"DOLLY MADISON'S SURPRISE"

Ice Frozen Desserts
ERNEST HAMLIN BAKER'S painting, "The Surprise," is reproduced on the cover. Created for the Dairy Industries Exposition of 1931, and used with the special permission of the Dairy and Ice Cream Machinery and Supplies Association, Inc., Mr. Baker's work depicts the social introduction to this country of the "Queen of Desserts."

Dolly Madison, charming wife of the Fourth President of the United States, First Lady of the Land, 1809–1817, from her spacious kitchen at Fairmount Park, Pennsylvania, and at the White House, served her guests tempting frozen desserts. It was she who popularized ice cream as a food and as a delicacy—who gave it the stamp of social approval which it has since increasingly enjoyed.
ICE-FROZEN DESSERTS
Ice Creams Sherbets and Frozen Custards

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EVAPORATED MILK ASSOCIATION
CHICAGO
FROZEN SANDWICH
CHOCOLATE AND VANILLA ICE CREAMS
AND FROZEN PEANUT CREAM
ICE-FROZEN DESSERTS

Ice-Frozen Desserts

DELICIOUS ice creams can be made right in your own kitchen, easily and economically. With Evaporated Milk, frozen desserts have tucked into them a large portion of the milk everybody needs daily. Here is a food so good for the family, they can have it no matter how many times they come back for more. Ice cream once was served almost only on social occasions. You can make it as often as you like, with as little effort as other parts of the meal require, by following the recipes and directions in this book.

Superior Results with Real Ice

Stirred ice creams, frozen with cracked ice and salt, have no peer. They have a smooth texture which means that in the freezing, fine, snow-like particles have formed. One reason for this is the beating into the mixture of tiny air bubbles by the paddle of the freezer. The increase in bulk is also explained by the whipping in of air.

Evaporated Milk for Fine Texture

The minute fat globules in Evaporated Milk act just as do the tiny air bubbles, in separating the ice crystals formed in the mix, making them imperceptible. Commercial ice cream manufacturers put the mixture that they are to freeze, through an homogenizer—a machine that finely subdivides the fat. Homogenization is important for "velvety" texture. Evaporated Milk is homogenized before it is sealed in the tin. For this reason, and because it has such a smooth, creamy consistency, it is especially well adapted for the making of ice creams.
Directions

Equipment

A THREE QUART capacity hand freezer will probably be the most useful in the majority of homes. One quart of ice cream serves from six to eight persons.

Most people like the fun of doing the turning by hand, but if mechanical assistance is desired, there are excellent electrical turning devices on the market. Convenient “vacuum freezers” are also available, using ice and salt, but requiring no turning. Ice creams made in these are very satisfactory.

Ice and Salt

For a three quart freezer, fifteen pounds of finely cracked ice is adequate for both freezing and packing. Rock salt will be needed in proportions of one part salt to eight parts ice by volume (not weight). Too much salt causes the ice to melt, and the mix to freeze, too quickly.

Directions for preparing “vacuum freezer” salt-ice mixtures are supplied with the device.

Freezing the Mix

Scald the ice cream container, paddle and lid. Look for leakage. Insert paddle in place in can and put on lid. Place assembled container in bucket. Attach turning mechanism and try working order.

Pour mix into can, filling it not more than three-fourths full to allow for expansion. Be sure lid is secure. Attach turning device. Pack eight parts ice tightly around container, add one part salt and repeat process until can is well covered.

Turn slowly, gradually increasing speed as mixture freezes. When crank can no longer be turned, disengage turning mechanism, and wipe lid clean before removing it.
VANILLA ICE CREAM. Recipe on next page

Packing the Mix

Raise paddle carefully to avoid moving can. Scrape adhering mixture from paddle. Press down well. Cover with waxed paper, replacing lid. A tight fitting cork may be used in the hole of the lid, so that no salt water can get into the cream. Drain water from bucket, repack tightly with ice and salt, using four parts ice to one part salt. Cover with sack or newspaper, and keep in cool place until ready to serve.
Vanilla Ice Cream

Sweet cream butter is preferred because of the superior color and flavor. Scald 1 cup milk over boiling water. Add butter, sugar and salt and stir until butter is melted and sugar dissolved. Add remaining 1 cup milk, water and vanilla. Cool. Freeze with 1:8 salt-ice mixture. Yield: 1 quart.

