FROZEN DESSERTS
to fit any equipment

Classification of Frozen Desserts
Standards for Judging Quality
Sample Score Card
Freezing Techniques
Tested Recipes
HOW TO USE THIS BOOK

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Pet Milk Company
Home Economics Department
1401 Arcade Building
St. Louis 1, Missouri

FD-1/49
Long, Long Ago...

In Nero’s time, the Romans flavored snow from the Alpine passes with fruit juices, and served it as a summer dessert. Several centuries later, Marco Polo brought back a recipe for “milk ice” as one of the treasures from his travels in the East. Still later, “cream ice” became the favorite dessert of Charles I.

In our own country, Dolly Madison, the gracious wife of our fourth president, introduced ice cream at the presidential reception in the early 1800's.

Today, ice cream and its frozen relatives are no longer reserved for special occasions or privileged persons. Instead, they are among the most popular and most typical of American desserts.

The family of frozen desserts has grown to include many kinds of delicacies which are divided into several classes.

**CLASSES OF FROZEN DESSERTS**

1. **ICE CREAM**
   a. Plain or Philadelphia Ice Cream - Milk or cream is sweetened, flavored and frozen. It may or may not contain either gelatin or eggs.
   b. French, New York or Cooked Ice Cream - Cream is folded into a custard foundation containing many egg yolks and the mixture is frozen.
   c. American Ice Cream - Similar to French ice cream except that flour or cornstarch is substituted for part or all of the egg yolks.
   d. Parfait - Whipped cream and flavoring are folded into a foundation of beaten egg whites or yolks cooked with hot syrup and the mixture is frozen.
   e. Frozen Pudding - Actually French ice cream which has the egg whites added separately. Contains generous amounts of fruit or nuts.

2. **FROZEN CUSTARD**
   Similar to New York ice cream except that the egg whites are separated separately. Usually has a lower fat content than is legal for ice creams.

3. **ICE**
   Fruit juice, sweetened with sugar, diluted with water and frozen. May or may not contain gelatin or eggs.
   Frappés are ices frozen to a slushy consistency.

4. **SHERBET**
   Frozen mixture of fruit juice, sugar and milk, cream or ice cream. Usually contains a stabilizer such as gelatin. A sorbet is a sherbet made with a combination of fruit juices; a lacto is a sherbet made with sour milk; soufflés are sherbets made with whole eggs.

5. **MOUSSE**
   Still-frozen dessert of sweetened, flavored whipped cream. May or may not contain fruits.

**NOTE:** It has become customary to give the name, "Ice cream," to all types of frozen desserts since ice cream powders and mixes and evaporated milk have been widely used in place of bottled milk and other ingredients used in making frozen desserts.

**EVAPORATED MILK IN FROZEN DESSERTS**

The recipes in this book have been developed to demonstrate the use of evaporated milk in frozen desserts. Some of the recipes show how undiluted evaporated milk, as it comes from the can, is used in making freezer ice creams.

Other recipes show how whipped evaporated milk can be used to prepare frozen desserts in an automatic refrigerator tray. Still others use evaporated milk diluted with water to provide rich whole milk for milk sherbets.

Frozen desserts are actually millions of tiny ice crystals suspended in a "mother" syrup. The smaller these ice crystals, the smoother-textured the dessert. It is the nature of crystals to grow and form larger crystals. Therefore, ingredients must be added which separate the crystals—thus preventing the formation of a few large crystals and assuring the formation of many small crystals. The ingredients used for this purpose may be starches (such as flour or cornstarch), eggs, rennet, gelatin, butterfat and milk solids. Since these substances make the mixture thicker, it is possible to incorporate air which also helps prevent crystal growth.

Generally, the more of these substances present in the mixture to be frozen, the more completely the crystals are separated and the smoother the product. Evaporated milk is especially good to use in preparing smooth, delicious frozen desserts because it supplies twice the milk solids of ordinary milk. In addition, because evaporated milk is homogenized, the butterfat is distributed evenly through the milk. This also helps to separate the ice crystals.

