Some recipes...

Just for Instant

A PET® Instant Nonfat Dry Milk COOKING GUIDE
Chances are,
you’re one of the thousands of homemakers who have discovered how versatile, how convenient, and how economical PET® Instant Nonfat Dry Milk is.

But if you mix PET Instant Nonfat Dry Milk for use as a beverage only, you’re missing out on some great dishes for your family.

This cookbook is designed to introduce you to cooking with PET Instant Nonfat Dry Milk.

Two separate sections present a variety of new recipes. The first section is devoted to quick tasty recipes for the whole family.

And section two is aimed at those of us who love good things to eat . . . but could stand to lose a few pounds here and there.

We think you’ll enjoy cooking with PET Instant Nonfat Dry Milk. And we know you and your family will enjoy the delicious results.
Gazpacho Mold

13⅓-oz. can tomato juice
two 3-oz. pkgs. lemon gelatin
½ cup PET Instant (in dry form)
½ cup water
¼ cup finely cut-up celery
¼ cup finely cut-up cucumber
2 Tablesp. finely cut-up green pepper
2 Tablesp. catsup
½ teasp. seasoned salt

Mix gelatin with tomato juice. Cook and stir over low heat until gelatin is dissolved. Chill until thick but not set. Whip gelatin until light colored and foamy. Mix nonfat dry milk and water. Add gradually to whipped gelatin. Fold in celery, cucumber, green pepper, catsup and salt. Pour into oiled 4-cup mold. Chill until firm, about 3 hours.
Quick 'N Easy Batter Rolls

4 1/4 cups sifted flour
1 pkg. active dry yeast
1 1/4 cups warm water
1/2 cup PET Instant (in dry form)
1/4 cup sugar
1/2 cup butter or margarine, softened
1 egg
1 teasp. salt

Dissolve yeast in water in large bowl of electric mixer. Add half the flour. Add nonfat dry milk, sugar, butter or margarine, egg and salt. Beat at medium speed 2 minutes. Stir in remaining flour. Cover with wax paper and towel. Let rise in warm place until double in bulk (1 hour). Stir down batter. Spoon into 18 to 24 well-greased muffin cups. (Fill 1/2 to 3/4 full.) Cover and let rise until double in bulk. Bake in 400 oven for 12 to 15 minutes. Brush tops with melted butter or margarine. Cool on cake rack.
Plain 'N Fancy Meatballs

1 lb. ground beef
½ cup PET Instant (in dry form)
½ cup bread crumbs
1 egg
1 Tablesp. instant minced onion
1 Tablesp. parsley flakes
1 Tablesp. prepared mustard
1 Tablesp. catsup
1 teasp. salt
few grains pepper
2 Tablesp. flour
3 Tablesp. shortening

Mix ground beef, nonfat dry milk, bread crumbs, egg, onion, parsley flakes, mustard, catsup, salt and pepper. Shape with wet hands into 16 meatballs. Roll in flour. Brown in shortening in large skillet. Drain. Push meatballs to one side of skillet. Stir in one of the following sauces. Cover and simmer over low heat until steaming.

Baked Beans:
1-lb. can pork and beans in tomato sauce
1 Tablesp. brown sugar
1 Tablesp. water
1 teasp. instant minced onion
½ teasp. dry mustard

Cheese:
1 can cream of chicken soup
½ cup shredded Cheddar cheese
½ cup PET Instant (in dry form)
2 drops Tabasco sauce

Stroganoff:
1 can cream of chicken soup
1 can cream of mushroom soup
½ cup PET Instant (in dry form)
4-oz. can mushroom stems and pieces, drained
2 drops Tabasco sauce

Tomato:
16-oz. can tomato sauce

Serve with hot spaghetti.
Country Style Pork Chops

6 pork chops, cut 1/2 inch thick
1 medium onion, cut up
1/2 cup green pepper strips
1 clove garlic, minced
3 Tablesp. shortening
1 1/2 cups water
2 teasp. chicken stock base
1/2 teasp. poultry seasoning
1/4 cup PET Instant (in dry form)
1 Tablesp. flour
1 teasp. salt
1/4 teasp. pepper