Caramel Ice Cream

Use Vanilla Ice Cream recipe. Caramelize half of the sugar. Add water slowly to caramelized sugar and cook until dissolved. Decrease vanilla to 1 teaspoon.

Chocolate Ice Cream

Melt 2 ounces finely chopped bitter chocolate in the butter-milk-sugar mixture for Vanilla Ice Cream. If any flecks of chocolate remain, beat with a rotary beater until smooth.

Banana Cream

Choose ripe bananas. Remove peelings and outside fibrous portion. Press bananas through a coarse sieve. There should be 2 cups pulp. Add milk and stir until well blended. Cool. Freeze with 1:8 salt-ice mixture. Yield: 1 quart.

The homogenization of the fat in Evaporated Milk makes it easier to digest.
Evaporated Milk

Highest Quality Cow's Milk

Evaporating plants are located in the finest of dairying areas where herds are under the supervision of government and plant inspectors. Farmers take every precaution in milking, cool the milk quickly, and deliver it promptly to the plants.

Evaporated, Homogenized, Sealed, Sterilized

At the plants, more than one-half of the water is evaporated from the pure, rich, cow's milk. This is done in vacuum, thus preventing destruction of certain vitamins, which would occur if the milk were boiled in an open vessel. After evaporation, the milk is homogenized. That is, the fat globules are broken up into very much smaller particles. For this reason, the cream remains evenly suspended in the milk and never rises to the top.

Homogenization is followed by hermetically sealing the milk in tins. The sealed tins are next sterilized by heat, to make sure that no harmful germs could be present. Sterilization affects the casein (curd forming substance) so that Evaporated Milk curds formed in the stomach are soft and easily digested.

Whole Milk with All Whole Milk Constituents

Nothing is added. Evaporated Milk contains, doubly concentrated, all the important nutritive elements—minerals, vitamins, proteins, fats and carbohydrates—that were present in the original milk. Evaporated Milk is safe and dependable for infants, children, and adults.
Frozen Peanut Cream
Illustrated above

**Black Walnut Cream**

Mix sugar, flour and salt, then add 2 cups milk. Cook 10 minutes over boiling water, stirring occasionally. Pour over well beaten eggs, beating vigorously. Cook 5 minutes longer over boiling water, stirring constantly. Add remainder of milk. Cool, add flavoring and nuts. Freeze with 1:8 salt-ice mixture. Yield: 1 1/2 quarts.

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**Maple Nut Cream**

Boil sugar and water to 1 cup syrup. Pour over well beaten egg, stirring vigorously to keep smooth. Add butter and salt and cook 3 minutes over boiling water, stirring continuously. Remove from fire, add milk and nuts. Chill. Freeze with 1:8 salt-ice mixture. Yield: 1 1/2 pints.

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**Pistachio Cream**

Scald 1/2 cup milk and water and add sugar and salt to dissolve. Cool, add remainder of milk, nuts and flavoring. Freeze with 1:8 salt-ice mixture. Yield: 1 scant quart.

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*Ice used in the freezing mixture should be finely cracked. For cracking, a heavy sack and a wooden mallet are very useful.*
**Orange Pekoe Cream**

Bring water to boil. Pour over tea, cloves, sugar and salt and let steep 3 minutes. Strain and pour into well beaten egg yolks slowly, stirring vigorously. Cook 2 minutes over boiling water, stirring constantly. Cool, then add fruit juice, rind and milk. Freeze with 1:8 salt-ice mixture. Yield: 2 quarts.

**Orange Ginger Cream**

Scald $\frac{2}{3}$ cup milk with the water. Add sugar to beaten eggs, then pour in the hot milk slowly, stirring well to keep smooth. Cook 5 minutes over boiling water, continuing stirring. Cool. Add remaining cup of milk, orange juice and ginger, chopped fine. Freeze with 1:8 salt-ice mixture. Yield: $\frac{1}{4}$ quarts.