Frozen desserts made with evaporated milk are smooth and delicious. Compared with conventional frozen desserts, they are better balanced nutritionally because they are lower in butterfat and higher in the other essential nutrients of whole milk.
QUALITIES OF FROZEN DESSERTS

Experts judge the quality of frozen desserts on the basis of the dessert’s texture, flavor, body, appearance and temperature. These characteristics vary from one class of frozen desserts to another—that is, standards of good quality are not the same for all types of frozen desserts. For example, an ice is not as smooth in texture as an ice cream, and, on the other hand, a frappe is not expected to have the firm consistency of an ice. However, with a good understanding of these characteristics, and the accepted standards for different types of frozen desserts (discussed below), it’s easy to decide if a product is top-quality.

STANDARDS FOR JUDGING QUALITY

TEXTURE - The way a frozen dessert feels in the mouth. Size of ice crystal, amount of fat in the dessert and the temperature at which it is eaten help to determine how the product feels in the mouth. Ice cream, mousse and frozen custard are very smooth in texture. Ices and sherbets are rather grainy, and a frappe is rough and icy.

BODY - Refers especially to ice creams— their firmness, how well they stand up and how fast they melt. When ice cream has sufficient body, it is firm but not solid and rubbery or slushy. After melting it should look like heavy cream, not "milky" water. Although mousses are not as firm as ice creams, they do melt slowly to a "creamy" consistency. Frozen custards are not very firm and melt quickly. Sherbets, ices and frappés have little body.

FLAVOR - Should be delicate, but not weak and dilute—one flavor should predominate. Ice cream has a delicate flavor because it contains bland foods such as whole milk solids, eggs and butterfat. Mousse also has a delicate, but rich flavor due to its high butterfat content. Frozen custard tastes like rich ice cream because of its extremely smooth texture and rather soft consistency. Ices, frappés and sherbets have a stronger flavor.

APPEARANCE - Color is important to frozen desserts. Although the color should not be vivid, it should not be so pale as to suggest a weak flavor. A "creamy" white is preferred for vanilla ice cream. Of course, texture, body and the temperature at which a dessert is served greatly influence the appearance of the frozen product.

TEMPERATURE - Whenever the texture, body, flavor and appearance of a dessert are good quality, the frozen product is at the right temperature for eating.

NOTE: The following form shows how these standards can be used to judge the quality of a frozen dessert.

JUDGING A FROZEN DESSERT

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>Banana Ice Cream (recipe, page 7)</th>
<th>SAMPLE COPY</th>
</tr>
</thead>
<tbody>
<tr>
<td>TEXTURE</td>
<td>Smooth, velvety — not coarse or icy</td>
<td></td>
</tr>
<tr>
<td>BODY</td>
<td>Just firm enough to hold shape; not hard or runny. Melts to a thick, &quot;creamy&quot; liquid.</td>
<td></td>
</tr>
<tr>
<td>FLAVOR</td>
<td>Delicate, yet definitely a rich banana flavor. Not flat or too highly flavored.</td>
<td></td>
</tr>
<tr>
<td>APPEARANCE</td>
<td>Well blended banana color. Not too pale or too vivid.</td>
<td></td>
</tr>
</tbody>
</table>
TO PREPARE PERFECT FROZEN DESSERTS

IN A HAND-TURNED OR MOTOR-DRIVEN FREEZER

1. A 1-quart freezer requires about 6 pounds of ice to freeze the dessert and pack it for 2 hours. A 2-quart freezer requires about 10 pounds. Allow a few extra pounds for the ice that melts while the dessert is being frozen.

2. Be sure ice is chipped from the top of the block in an ice refrigerator. Modern ice boxes are regulated so that ice must cover the bottom of the ice chamber to insure correct food compartment temperature.

3. Ice cubes from an automatic refrigerator can be used as an ice supply. Two cups of water yield about 1 pound of ice.

4. Put pieces (or cubes) of ice into a canvas bag and crush with a mallet.

5. Finely crushed ice melts faster and hastens the freezing of ice cream.

6. Scald and cool the can, the cover and dasher of the freezer.

7. The ice cream mixture should be cold when it is put into the freezer. A warm mixture may result in a coarser-textured dessert.

8. Fill the can only two-thirds full. As the dasher turns, air is whipped into the dessert causing it to “swell.”

9. Ice cream freezes as heat from it is absorbed by the ice and salt. Ice alone is not cold enough to freeze foods; therefore, salt is added which lowers the temperature of the ice.

10. Use 8 parts ice to 1 part ice cream salt. This allows for a moderate rate of freezing so that a rather large amount of air may be incorporated. This helps to produce a smooth ice cream. In addition, this proportion of ice to salt prevents waste of ice due to too rapid melting.