Frank Barbeque

1-lb. hot dogs, cut in slices*
1/4 cup finely cut-up onion
2 Tablesp. shortening
1/2 cup PET Instant (in dry form)
1 teasp. salt
few grains pepper
1/2 teasp. chili powder
1/4 teasp. dry mustard
8-oz. can tomato sauce
8 hamburger buns


*1 lb. ground beef may be substituted.
Fried Chicken Casserole

1/2 cup flour
1 1/2 teasp. poultry seasoning
1 teasp. salt
1/4 teasp. pepper
2 1/2 to 3 lb. fryer, cut up (or 10 to 12 drumsticks)
3 Tablesp. shortening
1 cup flour
1 teasp. baking powder
1/2 teasp. garlic salt
1/2 teasp. salt
1 Tablesp. finely cut-up onion
1/4 cup finely cut-up green pepper
1/2 cup water
3 egg yolks
1/4 cup melted butter or margarine
3 egg whites
1/2 cup PET Instant (in dry form)

Mix 1/3 cup flour, poultry seasoning, salt and pepper in paper or plastic bag. Shake a few pieces of chicken at a time to coat. Brown in hot shortening in skillet. Arrange pieces in greased 13 x 9 x 2-inch baking dish. Mix 1 cup flour, baking powder, garlic salt, salt, onion, green pepper, water, egg yolks and butter or margarine. Beat egg whites until stiff, gradually adding nonfat dry milk. Fold into batter. Pour over chicken. Bake in 400 oven for 30 minutes. Serve at once. Serves 4 to 6.
Macaroni and Cheese

- ¾ cup PET Instant (in dry form)
- ¼ cup flour
- 2 teasp. onion salt
- 1 teasp. dry mustard
- ¼ teasp. pepper
- 1¼ cups water
- 1 teasp. Worcestershire sauce
- 1½ cups shredded process American cheese (6 oz.)
- 3 cups cooked elbow macaroni (1½ cups uncooked)
- ½ cup crushed pretzels
- 1 Tablesp. butter or margarine


Potato and Corn Scallop

- 6 medium potatoes
- two 1-lb. cans cream-style corn
- ¼ cup cut-up celery
- 1 medium onion, cut up
- ½ cup PET Instant (in dry form)
- 1 egg beaten

Cook potatoes. Peel and cut up. Mix all ingredients together in 2-qt. baking dish. Bake in 375 oven for 30 minutes or until lightly browned. Serves 6 to 8.
Apple Crisp

21-oz. can apple pie filling*
1/2 cup PET Instant (in dry form)
1/2 cup quick cooking oats
1/4 cup sugar
1/2 teasp. cinnamon
few grains nutmeg
1/4 cup butter or margarine, softened


*You may substitute a 21-oz. can of your favorite fruit pie filling.

Chocolate Chiffon Pie

8-inch baked pastry crust or crumb crust
1 envelope unflavored gelatin
1/2 cup PET Instant (in dry form)
1/2 cup sugar
1/2 cup cocoa
2 Tablesp. butter or margarine
1/2 teasp. salt
1 1/2 cups water
2 eggs, separated
1 teasp. vanilla
1/2 cup sugar

Chocolate Peanut Bars

1 3/4 cups sifted flour
1/2 teasp. salt
1/2 cup PET Instant (in dry form)
2 egg whites
1/2 cup firmly packed brown sugar
1/4 cup soft butter or margarine
1/2 cup sugar
1/2 cup firmly packed brown sugar
1 teasp. vanilla
2 egg yolks
1/2 cup water
1/2 cup finely cut-up peanuts
6-oz. pkg. semi-sweet chocolate pieces
1/4 cup finely cut-up peanuts

Sift together dry ingredients. Beat egg whites until foamy. Add 1/2 cup brown sugar gradually and beat until stiff. Set aside. Mix butter or margarine, sugar, 1/2 cup brown sugar, vanilla, and egg yolks in large bowl at medium speed. Beat mixture on low, gradually adding flour mixture and water alternately. Spread mixture in greased 13 x 9 x 2-inch pan. Sprinkle with 1/2 cup peanuts and chocolate pieces. Spread meringue over peanuts and chocolate. Sprinkle with 1/4 cup peanuts. Bake in 325 oven for 40 to 45 minutes. Cool slightly. Cut into about 32 bars.