**Frozen Pudding**

Pick over currants and wash well in warm water. Drain and mix with the cherries. Add sugar, lemon juice and salt and let stand in a cold place 20 minutes, stirring occasionally to dissolve the sugar. Add the milk and nuts. Freeze with 1:8 salt-ice mixture. Yield: 1 quart.

Researches show Evaporated Milk is an excellent source of calcium and phosphorus, and is well supplied with the important milk vitamins.
Brown, Maple and Caramelized Sugars

Brown Sugar

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

Caramelized Sugar

3 cups granulated sugar 1 cup water

Put sugar and water into a thin aluminum pan. Stir until sugar dissolves. Cover and boil rapidly until syrup becomes quite thick. Remove cover and cook slowly until syrup acquires a characteristic amber color. Watch carefully. It is easy to overheat and burn. Pour into buttered pans in thin layers. Cool. Break brittle caramel into pieces.

Grind in food chopper to fine powder. Keep in screw top glass jars. It will keep indefinitely. Yield: 3 1/4 cups powdered caramel.

Maple Sugar

Pure maple sugar comes in hard cakes. As careful measurement is necessary to achieve the distinct and satisfying flavor of this ingredient, the sugar must be put into a form that makes accurate measurement possible. To do this, break sugar into egg sized pieces, and put through food chopper. Two or three pounds may be ground at one time. Keep tightly covered in screw top jars. One pound brick sugar yields 1 1/3 cups, packed firmly.
**Mint Stick Sherbet**

Crush candy fine. Add water, milk and salt, and heat in double boiler until candy is dissolved. Pour over slightly beaten eggs, beating constantly. Cook 5 minutes longer over boiling water, stirring well. Cool. Freeze with 1:8 salt-ice mixture. Yield: 1½ quarts.

**Cocoa Milk Sherbet**

Mix sugar, cocoa, flour and salt. Add water and boil 3 minutes, stirring constantly. Pour over well beaten egg slowly. Cook over boiling water 2 minutes, continuing stirring. Cool, then add vanilla and milk. Freeze with 1:8 salt-ice mixture. Yield: 1 quart.

Excellent served in combination with Orange Milk Sherbet.

**Banana Milk Sherbet**

Select full ripe bananas, well flecked with brown spots. Remove peelings and outside fibrous portion. Mash bananas or press through a coarse sieve. There should be 2 cups pulp. Combine ingredients in order given. Let stand 20 minutes in a cold place, stirring occasionally to dissolve sugar. Freeze with 1:8 salt-ice mixture. Yield: 1½ quarts. If 1 tbsp. lemon juice is added to ingredients given above, and the orange juice is increased to 1 cup, and the sugar to 1½ cups, another very good sherbet results.
Peach Milk Sherbet

Select ripe, fine flavored peaches. Add sugar, salt and water to peaches, then the milk and vanilla. Stir until well blended. Let stand in a cold place 20 minutes, stirring occasionally to dissolve sugar. Freeze with 1:8 salt-ice mixture. Yield: 1 quart.

1 1/2 cups peaches, mashed fine
1 cup sugar
Pinch of salt
3/4 cup water
1 1/4 cups Evaporated Milk
1/4 tsp. vanilla
**Apricot Milk Sherbet**

Wash apricots to remove all grit. Soak in the 2 cups water several hours. Cook 5 minutes in the water in which they have been soaked. Add sugar and salt and cook 5 minutes longer. Cool and rub through a sieve. There should be 2 cups of pulp and syrup. If not, add water. Cool. Add lemon juice and combine with milk. Freeze with 1:8 salt-ice mixture. Yield: 1 1/3 quarts.

**Three in One Sherbet**

PRESS apricots through a coarse sieve. There should be 3 cups pulp and syrup. Add orange and lemon juice. Boil sugar and water together 2 minutes. Add to fruit juice. Cool. Freeze with 1:8 salt-ice mixture to a mush, then add the stiffly beaten egg whites and milk and finish freezing. Yield: 3 1/2 quarts.

