Frozen Foods

The Automatic Way
Do you know that you can prepare desserts, delicate in texture and pleasing in flavor, frozen but without the trouble of using an ice cream freezer?

No ice to crack—
No crank to turn!

Before you leave home for your afternoon golf, bridge, or shopping tour, start one of these recipes and place the mixture in your automatic refrigerator. When you return home you will find a delectable dessert all ready to serve.

Copyright, 1929
Evaporated Milk Association
Chicago
ONE of the first things that women discovered about Evaporated Milk was that when used in making candy it gave the smooth creamy consistency so much desired. Then they found it to have a similar effect in ice cream.

It is now a well-known fact that Evaporated Milk gives to all foods that contain it a creaminess not only of texture but also of flavor.

Evaporated Milk an Important Constituent

All frozen desserts must contain some texture-improving substances. The water in the mixtures would freeze in sheets if something was not present to prevent it. Evaporated Milk has the effect of causing the water to freeze in tiny crystals as soft and fine as snow.

A delicate buttery flavor is always found in foods containing Evaporated Milk. The fat or cream is evenly blended with all the other milk constituents and for this reason its flavor stands out.

An Ideal Hot Weather Dessert

Ice cream rich in cream or fat is not an appropriate summer food. During hot weather we do not need high calorie, fat-rich foods. They are heat producing.

We do need, however, all the time, those substances which we find in whole milk. These are the muscle and bone-building constituents. Desserts prepared from doubly concentrated whole milk contain them to a greater extent than do desserts made with cream.
ORANGE MOUSSE No. 1

34 cup Evaporated Milk, prepared 1 cup orange juice, reamed not for whipping
32 cup sugar

Chill milk in a bowl surrounded by chipped ice and salt. Add sugar to orange juice. Stir thoroughly. Place in refrigerator to chill and to finish dissolving sugar. Whip milk, add lemon juice and continue whipping until mixture is very stiff. Then add orange mixture slowly to whipped milk, cutting and folding lightly but thoroughly as mixture is added. Turn into cold freezing pan immediately and place in refrigerator. Time required for freezing 2 to 5 hours. Yield: 6 servings.

ORANGE MOUSSE No. 2

1 cup orange juice, reamed not strained (use Navels or Valencia)
32 cup sugar
2 egg yolks

Heat orange juice and sugar in double boiler to scalding point. Pour orange mixture over well-beaten egg yolks, stirring vigorously. Return to double boiler and cook 15 minutes, stirring occasionally to keep smooth. Cool, then chill thoroughly in refrigerator. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff; add lemon juice and orange extract. Fold orange-egg mixture into whipped milk lightly but thoroughly. Turn into cold freezing pan. Place in refrigerator immediately. From 3 to 8 hours required for freezing. Yield: 6 servings.
The Richness of Evaporated Milk

Evaporated Milk is just good whole milk with 60 per cent of the water removed. Compared with market milk, Evaporated Milk contains twice as much cream as well as twice as much of all the other milk constituents.

Here we find a richness in all the important constituents of whole milk—all the minerals, all the proteins, all the important vitamins. This is the kind of richness in foods that everybody should have—whole milk richness. The recipes in this booklet will produce "ice creams" that the children of the family can eat right along with everybody. These desserts contain lots of whole milk and are just as good for children as the milk they drink.

Besides, many of these recipes call for eggs and some contain fruit juices, all very important foods for children and grownups alike.

Evaporated Milk Whips Readily

It is a surprise to a good many people that Evaporated Milk will whip just as does cream. Indeed, it is because of this fact that it is possible to prepare the fine foods here described.

You will be pleased to know how easy it is to whip Evaporated Milk by following the directions given in this booklet. You will be well pleased also to discover what a saving there is in using Evaporated Milk for whipping purposes (one-fourth the cost of cream), and what fine flavored foods you can prepare in this way.
LEMON MOUSSE

\[ \frac{1}{2} \text{ cup sugar} \]
\[ \text{Pinch salt} \]
\[ 1 \text{ cup boiling water} \]
\[ 2 \text{ small eggs} \]

\[ \frac{1}{2} \text{ cup Evaporated Milk, prepared for whipping} \]
\[ 1 \frac{1}{2} \text{ tsp. grated lemon rind} \]
\[ 2 \frac{1}{2} \text{ tbsp. lemon juice} \]
\[ 1 \text{ tbsp. orange juice} \]

Put the sugar, salt and water in top part of double boiler and cook directly over the flame to \( \frac{1}{2} \) cup syrup (about 5 minutes). Pour hot syrup over well-beaten eggs, stirring vigorously. Return to double boiler and cook over hot water for 5 minutes, stirring continuously. Scrape down sides of pan and beat until mass is smooth. Cool. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon rind then lemon and orange juice. Combine milk and egg mixtures, cutting and folding to blend thoroughly. Turn into a cold freezing pan and place in refrigerator. Requires 3 to 8 hours to freeze. Yield: 6 servings.