Peanut Butter Cookies

1/2 cup sugar
1/2 cup firmly packed brown sugar
1/2 cup peanut butter
1/2 cup butter or margarine, softened
1 egg
2 Tablesp. vanilla
1 1/4 cups sifted flour
1 teasp. baking soda
1/2 teasp. baking powder
1/4 teasp. salt
1/2 cup PET Instant (in dry form)

Cream sugar, brown sugar, peanut butter, butter or margarine, egg and vanilla until light and fluffy. Gradually stir in sifted dry ingredients. Drop by teaspoonfuls onto greased cookie sheet about 2 inches apart. Press flat with fork. Bake in 375 oven for 10 minutes. Makes about 4 dozen.
The Instant Nonfat Milk

that tastes so good is good for you, too.

PET Instant Nonfat Dry Milk is produced by removing fat and water from fresh, whole milk, leaving the valuable protein, minerals and vitamins so important to nutrition. It dissolves instantly in water.

One 8 fluid ounce glass has about (by percentage composition) 3.3% protein, 4.8% carbohydrate, .06% fat, 0.7% total minerals, and 81 calories. Every 8 fluid ounce glass of PET Instant Nonfat Dry Milk provides 10% of the MDR* Vitamin A and 25% Vitamin D.

*Minimum Daily Requirement.

PET Instant Nonfat Dry Milk and the USDA Shield.

"U.S. Extra Grade." Those words mean a lot to us at PET . . . and they're important to you too. The shield and the words mean that PET Instant Nonfat Dry Milk meets all the high standards set by the United States Department of Agriculture . . . standards which require that nonfat dry milk be truly instant . . . that it have sweet and pleasing flavor and a natural color.

The U.S.D.A. Shield tells you that our product has been packed under the supervision of a U.S. Department of Agriculture inspector. This shield is your assurance of quality.
The recipes in this section are designed to provide tasty dishes for folks who would like to trim down. They are suitable for low fat diets, low cholesterol diets and low calorie diets.

Some dieters may prefer to thicken the gravy in a few of the recipes given here. Simply mix a level Tablespoon of cornstarch with PET Instant in dry form and add to gravy. The cornstarch adds only 30 calories to the whole dish. Serving suggestions, such as "serve over rice or noodles," are not included in the count of calories per serving.

The calorie contents are based on figures taken from the eleventh edition of *Food Values of Portions Commonly Used*, by Bowes and Church.

And please remember . . . it is always wise to consult your doctor before starting on any diet.
### Appetizer Soup

1-lb. can tomatoes, cut up and undrained
3 cups water
1 cup PET Instant (in dry form)
$\frac{1}{2}$ cup finely cut-up celery
2 teasp. instant minced onion
2 teasp. beef stock base
2 teasp. chicken stock base
1 teasp. seasoned salt
$\frac{1}{4}$ teasp. pepper
$\frac{1}{4}$ cup grated Parmesan cheese

Combine in 2-qt. saucepan tomatoes, water, nonfat dry milk, celery, onion, and seasonings. Simmer about 15 minutes or until tomatoes are heated. Do not boil. Blend in blender 1 minute. Serve topped with cheese. Makes about 2 quarts. Serve warm or chilled. One 1 cup serving is about 46 calories.