**Strawberry Milk Sherbet**

SELECT well ripened, perfect berries. Pick and wash thoroughly. Crush berries with wire potato masher. Press juice and pulp through a coarse sieve. There should be 2 cups. Add sugar, salt and lemon juice and set in refrigerator to cool, stirring occasionally to dissolve the sugar. Pour milk into ice cream can. Chill thoroughly, then add the cold strawberry mixture. Freeze with 1:8 salt-ice mixture. Yield: 1 1/2 quarts.
**Orange Milk Sherbet**

CHILL milk in ice cream can. Boil sugar, salt and water about 5 minutes. There should be 2 cups of syrup. Add orange and lemon juice and chill. Pour orange mixture slowly into cold milk. Freeze with 1:8 salt-ice mixture. Yield: 1½ quarts.

If a mild flavored sherbet is desired, increase Evaporated Milk to 2 cups.

**Prune Milk Sherbet**

WASH prunes to remove all grit. Soak in the 2 cups cold water several hours. Cook prunes in water in which they have been soaked 2 minutes. Add sugar and cook 2 minutes longer. Cool. Pit and rub through a sieve. There should be 2 cups of pulp and syrup. If not add water. If prunes are very acid, more sugar may be needed. Combine all ingredients and cool before freezing. Freeze with 1:8 salt-ice mixture. Yield: 1½ quarts.

**Pineapple Milk Sherbet**

ADD sugar, salt, water and lemon juice to pineapple. Let stand in refrigerator 20 minutes, stirring occasionally to dissolve sugar. Chill milk in ice cream can. Add pineapple mixture slowly. Freeze with 1:8 salt-ice mixture. Yield: 1½ quarts.

To make Pineapple Mint Sherbet: Add 6 drops oil of peppermint and a little green coloring to mixture before freezing.
The recipes for chocolate and vanilla ice creams will be found on page six.

Chill the mold thoroughly. Line it with a layer of chocolate ice cream, being careful to press in firmly so that there will be no air spaces. Fill center almost to top of mold with vanilla ice cream. Cover with layer of chocolate, to fill mold
to over-flowing. Press on lid firmly. Wrap strip of muslin that has been dipped into melted fat, securely around juncture of lid and mold. Fat will harden to form a perfect seal when mold is packed. Pack in mixture of three parts ice to one part salt. Let stand for at least two hours.

To un-mold, rinse off salt and ice; remove muslin strip and dip mold very quickly in hot water. Remove lid at once and invert mold on platter. If mold does not lift off easily, cover with cloth wrung out in warm water.

Molds can be used for a variety of combinations, such as the frozen sandwich, illustrated on page two. The method is the same in each case.

Other Unusual Combinations

Frozen desserts may be made even more attractive by serving them with sauces, and in combinations of colors and flavors, as well as with other foods, such as cake. (See illustration of gingerbread with vanilla ice cream and candied ginger, on page thirteen.)

Sundaes are the simplest form of combination, where a sauce creates the desired effect. (Recipes for sauces are on page twenty.) Next in order is the use of two flavors, such as orange and cocoa milk sherbets. Still more unusual is the arrangement of layers of different kinds of frozen desserts as in frozen sandwiches. The ultimate in frozen foods is obtained by the use of molds, as described on the opposite page.

Every homemaker can delight her family with her own artistry along these lines, achieving results as captivating as those produced by hotel, restaurant and caterers’ chefs.
**Lime Milk Sherbet**

Boil sugar and water to a thin syrup. Cool and put into ice cream can with the milk. Add vanilla and lime juice. Freeze with 1:8 salt-ice mixture. Yield: 1 1/2 pints.

**Raspberry Milk Sherbet**

Boil sugar and water to a thin syrup. Add fruit juices and salt. Chill milk in ice cream can. Pour cold fruit juice mixture slowly into the milk. Freeze with 1:8 salt-ice mixture. Yield: 1 1/2 pints.

**Rhubarb Milk Sherbet**

Cook rhubarb and pineapple until rhubarb is tender. Add sugar. Stir until sugar is completely dissolved. Press through a course sieve. There should be 1 quart pulp and syrup. Chill, then add to the milk. Freeze with 1:8 salt-ice mixture. Yield: 1 1/2 quarts.