LIME MOUSSE

\[ 1 \text{ cup water} \]
\[ \frac{1}{2} \text{ cup sugar} \]
\[ \text{Pinch of salt} \]
\[ 2 \text{ eggs} \]

\[ \frac{1}{4} \text{ cup Evaporated Milk, prepared for whipping} \]
\[ 5 \text{ tbsp. lime juice} \]
\[ \frac{3}{4} \text{ tsp. grated lime rind} \]

Boil water, sugar and salt together to \( \frac{1}{4} \) cup of syrup (about 5 minutes) in top part of double boiler. Pour hot syrup slowly over slightly beaten eggs, beating rapidly. Return mixture to double boiler and cook over water stirring constantly until mixture coats the spoon. Cool. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lime juice and rind and continue beating until very stiff. Fold cold egg mixture into the whipped milk. Pour into freezing tray. Requires 2 to 3 hours for freezing. Yield: 6 servings.
Some Important Information and Directions

*Principles of Frozen Desserts for the Automatic Refrigerator*

Fine texture in frozen desserts is largely the result of folding in a large amount of air in such a way that it is evenly distributed in tiny bubbles. These tiny bubbles separate the crystals formed in freezing and prevent their combining to form larger crystals which give a coarse texture. In the ordinary ice cream freezer the rapidly moving dasher whips in air. The stirring itself also tends to prevent the formation of large crystals. In the automatic refrigerator frequent stirring is laborious and inconvenient as the time required for freezing is longer than in the ordinary ice cream freezer. The most desirable recipes for use in the automatic refrigerator are therefore those which provide a means of incorporating air before the mixture is put into the freezing tray, thus making stirring during the freezing period unnecessary. In order to incorporate air and keep it in the mixture until freezing is complete, it is necessary to use some ingredient which will hold a large amount of air.

Evaporated Milk is an excellent material for this purpose, as it becomes stiff when whipped and triples in bulk. Hence, a large amount of air is incorporated and the result is a smooth, fluffy product.
**RECIPES**

**BUTTERSCOTCH MOUSSE**

- 3/4 cup light brown sugar
- 2 tbsp. butter
- 6 tbsp. water
- 1 egg (whole)
- 1 egg yolk
- Few grains salt
- 2 tbsp. Evaporated Milk
- 1 cup Evaporated Milk, prepared for whipping
- 1/2 tsp. lemon juice (scant measure)

Combine sugar, butter, and water in top part of double boiler. Heat directly over flame to the boiling point. Pour mixture over beaten eggs, stirring vigorously to keep smooth. Add salt and 2 tablespoons of Evaporated Milk. Return to pan and cook in double boiler 5 minutes, stirring continuously. Scrape down sides of pan and beat until smooth. Cool. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice. Dip a few spoonfuls of whipped milk into the cold butterscotch mixture and beat until smooth. Then add all of butterscotch mixture to whipped milk. Cut and fold lightly but thoroughly until well blended. Turn into cold freezing pan and place in refrigerator immediately. Requires 3 to 8 hours to freeze. Yield: 6 servings.

**CARAMEL MOUSSE**

- 1/4 cup water
- 5 tbsp. caramelized sugar, see method of caramelizing, p. 16
- 1 tbsp. butter
- 2 egg yolks
- Pinch salt
- 1 cup Evaporated Milk, prepared for whipping

Combine the water, caramelized sugar and butter and heat until dissolved, stirring occasionally. Pour mixture over well-beaten egg yolks, stirring vigorously. Cook in double boiler until thick, about 5 minutes, stirring continuously to keep smooth. Scrape down sides of pan and beat until smooth. Cool mixture. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Fold caramel mixture lightly but thoroughly into the milk. Pour immediately into cold freezing pan and place in freezing compartment. Requires 3 to 8 hours for freezing. Yield: 6 servings.
How to Whip Evaporated Milk

Preparing the Milk: Evaporated Milk may be prepared for whipping by three different methods. The method to be used should be determined by the purpose for which the whipped milk is intended.

If the milk must be very stiff and stand up for some time, as when used for garnishing desserts, the following method should be used: Pour the necessary quantity of Evaporated Milk into the top part of a double boiler and heat over boiling water to the scalding point. This will thicken the milk by evaporating some of the water from it. A scum or glaze will also collect on top, as well as a sediment in the bottom of the milk as it is heated. This scum and sediment should not be discarded as they will blend smoothly with the rest during whipping and will aid in stiffening the milk. When the milk has reached the scalding point it should be cooled quickly by setting the container in cold water. It is then ready to chill and whip as described below.

A stiff whip which will not stand up as long as the one prepared above, but which serves admirably for frozen desserts and salads, may be produced from milk which is prepared by heating the unopened can. Put the can into a sauce pan and cover with cold water. Boil five minutes, counting time after boiling actually begins. Remove from pan and chill quickly. Much of the heat may be removed by placing the can in a pan of cold water or under the faucet, allowing cold water to run over it. When the heat is out of the can, place in refrigerator until ready for use.
**CHOCOLATE MOUSSE**

1 square (1 oz.) bitter chocolate

¼ cup Evaporated Milk

¼ cup water

7 tbsp. sugar

2 egg yolks

Pinch salt

1 cup Evaporated Milk, prepared for whipping

½ tsp. vanilla

Melt chocolate over hot water. Put the ¼ cup of milk, water and sugar in top part of double boiler and heat over boiling water to scalding point. Pour milk mixture over well-beaten yolks, stirring vigorously to keep smooth. Add salt and return to double boiler. Cook 5 minutes stirring continuously to keep smooth. Add mixture gradually to melted chocolate, beating well until mass is thoroughly blended. Cool. Chill the other cup of milk in bowl surrounded by chipped ice and salt. Whip until stiff. Fold chocolate mixture into milk lightly but thoroughly. Add vanilla. Turn into cold freezing pan and place in refrigerator. Requires 3 to 8 hours to freeze. Yield: 6 servings.