### Mushroom-Clam Chowder

4-oz. can mushroom stems and pieces
7-oz. can minced clams, undrained
1 stalk celery, finely cut
1 small onion, finely cut
3-4 whole cloves or $\frac{1}{4}$ teasp. ground cloves
$1\frac{1}{2}$ cups PET Instant (in dry form)
1 Tablesp. cornstarch, optional
2 cups water
1 teasp. salt
few grains pepper
few grains cayenne pepper, optional

Buttermilk

3 3/4 cups water
1 envelope or 1 1/3 cups PET Instant (in dry form)
1/2 cup fresh dairy buttermilk

Mix water and nonfat dry milk in large bowl. Stir in buttermilk. Cover with waxed paper and clean towel. Let stand in a warm room until clabbered (overnight). Stir until smooth. Store in refrigerator. Makes approximately 1-qt. (Use 1/2 cup of this buttermilk to make your next quart.) Use to drink or in recipes calling for buttermilk. One 8 fluid ounce glass is about 88 calories.

Cottage Cheese

7 1/2 cups water
2 envelopes or 2 1/2 cups PET Instant (in dry form)
1 cup buttermilk (made from PET Instant recipe)
1/2 teasp. salt

Mix water and nonfat dry milk in large bowl. Stir in buttermilk. Cover with waxed paper and clean towel. Let stand in warm room until clabbered (overnight). Pour into large, heavy saucepan. Cook over very low heat for 1 hour or until curd is firm enough to hold its shape when pressed gently between the fingers. Pour mixture into strainer lined with single thickness of cheesecloth. Rinse with cold water. Put cheese in bowl. Mix gently with salt. Cover. Chill before serving. Store in refrigerator. Makes 2 cups. One 1/2 cup serving is about 110 calories. For moister cheese, before chilling, add 1/2 cup PET Instant buttermilk or 1/2 cup liquid PET Instant.
Beef Bourgogne

1 lb. round steak
1/2 teasp. garlic salt
1 cup chopped onion
1 cup water
1 Tablesp. Worcestershire sauce
1 teasp. beef stock base
1/4 teasp. dried thyme
1/2 lb. mushrooms, sliced
1 cup PET Instant (in dry form)
1/4 cup water

Cut beef in cubes, trimming off all fat. Season with garlic salt. Brown on all sides in broiler on foil-lined baking sheet. Put beef in skillet with onion, water, Worcestershire sauce, stock base, and thyme. Cover and simmer 30 minutes or until meat is tender. Add mushrooms. Cook 10 minutes more. Make paste from nonfat dry milk and water. Add gradually to meat. Cook and stir over low heat a few minutes until heated through. Serves 6. One serving is about 117 calories. May be served over rice or noodles.

Chicken Hawaiian

21/2 to 3 lb. fryer, cut up
2 teasp. salt
20-oz. can pineapple in natural juice, undrained
1 cup sliced mushrooms
1/2 cup cut-up green pepper
1/2 cup PET Instant (in dry form)
1/2 cup water
1 Tablesp. soy sauce
2 teasp. chicken stock base
1/2 teasp. ginger
1/4 teasp. baking soda

Salt chicken. Broil until browned on both sides. Mix pineapple, mushrooms, green pepper, nonfat dry milk, water, soy sauce, chicken stock base, ginger and baking soda. Pour over chicken. Bake uncovered in 11/2-qt. baking dish in 350 oven for 45 minutes. Serves 4. One serving (one breast or two legs or two thighs) plus 1/4 of the pineapple and vegetables is about 241 calories.
Chicken Pattie

1 cup cooked and cut-up chicken
1/2 cup PET Instant (in dry form)
1 Tablesp. water
1 teasp. lemon juice
1 teasp. Worcestershire sauce
1/2 teasp. instant minced onion
1/2 teasp. oregano, optional
2 drops Tabasco sauce
paprika

Combine ingredients and blend well. Shape into patties. Place on foil-lined baking sheet. Sprinkle with paprika. Broil until browned. Turn over, sprinkle with paprika and brown other side. Makes 4 patties. One patty is about 140 calories. May be served with melted cheese, on toasted hamburger buns, or with a sauce.

