crumb shell (page 4). Chill until set, about 2 hours. Makes 6 to 8 servings.

To make Lime Chiffon Pie: Use 1/3 cup lime juice and 1 tablespoon grated lime rind in place of lemon juice and rind.
Lemon Charlotte

1 envelope unflavored gelatin
1/4 cup cold water
2 eggs
3/4 cup sugar
1/4 teaspoon salt
1 cup evaporated milk
1 cup boiling water
1/3 cup lemon juice
2 teaspoons grated lemon rind
1 cup evaporated milk, chilled icy cold
12 lady fingers, split

Soften gelatin in the 1/4 cup water. Beat eggs slightly in top of double boiler. Add sugar and salt, mixing thoroughly. Add the 1 cup milk, then the boiling water, and beat well. Cook over boiling water, stirring constantly, until the mixture coats a spoon, about 4 to 5 minutes. Remove from heat, add softened gelatin and stir until gelatin is dissolved. Pour mixture into large mixing bowl. Chill, stirring occasionally during chilling period to keep custard smooth. When the custard begins to thicken, add 2 tablespoons lemon juice to the chilled milk and whip until very stiff. Fold remaining lemon juice and rind into custard. Then fold in whipped milk lightly but thoroughly. Turn into a 2-quart mold that has been lined with lady fingers. Chill until set, from 4 to 6 hours. Makes 10 to 12 servings.

Apricot Charlotte

1 1/2 envelopes unflavored gelatin
1 can apricot nectar (1 1/2 cups)
2 eggs, separated
1/2 cup sugar
1/8 teaspoon salt
2/3 cup evaporated milk
3 tablespoons lemon juice
1 cup evaporated milk, chilled icy cold
Vanilla wafers or lady fingers

Soften gelatin in 1/2 cup of the apricot nectar. Beat egg yolks, sugar and salt thoroughly in top of double boiler. Gradually add the remaining cup of apricot nectar, then the 2/3 cup milk. Cook over boiling water until thickened, about 7 to 10 minutes, stirring constantly. Remove from heat, add softened gelatin and stir until gelatin is dissolved. Pour mixture into large mixing bowl. Chill until mixture is slightly thicker than unbeaten egg white, then add lemon juice. Beat egg whites until stiff but not dry, then fold into apricot mixture. Then whip the chilled milk very stiff and fold lightly but thoroughly into the apricot mixture. Spoon into a spring form pan that has been lined with vanilla wafers or lady fingers. Chill until set, about 2 to 3 hours. Makes 8 generous servings.
Orange Mallow Pie

1/2 pound marshmallows
1/2 cup evaporated milk
3 tablespoons lemon juice
plus orange juice to make
1/2 cup
1 teaspoon grated lemon rind
2 1/2 cup evaporated milk,
chilled icy cold

Place marshmallows and the 1/2 cup milk in top of double boiler. Heat over boiling water until marshmallows are melted. Stir to blend thoroughly. Remove from heat. As mixture cools, add the fruit juices and lemon rind. When cool and thick, whip the chilled milk very stiff. Add the cooled marshmallow mixture and mix quickly but thoroughly. Turn mixture into a 9-inch crumb shell (page 4). Chill until set, 1 to 1 1/2 hours, before serving. Makes 6 to 8 servings.

To make Pineapple Mallow Pie: Use 2 tablespoons lemon juice plus pineapple juice to make 1/2 cup in place of the lemon juice and orange juice mixture called for in the Orange Mallow Pie. Fold in 3/4 cup well drained crushed pineapple with the fruit juices and lemon rind. Proceed as above. Chill until set, 1 1/2 to 2 hours, before serving. Makes 6 to 8 servings.

To make Banana Mallow Pie: Use 1/4 cup lemon juice mixed with 1/4 cup water in place of the lemon juice and orange juice mixture called for in the Orange Mallow Pie. Add to the melted marshmallow mixture. Then slice 2 ripe medium-size bananas in quarters lengthwise, then cut in medium thin slices. Fold bananas into marshmallow mixture. Proceed as above. Chill until set, 2 to 3 hours, before serving. Garnish with sliced bananas, if desired. Makes 6 to 8 servings.

Coffee Chip Mallow Pie

1/2 pound marshmallows
1/2 cup evaporated milk
1/4 cup boiling water
1 tablespoon soluble coffee
1 square unsweetened chocolate
(1 ounce), grated
2 1/2 cup evaporated milk,
chilled icy cold

Place marshmallows and the 1/2 cup milk in top of double boiler. Heat over boiling water until marshmallows are melted. Stir to blend thoroughly. Remove from heat. Add water to coffee, and stir until coffee is completely dissolved. Add to marshmallow mixture. Cool. When the marshmallow mixture begins to stiffen, whip the chilled milk very stiff. Fold quickly but gently into the mixture, together with the chocolate (save a little of the chocolate to garnish top of pie). Turn mixture into a 9-inch crumb shell (page 4). Garnish top with chocolate. Chill until set, 2 to 3 hours, before serving. Makes 6 to 8 servings.