**COCOA MOUSSE**

½ cup sugar

2 ⅔ tbsp cocoa

1 cup boiling water

1 small egg, beaten

2 tbsp. butter

1 tsp. gelatin

1 tbsp. cold water

1 cup and ¾ tbsp. Evaporated Milk, prepared for whipping

¾ tsp. vanilla

Blend sugar and cocoa in top part of double boiler. Add water and boil directly over flame 2 minutes. Pour cocoa mixture over beaten egg, stirring vigorously. Cook over boiling water 5 minutes, stirring continuously to keep smooth. Add butter, and gelatin soaked in the cold water. Cool. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add vanilla. Dip out 2 tablespoons of whipped milk and add to cocoa mixture. Mix lightly but thoroughly to form a softer mass. Then add cocoa mixture to rest of milk, cutting and folding until well blended. Turn into cold freezing pan and place in refrigerator. Requires 2 to 5 hours to freeze. Yield: 6 servings.
FROZEN FOODS—THE AUTOMATIC WAY

For making gelatin desserts, such as bavarians and russes, it is not necessary to heat the milk. Chilling the milk thoroughly, and whipping it just before it is folded into the gelatin mixture will produce the same results as if the milk were heated.

A number of cans may be boiled at one time and placed in the refrigerator until needed. This saves time and labor.

CHILLING AND WHIPPING: When ready to whip, pour the required amount which has previously been heated and cooled into an enamel bowl surrounded by chipped ice and coarse salt (ice cream salt). Sufficient ice for this purpose can be frozen in the freezing tray. When thoroughly chilled whip until stiff with a Dover beater. The time required for chilling depends upon the amount of milk and the fineness of the chipped ice. Three or four minutes should be ample time for chilling if the ice is chipped fine. The milk should not be allowed to freeze. It will freeze if it stands too long in a mixture of salt and ice. Should it accidentally freeze, let stand at room temperature until ice is just melted, then whip immediately in the usual way.

The milk may be chilled without ice by placing it in one of the freezing trays for a few minutes. (The other ingredients should likewise be chilled.) An earthenware bowl, in which to whip the milk, and a Dover egg beater should be placed in the refrigerator to chill at the same time. When ready to whip the milk, pour it into the chilled bowl which has been set in cold water and whip quickly with the chilled beater. Add the other ingredients immediately. One must work rapidly when using this method, else the milk will become warm and will not whip well.
CRANBERRY MOUSSE

2 3/4 cups raw cranberries, measured after sorting
1 1/2 cups cold water
1 1/4 cups sugar
1 cup Evaporated Milk, prepared for whipping
2 tsp. lemon juice
3/4 cup orange juice

Wash cranberries, add cold water and cook slowly until soft, about 15 minutes. Press through a potato ricer. There should be 1 1/2 cups of pulp. Add sugar and cook 10 minutes. There should be 1 1/4 cups of jelly. Cool, then chill in refrigerator. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon and orange juice and continue whipping until mass is very stiff. Cut and fold in the cold cranberry pulp lightly but thoroughly. Pour into cold freezing pan and place in refrigerator. Requires 3 to 8 hours to freeze. Yield: 6 servings.

DATE ORANGE MOUSSE

1/2 cup dates (4 oz. pitted dates)
1 cup water
3/4 cup orange juice
4 egg yolks
1/4 tsp. salt
1 cup Evaporated Milk, prepared for whipping
3/4 tsp. vanilla

Chop dates, add water and cook 10 minutes, stirring continuously. Press through a coarse sieve or a potato ricer. There should be 3/4 cup of pulp. Add orange juice, then pour over well-beaten egg yolks, stirring vigorously. Add salt. Cook over boiling water about 15 minutes, stirring occasionally. Cool in pan of cold water. Chill milk in a bowl surrounded by chipped ice and salt. Whip until stiff. Add 2 tablespoons whipped milk and the vanilla to date mixture and blend until smooth. Then fold lightly into whipped milk. Turn into cold freezing pan and place in refrigerator. Requires 3 to 8 hours for freezing. Yield: 6 servings.
Time for Freezing

These mixtures are planned for automatic refrigerators containing the usual food supplies of the medium-sized family. Freezing is slower where the food compartments are quite full, and rapid when nearly empty of food. A thin layer in the tray will freeze more quickly than if the tray is full. The process is more rapid when but one of the two freezing trays is used: A trayful of ice beneath the freezing material actually hastens the freezing.

The freezing time as given with each recipe is the range of time required in different types of automatic refrigerators without any special device for securing low temperature. In some refrigerators freezing proceeds more rapidly, than in others. A few trials will show the time required to freeze in your refrigerator.

Rapidly frozen products seem to have a finer texture than those which are frozen slowly.

Preparation of Maple Sugar

To most people, the flavor of maple sugar is very pleasing. In order that the flavor may be distinct and satisfying, this ingredient should be measured very carefully. Pure maple sugar comes in very hard cakes or bricks.