11. Crank the freezer a few times before adding the ice to be sure the freezer turns freely. Then, turn the crank while adding the ice and salt.

12. Turn the crank slowly for the first 3 minutes to chill the mixture thoroughly. Then crank rapidly to make desserts creamier.

13. When the crank becomes too difficult to turn, the dessert is frozen.

14. To improve flavor, let frozen desserts “ripen” 1 to 2 hours before serving. To do this, remove dasher, press down mixture in can with a spoon, place a cork in the hole of the lid and put the lid in place. Repack the freezer with a mixture of 3 parts crushed ice to 1 part ice cream salt, and cover the freezer with newspapers or a heavy cloth.

15. The dessert can be ripened, also, in the tray of an automatic refrigerator. Pack the dessert firmly in tray, cover with a double layer of waxed paper and turn the control of the refrigerator to the coldest point. The dessert will remain smooth for several hours.
TO PREPARE PERFECT FROZEN DESSERTS
IN AN AUTOMATIC REFRIGERATOR TRAY
AND IN A MOLD

REFRIGERATOR DESSERTS

1. Rapid freezing is important to make refrigerator ice creams that are smooth. Speed up freezing by turning temperature control to coldest point one-half hour before preparing dessert. Allow the control to remain at this point until the dessert is frozen.

2. The dessert is apt to freeze more rapidly if ice cubes are not being frozen at the same time.

3. Measure sugar or any other sweetening agent carefully; excess sugar retards freezing.

4. Remove ice cubes from tray to be used and replace empty tray in the refrigerator to chill while preparing the dessert.

5. Thoroughly chill all ingredients to which whipped evaporated milk is added. Fold in the whipped milk quickly, but carefully. Stir as little as possible so as not to break tiny air bubbles.

6. Pour mixture immediately into cold tray.

7. Place the tray containing the mixture to be frozen in the fastest freezing position in the unit. Usually this is the bottom of the freezing unit.

8. For more rapid freezing, moisten the inside bottom of the freezing unit with a little water before replacing the tray. This way the tray will contact the freezing unit immediately.

9. Do not stir a whipped evaporated milk mixture after it has been placed in the refrigerator tray. Stirring beats out the air which helps keep frozen desserts smooth.

10. Fruit mixtures and those of low sugar content freeze more quickly than those which are sweeter. Freezing time will also vary with the temperature at which the cold control has been set, the type refrigerator used, etc. Most mixtures freeze in 2 to 4 hours.

11. Cover the dessert with a double layer of waxed paper as soon as it is frozen to prevent the growth of large ice crystals on the mixture. Refrigerator frozen desserts are at their best if they are served soon after they become firm.

MOLDED FROZEN DESSERTS

1. Use a regular ice cream mold, or an ordinary tin can, such as a baking powder or coffee can with a tightly fitting cover.

2. Chill mold thoroughly before filling with cold ice cream mixture.

3. Fill mold to overflowing. Cover with waxed paper and put on lid.

4. Seal lid edge with a piece of adhesive tape or a strip of cloth dipped in melted fat or paraffin, covering the crack completely. When fat or paraffin cools it hardens, making a seal to keep out the salty water.

5. Bury the mold in a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover ice mixture with newspaper or heavy cloth. Allow about 3 hours to freeze a quart-sized mold. Drain off water and add more ice and salt in same proportions, if necessary.

6. When frozen, remove mold, dip in warm water for a few seconds, or wrap in a cloth wrung out of hot water. Remove the strip around lid, the cover and waxed paper. Invert on a serving dish.
How to Whip Pet Milk

For Perfect Results Every Time

Have Pet Milk Icy Cold
Have Bowl Icy Cold
Have Beater Icy Cold

Whip the chilled milk vigorously until stiff (about 200 revolutions per minute). A rotary egg beater that has also been chilled, or an electric beater at high speed can be used. Be sure to chill the paddles beforehand.

To Chill Pet Milk for Whipping

IN AN AUTOMATIC REFRIGERATOR

Method 1.
Pour the exact quantity of Pet Milk to be whipped into one of the trays and chill until ice crystals begin to form around the edges. Then scrape into an icy cold bowl.