**Frozen Custard**

**Frozen Honey Custard**


**Frozen Chocolate Custard**

Melt chocolate over hot water. Add sugar and salt and blend well, then add 2 cups milk. Heat mixture to scalding point and pour over well beaten eggs, stirring vigorously to keep smooth. Cook 3 minutes over boiling water, stirring constantly. If any flecks of chocolate remain, beat with a rotary egg beater until smooth. Add flavoring and remaining 2 cups milk. Cool. Freeze with 1:8 salt-ice mixture. Yield: 1¼ quarts.

**Frozen Caramel Custard**

Caramelize 1 cup sugar. Add the water slowly and cook until the caramel dissolves. Mix flour, ½ cup sugar and salt and add hot caramel syrup gradually, stirring to prevent lumping. Cook over boiling water 15 minutes, stirring occasionally to keep smooth. Pour mixture over well beaten egg, stirring vigorously. Cook 2 minutes longer over boiling water. Cool. Add milk and vanilla. Freeze with 1:8 salt-ice mixture. Yield: 2 quarts.
Butterscotch Sauce

Boil sugar, syrup and water to a thick syrup (236° F.). Add butter. Cool and beat in the milk. Yield: 10 servings.

Chocolate Sauce

Melt chocolate over hot water. Add water slowly, stirring until smooth. Add sugar and syrup. Boil to soft ball stage (235° F.). Remove from fire, add milk and vanilla. Yield: 10 servings.

Maple Nut Sauce


Maple Pecan Sauce

Melt butter, add sugar, water and syrup and boil to very soft ball stage (232° F.). Remove from fire, add milk slowly, then flavoring and nuts. Yield: 6 servings.

Sauces may be prepared in quantity and kept in the refrigerator for future use.
Pistachio Parfait
Illustrated above

Boil sugar and water until it spins a thread. Pour slowly into stiffly beaten egg whites, beating constantly. Cool. Chill milk thoroughly, then whip until stiff. Fold in the cold egg white mixture, vanilla, nuts and salt. Turn into a cold mold quickly. Seal and pack in a 1:3 salt-ice mixture 2 to 3 hours.

1 cup sugar
1/2 cup water
3 egg whites
2 cups Evaporated Milk
1 tsp. vanilla
1 cup ground pistachios
Pinch of salt
A Milk for Every Purpose

EVAPORATED MILK of the same safe, uniform, dependable quality, is available at stores everywhere. This convenient form of whole milk requires no refrigeration until after the tin is opened. An efficient and economical system of distribution is employed for Evaporated Milk, and the savings are passed on to the consumer in the form of lower cost.

Infant Feeding

The advantages of Evaporated Milk for infant feeding—particularly its sterility and easy digestibility—are everywhere recognized by leading physicians. Thousands are prescribing Evaporated Milk for the baby’s formula. Infants fed on Evaporated Milk, continue to thrive on it as they grow older.

For All Cooking

Evaporated Milk excellence in frozen desserts is characteristic of its use in all foods. Its double content of milk constituents makes it unnecessary for a family to drink all of its milk, when a large part of the daily requirement can be secured from food in which Evaporated Milk has been used.

Soups, Sauces, Candies and Drinks

Evaporated Milk produces unequaled results in the preparation of smooth, “creamy” sauces and soups, excellent candies, and inviting drinks, at the same time supplying all the food value of whole milk. For foods that please the eye as well as nourish properly, use this up-to-date form of milk—the milk for kitchen convenience.
Free Literature

A LARGE and varied number of other free publications are available for the homemaker, as well as the physician, nutritionist, home economist, nurse, teacher, welfare worker—for everyone concerned with infant feeding, and food selection and preparation.

Homemakers will find the following particularly helpful:

3. Quantity Recipes for Serving 25-50
5. A Safer World for Babies
15. Milk for Drinking
17. Planning Lunches for School Children
18. Milk-Made Candies
21. Nutritive Value of Evaporated Milk (quotations from nutrition research workers)
24. Eating for Efficiency

Write for any of the above, also requesting complete list of publications.

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Statements about Evaporated Milk in this publication have been accepted by the Committee on Foods of the American Medical Association.