A most satisfactory way to obtain a homogeneous mass that can be accurately measured is to break the sugar into pieces about the size of an egg and put through a food chopper. Two or three pounds may be ground at one time. Keep tightly covered in screw-top jars until ready for use. 1 pound brick sugar yields: 1 1/3 cups packed firmly.
**GINGER MOUSSE**

- ⅓ cup sugar
- 1 tbsp. butter
- ⅔ cup water
- 2 egg yolks
- 1 tbsp. ginger syrup drained from jar of preserved Canton Ginger
- 3 tbsp. ground preserved Canton Ginger
- 1 cup Evaporated Milk, prepared for whipping
- ¾ tsp. lemon juice

Combine sugar, butter, and water. Heat to boiling point in top part of double boiler directly over the flame. Add mixture to beaten egg yolks, stirring vigorously to keep smooth. Return to top part of double boiler and cook over hot water 5 minutes, stirring continuously. Add ginger syrup and continue cooking another minute. Scrape down sides of pan and beat mixture until smooth. Add ground ginger to mixture, then cool. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice. Blend a few spoonfuls of the whipped milk with the egg mixture. Then fold the egg mixture lightly into the whipped milk with a wooden spoon. Turn into cold freezing pan and place in refrigerator. From 3 to 8 hours required for freezing. Yield: 6 servings.

**GRAPE MOUSSE**

- 1 ½ cups grape juice
- ½ cup sugar
- ½ cup water
- 1 cup Evaporated Milk, prepared for whipping
- ¾ cup lemon juice

Boil grape juice, sugar and water together until the mixture measures one cup. This requires about 10 minutes. Cool thoroughly. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice and beat until very stiff. Fold cold grape syrup into whipped milk. Pour into tray and freeze. Requires 2 to 5 hours for freezing. Yield: 6 servings.
Brown Sugar

When exposed to air for some time brown sugar often becomes hard and lumpy. Heating it in a warm oven will soften it so that the lumps may be crushed with a rolling pin. If it is not convenient to heat the sugar, it may be put through a food chopper.

To Prepare Caramelized Sugar

3 cups granulated sugar
1 cup water

Put sugar and water into an aluminum pan. Stir until sugar dissolves. (A thin pan is to be preferred because it loses heat so rapidly that the sugar does not continue caramelizing after the pan is removed from the fire.) Cover and boil rapidly until syrup becomes quite thick. Then remove cover and cook slowly until syrup acquires a characteristic amber color. Watch carefully at this stage because it is very easy to overheat and obtain a burnt taste and too brown a color. On the other hand, if the sugar is not caramelized sufficiently, the flavor will not be distinct enough. With a little experience one readily becomes skilled in judging the desired color. Pour caramelized sugar immediately into buttered pans in thin layers. Cool thoroughly. Break the brittle candy sheet into small pieces. Grind in a food chopper to a fine powder. Keep tightly covered in screw-top glass jars. It is an economy of time to prepare a quantity of this as it will keep indefinitely and can be used for various purposes. Yield: $\frac{3}{4}$ cups powdered caramel.
HONEY MOUSSE

\[ \frac{1}{2} \text{ cup pure strained honey} \]
\[ 2 \text{ eggs} \]
\[ \text{Pinch salt} \]
\[ 1 \text{ cup Evaporated Milk, prepared for whipping} \]

Heat honey in top of double boiler. Pour over slightly beaten eggs, beating rapidly. Return to double boiler and cook until the mixture coats the spoon. Cool. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff and fold in the honey-egg mixture, mixing lightly but thoroughly. Turn into freezing tray and place in refrigerator immediately. Time for freezing 2 to 5 hours. Yield: 6 servings.

MAPLE MOUSSE

\[ \frac{1}{2} \text{ cup maple sugar} \]
\[ 1 \text{ tbsp. butter} \]
\[ \frac{1}{2} \text{ cup water} \]
\[ 2 \text{ egg yolks} \]
\[ \text{Pinch salt} \]
\[ 1 \text{ cup Evaporated Milk, prepared for whipping} \]
\[ \frac{3}{4} \text{ tsp. vanilla} \]
\[ \frac{3}{4} \text{ tsp. lemon juice} \]

Grind sugar in food chopper. Measure carefully, packing fairly well. This amount weighs 2 1/2 oz. Combine sugar, butter and water and heat directly over flame in top part of double boiler until sugar dissolves. Pour mixture over well-beaten egg yolks, beating rapidly to keep smooth. Add salt. Cook over boiling water 5 minutes, stirring constantly with a wooden spoon. Remove from fire. Scrape down sides of pan and stir thoroughly to see that mass is smooth. It is very important to have a smooth consistency. Cool. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add vanilla and lemon juice. Fold a few spoonfuls of the whipped milk into the maple mixture and blend until smooth. Then add maple mixture to whipped milk. Cut and fold lightly but thoroughly with a wooden spoon. Turn into cold freezing pan and place immediately in refrigerator. Requires 3 to 8 hours to freeze. Yield: 6 servings.
Accurate Measuring Important

Mixtures prepared according to the directions in this booklet will freeze satisfactorily.

Many mixtures that freeze successfully in an ordinary freezer will not freeze in a household automatic refrigerator. Such refrigerators are not adjusted to obtain as low a temperature as results with a mixture of salt and ice, else all foods kept in the refrigerator would freeze. It is important therefore to prepare mixtures which will freeze at the temperature attained in the refrigerator. For this reason it is necessary to follow the recipes carefully and to measure accurately. An excess of sugar is especially disastrous, because very sweet mixtures require too low a temperature to freeze.