Shrimp Chow Mein

1/2 cup finely cut onion
1/2 cup cut green pepper strips
1/2 cup celery, cut in 1/2-inch diagonal slices
4-oz. can mushroom stems and pieces, drained
1/2 cup PET Instant (in dry form)
1/2 cup water
1/4 cup soy sauce
1 Tablesp. Worcestershire sauce
10-oz. pkg. frozen shelled shrimp, thawed
1-lb. can bean sprouts, drained
5-oz. can water chestnuts, drained and sliced
1 Tablesp. pimento, drained and finely cut-up

Cook onion, green pepper, and celery in saucepan in water to cover until tender. Drain. Add mushrooms. Stir nonfat dry milk into a mixture of water, soy sauce and Worcestershire sauce. Add to skillet. Add and stir in shrimp, bean sprouts, water chestnuts and pimento. Heat until shrimp are pink or mixture is steaming. Do not boil. Serves 6. One serving is about 82 calories. Serving suggestions:

May be served over rice or with chow mein noodles. May be served over 1 cup steamed celery, cut into 1-inch pieces, adds only 17 calories per cup of celery.
Shrimp Stuffed Pepper

4 whole green peppers
1/2 cup chopped onion
1/2 cup chopped celery
1-lb. can tomatoes, drained and chopped
8-oz. can tomato juice
1 Tablesp. Worcestershire sauce
1 teasp. salt
1/2 teasp. chile powder
1/4 teasp. garlic powder
1/2 cup PET Instant (in dry form)
1/4 teasp. baking soda
10-oz. pkg. frozen shelled shrimp
1/2 cup chopped green pepper

Wash peppers, core and remove seeds. Cook onion and celery in water to cover until tender. Drain. Add tomatoes, tomato juice, Worcestershire sauce, salt, chile powder and garlic powder. Mix nonfat dry milk and baking soda. Stir into tomato mixture. Add shrimp and green pepper. Cover and cook about five minutes until shrimp turns pink. Spoon into pepper shells, placed in a 1 1/2-qt. baking dish. Pour remaining liquid around peppers. Cover. Bake in 350 oven 30 minutes. Serves 4. One pepper with its filling is about 171 calories.
Orange Gelatin Dessert

6-oz. can frozen orange juice concentrate, thawed
1 pkg. unflavored gelatin
1/2 cup PET Instant (in dry form)
1/2 cup ice-cold water
2 teasp. artificial sweetener

Soften gelatin in orange juice concentrate. Cook and stir 2 minutes over low heat until gelatin dissolves. Cool slightly. Whip nonfat dry milk and cold water in cold small bowl of electric mixer with cold beaters until stiff. Fold orange juice, gelatin, and sweetener into whipped milk. Makes about 1-qt. One 1/2 cup serving is about 53 calories. Serving suggestions: May be cut in squares and served in a dessert glass with diet soda. Garnish with orange slice. Serve with WHIPPED TOPPING.

Peach Sherbet

1 egg, separated
1/2 cup PET Instant (in dry form)
1/2 cup water
1/3 cup sugar or 1 teasp. liquid artificial sweetener
3 Tablesp. lemon juice
10-oz. pkg. frozen peaches, thawed and undrained*

Beat egg white, nonfat dry milk, and water until fluffy. Beat in sugar or artificial sweetener and lemon juice until stiff. Beat in egg yolk until just mixed. Fold in peaches. Freeze in 1-qt. refrigerator tray until firm, about 3 hours. Makes about 1-qt. One 1/2 cup serving with sugar is about 97 calories; made with artificial sweetener, it is about 64 calories.

*10-oz. pkg. frozen strawberries, raspberries, or cherries may be substituted.
Whipped Topping

½ cup PET Instant (in dry form)
½ cup ice-cold water
1 teasp. cream of tartar
1 teasp. vanilla
½ teasp. liquid artificial sweetener

Whip nonfat dry milk and ice-cold water in small chilled bowl with cold beaters until soft peaks form. Gradually add ascorbic acid powder, vanilla, and sweetener. Whip until stiff. Serve at once or chill up to one-half hour. Makes about 1 ½ cups. One Tablespoon is about 4 calories.
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