An excess of sugar may be caused in two ways. One way is through careless measuring such as slightly heaping the measure or by shaking down or packing the sugar too compactly. The other is by too much concentration of syrups or custard mixtures containing sugar. If a sugar syrup is to be boiled to ½ cup and it measures only ½ cup, it should have water added to make up the quantity to ½ cup. On the same principle custard mixtures that are to be cooked over boiling water for a stated time, say 5 minutes, should not be cooked any longer.

Standard cups and spoons were used in developing our recipes. All measurements must be made level. (See illustration.)
STRAWBERRY MOUSSE

1 qt. strawberries
3/4 cup sugar
1 tbsp. lemon juice
1 cup Evaporated Milk, prepared for whipping

Select sound well-ripened berries. This is important that desired flavor and color be obtained. Berries vary in flavor and sweetness according to season and locality in which they are grown. Wash, hull, drain, and mash. Press quickly through a coarse sieve or force through a potato ricer. There will be from 1 1/2 to 2 cups pulp and juice. If berries lack flavor, 2 cups of berry pulp will be required. If berries are sour, 1/4 cup more sugar will be needed. Add sugar to pulp and let stand in refrigerator 20 minutes to chill and to dissolve sugar. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice and whip until very stiff. Cut and fold strawberry mixture lightly but thoroughly into milk. Turn into cold freezing pan immediately and place in refrigerator. From 2 to 5 hours are required for freezing. Yield: 6 servings.

FRESH RASPBERRY MOUSSE

3/4 cup Evaporated Milk, prepared for whipping
1 qt. red raspberries
3/4 cup sugar
Few grains salt
1 tsp. lemon juice

Chill milk in bowl surrounded by chipped ice and salt. Wash berries rapidly in cold water and drain thoroughly. Add sugar and crush with a potato masher. Press through a fine sieve to remove seeds. There should be 1 1/2 cups of pulp and juice. Add salt and let stand in refrigerator to chill and dissolve sugar. Whip milk until stiff. Add lemon juice and whip until very stiff. Cut and fold raspberry mixture lightly but thoroughly into the whipped milk. Turn into a cold freezing pan immediately and place in refrigerator. About 4 hours required for freezing. Yield: 8 servings.
Characteristics of Mousses Frozen in the Automatic Refrigerator

The conditions of freezing in a household automatic refrigerator are similar to those of freezing the ordinary mousse. The principles of preparing mousse mixtures therefore have been used as a guide in working out these recipes.

It is essential that the whipped milk be very stiff and that all other ingredients be very cold when they are added. When the mixture is ready to freeze, it should be stiff enough to hold the imprint of the spoon. The mixture should not be stirred during freezing. Such stirring injures the texture by working out air bubbles. This labor saving feature will appeal to the woman who wants her afternoons free.

Frozen desserts prepared by these recipes should have the typical mousse texture and appearance. When one dips into a portion with a spoon the cut edge gives a sponge like appearance. Long, thin, flaky crystals of ice are seen reaching from top to bottom, but these are surprisingly delicate and are scarcely perceptible on the tongue.

Freezing in Paper Cups

For special occasions any mixture prepared according to the recipes in this book may be frozen in the ordinary paper baking or nut cup. Shallow cups the right size should be chosen because the mixture will freeze more rapidly than in larger ones. Fit cups into freezing tray and pour in the mousse or salad mixture to the rim. Attractive decorations to surround the cup may be made from crepe paper.
THREE IN ONE FRAPPE

1 cup Evaporated Milk, prepared for whipping

1/2 cup grapefruit juice
1/2 cup orange juice

5/8 cup sugar
Few grains salt

1/4 cup lemon juice
1/4 tsp. lemon extract

Chill milk in bowl surrounded by chipped ice and salt. Combine grapefruit and orange juice, add sugar and salt and stir thoroughly. Let stand in refrigerator 20 minutes to chill and to dissolve sugar. Whip milk until stiff, add lemon juice and extract and continue whipping until mixture is very stiff. Add sugar-juice mixture, folding in lightly but thoroughly. Turn into cold freezing pan and place in refrigerator immediately. From 2 to 5 hours are required for freezing. Yield: 6 servings.

APRICOT (Canned) MOUSSE

FIRST PART

Juice from 1 No. 2 1/2 can apricots
3/4 cup sugar
2 egg whites

SECOND PART

Pulp from 1 No. 2 1/2 can apricots
3/4 cup Evaporated Milk, prepared for whipping
4 tbsp. lemon juice

First Portion:—Drain juice from apricots. There are 1 3/8 to 1 5/8 cups juice. Boil juice and sugar until only 3/4 cup syrup remains. While boiling hot, pour syrup over the stiffly beaten whites of eggs, beating continuously. Cool.

Second Portion:—Press drained apricots through a coarse sieve or potato ricer. There should be at least 1 3/8 cups of pulp. Place in refrigerator to chill for about 20 minutes. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff, then add lemon juice and continue whipping until mixture becomes very stiff. Add apricot pulp, cutting and folding lightly but thoroughly.

Combine first portion (syrup-egg white mixture) with second (milk-pulp mixture) folding together lightly. Turn into cold freezing pan and place immediately in refrigerator. Requires 3 to 8 hours to freeze. Yield: 8 servings.
FROZEN FOODS—THE AUTOMATIC WAY

APRICOT (Dried) MOUSSE

1 cup dried apricots
1 cup hot water
3/4 cup sugar
3/4 cup water
2 egg whites

1/2 cup Evaporated Milk, prepared for whipping
1 tbsp. lemon juice

Wash apricots very quickly in cold water. Pour hot water over washed apricots and allow to soak 2 hours. Cook in same water in which fruit is soaked for 5 minutes, then press through potato ricer. There should be 1 cup of pulp and syrup. Cool, then chill for about 15 minutes in the refrigerator.

Boil sugar and water together until mixture threads. Pour hot syrup over stiffly beaten egg whites and beat with a Dover egg beater until smooth. Chill in refrigerator 10 to 15 minutes.

In the meantime, chill milk in bowl surrounded by chipped ice and salt. Whip until stiff, add lemon juice and continue whipping until mixture becomes very stiff. Combine apricot pulp with whipped milk, folding together lightly. Then add egg white-syrup mixture, cutting and folding lightly but thoroughly. Turn into cold freezing pan and place in refrigerator. Requires 3 to 8 hours to freeze. Yield: 6 large servings.

PEACH MOUSSE

1 1/2 cups finely chopped peaches
3/4 cup sugar

3/4 cup Evaporated Milk, prepared for whipping
Scant 3/4 tsp. vanilla

Select ripe, fine flavored peaches. Free-stone peaches are preferred. Peel, seed and chop pulp fine. Add sugar to pulp. (Very sweet peaches require less sugar and sour ones require more.) Stir until well blended. Let stand in refrigerator 1/2 hour. Strain through a coarse sieve or force through potato ricer. (Almost all of the peaches should pass through the sieve.) Have milk chilled in a bowl surrounded by chipped ice and salt. Whip until stiff. Fold cold peach puree lightly into milk. Add vanilla and turn into cold freezing pan. From 2 to 4 hours are required for freezing. Yield: 5 servings.
PIEAPPLE MOUSSE

\[ \frac{3}{4} \text{ cup Evaporated Milk, prepared} \]
\[ 1 \text{ cup crushed pineapple (9 oz. can)} \]
\[ 6 \text{ tbsp. sugar} \]
\[ 1 \text{ tbsp. lemon juice} \]

Chill milk in a bowl surrounded by chipped ice and salt. Add sugar to pineapple and stir thoroughly. Some brands of pineapple require another tablespoon of sugar. Place in refrigerator to chill and dissolve the sugar. Whip milk until stiff, add lemon juice and continue whipping until very stiff. Add pineapple mixture to whipped milk, folding in carefully. Turn into cold freezing pan and place in refrigerator immediately. Requires from 6 to 8 hours for freezing. Yield: 6 servings.

PRUNE MOUSSE

\[ 2 \text{ cups raw prunes} \]
\[ 2 \text{ cups cold water} \]
\[ \frac{3}{4} \text{ cup orange juice} \]
\[ 2 \text{ tbsp. lemon juice} \]
\[ 2 \text{ tbsp. sugar} \]
\[ 1 \text{ cup Evaporated Milk, prepared for whipping} \]

Wash prunes quickly in cold water. Cover with 2 cups of water and soak several hours. Cook slowly for about 20 minutes in water in which prunes were soaked. Drain off juice. There should be \( \frac{1}{2} \) cup. If not, make up with water. Cool prunes and pit. Keep prunes whole. This will prevent the outside skin from coming through the ricer. Press only about \( \frac{3}{4} \) the prunes at a time, using a potato ricer to press out pulp. There should be 1 cup of prune pulp. Add rest of ingredients and stir thoroughly to dissolve sugar. Chill about 20 minutes in refrigerator. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Fold prune mixture lightly but thoroughly into the whipped milk. Turn immediately into cold freezing pan and place in refrigerator. Requires 3 to 8 hours to freeze. Yield: 8 medium or 6 large servings.
LOGANBERRY PARFAIT

1 cup bottled concentrated loganberry juice  
¾ cup sugar

1 cup Evaporated Milk, prepared for whipping  
2 tbsp. lemon juice

Boil loganberry juice and sugar to ¾ cup syrup. Cool, then chill. Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice and continue whipping until mixture is very stiff. Add the cold loganberry syrup, folding together lightly but thoroughly. Turn into cold freezing pan and place in refrigerator immediately. Requires 3 to 8 hours for freezing. Yield: 6 servings.

BANANA CREAM

¾ cup Evaporated Milk, prepared for whipping  
3 well-ripened bananas (deep yellow, well flecked with brown spots)

¼ cup orange juice  
½ cup sugar  
Few grains salt

Chill milk in a bowl surrounded by chipped ice and salt. Peel bananas and remove outside fibrous layer by scraping off with back of a knife. Mash bananas with a wooden spoon, then force quickly through a potato ricer. If ricer is not available, use coarse strainer. It is essential that this be done quickly to prevent bananas from discoloring. There should be 1 cup of pulp. Add orange juice, sugar and salt to pulp. Stir thoroughly to dissolve sugar and salt. Then chill in ice box 10 to 15 minutes. Whip milk until stiff. With a wooden spoon, fold banana mixture lightly but thoroughly into whipped milk until well blended. Turn immediately into cold freezing pan and place in refrigerator. Requires 3 to 8 hours to freeze. Yield: 6 servings.
RECIPEs

**Sauces for Frozen Desserts**

**CHOCOLATE SAUCE**

- 3 squares bitter chocolate
- 3/4 cup water
- 1 cup sugar
- 1/2 cup white corn syrup
- 1 tsp. vanilla

Melt chocolate over hot water. Add water slowly, stirring until smooth. Add sugar and syrup. Boil to 234° F. (very soft ball when tested in cold water). Remove from fire, add milk and vanilla. Yield: 2 1/2 cups; 15 servings.

**MAPLE PECAN SAUCE**

- 2 tbsp. butter
- 3/4 cup sugar
- 3/4 cup water
- 3 tbsp. corn syrup
- 1/4 cup Evaporated Milk
- 3/4 tsp. mapleine
- 1/2 cup pecans, chopped

Melt butter, add sugar, water and syrup and boil to 232° F. (Scarcely soft ball when tested in cold water.) Remove from fire, add milk slowly, then flavoring and nuts. Yield: 1 cup sauce; 6 servings.

**BUTTERSCOTCH SAUCE**

- 1 1/2 cups brown sugar
- 3/8 cup corn syrup
- 3/8 cup water
- 3/8 cup butter
- 3/8 cup Evaporated Milk

Boil sugar, syrup, water and butter to a thick syrup (236°F.). Cool and beat in the Evaporated Milk. Yield: 10 servings.
**COOKED MAYONNAISE DRESSING**

- 2 tbsp. butter
- 4 tbsp. flour
- ½ cup Evaporated Milk
- ½ cup water
- 1 tbsp. sugar
- 1½ tsp. salt
- ½ tsp. mustard
- Dash cayenne
- ¼ tsp. paprika
- White pepper
- 2 egg yolks
- 1 cup salad oil
- 2 tbsp. lemon juice
- 1 tbsp. vinegar

Prepare a white sauce of the butter, flour, Evaporated Milk and water. Put the dry ingredients into the mixing bowl. Add egg yolks and mix until well blended. Then add salad oil and hot white sauce and beat with a Dover beater until thick and smooth. Last, add lemon juice and vinegar and beat well. One whole egg may be used in place of two yolks. Yield: 2 cups.

**COOKED SALAD DRESSING**

- 1 tsp. salt
- 1 tsp. mustard
- Dash cayenne
- 2 tbsp. flour
- 2 tbsp. sugar
- 2 egg yolks, beaten
- 2 tbsp. butter
- ½ cup Evaporated Milk diluted with
- ½ cup boiling water
- ¼ cup vinegar

Mix dry ingredients in top of double boiler. Add egg yolks, then butter and diluted milk gradually, stirring constantly to keep smooth. Cook over hot water 15 minutes. Remove from fire. Cool and add vinegar. Yield: 1½ cups.
**FROZEN CHEESE SALAD**

\[
\begin{align*}
\frac{1}{2} \text{ cup Evaporated Milk, prepared for whipping} & \quad \frac{3}{4} \text{ cup mayonnaise (recipe p. 26)} \\
2 \text{ tbsp. lemon juice} & \quad \frac{1}{2} \text{ cup chopped dates} \\
3 \text{ oz. cream cheese (1 small pkg.)} & \quad \frac{1}{2} \text{ cup crushed, drained pineapple}
\end{align*}
\]

Chill milk in a bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice and fold in. Mash cheese and add mayonnaise. A combination of mayonnaise and cooked salad dressing (recipes in this booklet) gives a most excellent flavor. Blend until soft and smooth. Fold into whipped milk. Add fruit and mix lightly but thoroughly. Turn into cold freezing pan and place in refrigerator. About 3 hours are required for freezing. This salad should not remain in refrigerator long enough for ice crystals to form. Serve on crisp lettuce leaves without salad dressing. Yield: 6 servings.

**FROZEN FRUIT SALAD**

\[
\begin{align*}
\frac{1}{2} \text{ cup Evaporated Milk, prepared for whipping} & \quad \frac{1}{2} \text{ cup crushed, drained pineapple} \\
1 \text{ tbsp. lemon juice} & \quad \frac{3}{4} \text{ cup stoned white cherries} \\
\frac{1}{2} \text{ cup cooked mayonnaise} & \quad \frac{3}{4} \text{ cup chopped canned apricots} \\
3 \text{ tbsp. chopped pecans} & \quad 1 \text{ small orange, cut in small pieces} \\
& \quad 1 \text{ small banana, sliced}
\end{align*}
\]

Chill milk in bowl surrounded by chipped ice and salt. Whip until stiff. Add lemon juice and continue whipping until mixture is very stiff. Cut and fold in the mayonnaise lightly but thoroughly. Add nuts and fruits, cutting and folding until just thoroughly distributed. Turn into cold freezing pan and place in refrigerator immediately. From 2 to 5 hours are required for freezing. Cut in squares or rectangles and serve on crisp lettuce leaves with or without salad dressing. Yield: 5 servings.
Freezing

with SALT AND ICE

If you happen not to be so fortunate as to own an automatic refrigerator, you can still prepare these excellent foods by sealing in a mold and burying in an ice-salt mixture.

Fancy shaped molds are often used. A tin can, however, makes an excellent mold. Select a baking powder or coffee can, depending upon size needed. A one pound coffee can is large enough to hold any mixture prepared by recipes in this booklet. Wash, scald and air the can thoroughly. Pour any mousse or salad mixture into cans to within 1/2 inch of the top. Put on lid being sure that it fits snugly. Dip a strip of white muslin (not coarse cheese cloth) into melted butter or crisco and wrap firmly around the can twice, covering well the edge of the lid. (See illustration.) When cold, the fat hardens forming a seal to prevent salt water entering. Bury in a 1:3 salt-ice mixture and let stand 3 or 4 hours. The use of a wooden pail for packing will prevent rapid melting of ice. If a metal pail is the only kind available, it should be wrapped and covered with several layers of newspaper. When ready to serve dip mold quickly into warm water and shake out carefully onto a chilled plate. Slice for serving.

Serve all Frozen Desserts or Salads on Thoroughly Chilled Plates or Dishes to Prevent Rapid Melting.
Other Uses for EVAPORATED MILK

If you are not one of the hundreds of thousands of women who are regular users of Evaporated Milk, you will here learn of only one of its many uses and will want to have us send you other recipe booklets.

Evaporated Milk gives to all kinds of foods a smoothness in consistency and fineness of flavor which no other form of milk will give. Then it has the advantages of economy, convenience and perfect safety.

For Baby Too

Specialists in infant feeding have discovered that the easy digestibility of Evaporated Milk, its safety and uniformity, make it the most nearly ideal form of milk for preparing baby's bottle.

On application we will send you and your physician detailed information about these discoveries and about the use of Evaporated Milk for infant feeding.
# INDEX

## FROZEN DESSERTS

<table>
<thead>
<tr>
<th>Dessert</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricot (canned) Mousse</td>
<td>21</td>
</tr>
<tr>
<td>Apricot (dried) Mousse</td>
<td>22</td>
</tr>
<tr>
<td>Banana Cream</td>
<td>24</td>
</tr>
<tr>
<td>Butterscotch Mousse</td>
<td>9</td>
</tr>
<tr>
<td>Caramel Mousse</td>
<td>8</td>
</tr>
<tr>
<td>Chocolate Mousse</td>
<td>11</td>
</tr>
<tr>
<td>Cocoa Mousse</td>
<td>11</td>
</tr>
<tr>
<td>Cranberry Mousse</td>
<td>13</td>
</tr>
<tr>
<td>Date Orange Mousse</td>
<td>13</td>
</tr>
<tr>
<td>Ginger Mousse</td>
<td>15</td>
</tr>
<tr>
<td>Grape Mousse</td>
<td>15</td>
</tr>
<tr>
<td>Honey Mousse</td>
<td>17</td>
</tr>
<tr>
<td>Lemon Mousse</td>
<td>7</td>
</tr>
<tr>
<td>Lime Mousse</td>
<td>7</td>
</tr>
<tr>
<td>Loganberry Parfait</td>
<td>24</td>
</tr>
<tr>
<td>Maple Mousse</td>
<td>17</td>
</tr>
<tr>
<td>Orange Mousse No. 1</td>
<td>5</td>
</tr>
<tr>
<td>Orange Mousse No. 2</td>
<td>5</td>
</tr>
<tr>
<td>Peach Mousse</td>
<td>22</td>
</tr>
<tr>
<td>Pineapple Mousse</td>
<td>23</td>
</tr>
<tr>
<td>Prune Mousse</td>
<td>23</td>
</tr>
<tr>
<td>Fresh Raspberry Mousse</td>
<td>19</td>
</tr>
<tr>
<td>Strawberry Mousse</td>
<td>19</td>
</tr>
<tr>
<td>Three in One Frappe</td>
<td>21</td>
</tr>
</tbody>
</table>

## SAUCES

<table>
<thead>
<tr>
<th>Sauce</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butterscotch Sauce</td>
<td>25</td>
</tr>
<tr>
<td>Chocolate Sauce</td>
<td>25</td>
</tr>
<tr>
<td>Maple Pecan Sauce</td>
<td>25</td>
</tr>
</tbody>
</table>

## SALADS AND SALAD DRESSINGS

<table>
<thead>
<tr>
<th>Salad</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Cheese Salad</td>
<td>27</td>
</tr>
<tr>
<td>Frozen Fruit Salad</td>
<td>27</td>
</tr>
<tr>
<td>Cooked Mayonnaise Dressing</td>
<td>26</td>
</tr>
<tr>
<td>Cooked Salad Dressing</td>
<td>26</td>
</tr>
</tbody>
</table>

## GENERAL INSTRUCTIONS

<table>
<thead>
<tr>
<th>Instruction</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Automatic Refrigerator Desserts, Their Characteristics</td>
<td>20</td>
</tr>
<tr>
<td>Brown Sugar, How to Prepare</td>
<td>16</td>
</tr>
<tr>
<td>Caramelized Sugar, How to Prepare</td>
<td>16</td>
</tr>
<tr>
<td>Maple Sugar, How to Prepare</td>
<td>14</td>
</tr>
<tr>
<td>Measuring Must Be Accurate</td>
<td>18</td>
</tr>
<tr>
<td>Principles of Frozen Desserts</td>
<td>8</td>
</tr>
<tr>
<td>Time for Freezing</td>
<td>14</td>
</tr>
<tr>
<td>Freezing in Paper Cups</td>
<td>20</td>
</tr>
<tr>
<td>Whipping Evaporated Milk</td>
<td>10</td>
</tr>
</tbody>
</table>
Every day three and a half million pounds of Evaporated Milk are used in our country. This is some indication of the important place this form of milk is taking in supplying milk nutrition in millions of homes.

For information, booklets and posters of interest to the nutrition specialist, teacher, physician, housewife, young mother, welfare worker, hospital superintendent, candy maker, baker, summer camp director, manager of hotel, restaurant or cafeteria,

Write to the
Evaporated Milk Association
231 S. LaSalle Street
Chicago, Illinois