Method 2.
Place an unopened can of Pet Milk under the freezing unit. Chill until icy cold -- overnight, if possible. Pour exact quantity of milk to be whipped into an icy cold bowl.

IN AN ICE REFRIGERATOR

Method 3.
Pour the exact quantity of Pet Milk to be whipped into a small bowl and place the bowl directly on the ice. Chill until both bowl and milk are icy cold.

Method 4.
Place an unopened can of Pet Milk directly on the ice. Chill until icy cold -- overnight, if possible. Pour exact quantity of milk to be whipped into an icy cold bowl.

Hints for Whipping Pet Milk

1. If the weather is warm, or your kitchen is overheated from baking, surround the bowl with cracked ice.

2. A satisfactory temperature at which to whip Pet Milk is about 45° F. (note).

3. A thin bowl (metal preferred) which will chill easily is best. It should measure about 4 inches across the base.

4. It is not advisable to whip more than 1 cup of Pet Milk at a time.

5. Speed is important in whipping. Whip Pet Milk rapidly and vigorously.

6. Never dilute milk to be whipped.

7. If the milk does not whip well, it is not cold enough. Rechill it and whip again.

8. Pet Milk whipped according to the directions above should be used immediately. If this is not possible, rechill and rewhip it.

NOTE: In tests made in the Pet Milk Experimental Kitchens, it was found that when Pet Milk was chilled in a refrigerator tray, it had a temperature of 24° F. -- when chilled in the can, 41° F. -- and when chilled in a bowl, 40° F. All samples whipped easily. More time, however, was required to whip the milk chilled to only 40° F.
DESSERTS TO BE FROZEN IN AN ICE CREAM FREEZER

PLAIN ICE CREAM

Beat until very light ...... (1 EGG

Continue beating while adding ................ 1/4 cup SUGAR
gradually 1 cup PET MILK
6 tablespoons WATER
1-1/2 teaspoons VANILLA

Stir in a mixture of ................ 1/8 teaspoon SALT

Freeze in hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When ice cream is frozen, tip freezer to drain off water. Wipe lid carefully. Open can; scrape ice cream off dasher and pack firmly in can. Replace lid (fitted with cork or paper plug). Repack with a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover with paper or heavy cloth. Let stand 1-1/2 to 2 hours to ripen. Makes about 1-1/2 pints. If desired, serve with Chocolate Sauce (recipe, page 11).

CHOCOLATE ICE CREAM

Mix in top of double boiler ............... 1/4 cup COCOA
6 tablespoons SUGAR
1/8 teaspoon SALT

Add ................................ 6 tablespoons WATER

Cook and stir over boiling water 5 minutes, or until smooth.

Stir in ................................ 1 cup PET MILK
1 teaspoon VANILLA

Cool thoroughly.

Stir into .......... (1 well-beaten EGG

Freeze in hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When ice cream is frozen, tip freezer to drain off water. Wipe lid carefully. Open can; scrape ice cream off dasher and pack firmly in can. Replace lid (fitted with cork or paper plug). Repack with a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover with paper or heavy cloth. Let stand 1-1/2 to 2 hours to ripen. Makes about 1-1/2 pints.

CARAMEL ICE CREAM

Sprinkle slowly into a hot, heavy skillet, ...... (2/3 cup SUGAR stirring constantly

When sugar is melted and as dark brown as ... (1/3 cup hot WATER strong coffee, add

Stir until sugar is dissolved.

Stir in gradually .................. (1 cup PET MILK

Remove from heat and stir into ........ (1/8 teaspoon SALT

Cook over boiling water 5 minutes, stirring frequently. Cool.

Add ........................................ 1-1/2 cups PET MILK
1 teaspoon VANILLA

Freeze in hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When ice cream is frozen, tip freezer to drain off water. Wipe lid carefully. Open can; scrape ice cream off dasher and pack firmly in can. Replace lid (fitted with cork or paper plug). Repack with a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover with paper or heavy cloth. Let stand 1-1/2 to 2 hours to ripen. Makes about 1 quart.

BANANA ICE CREAM

Mix together .................. 2 cups PET MILK
1/2 cup SUGAR
1/4 teaspoon SALT
2 teaspoons VANILLA

Slice into bowl .................. 2 large, ripe BANANAS, peeled

Beat bananas with rotary beater until creamy. (There should be 1 cup mashed bananas.) Stir mashed bananas into milk mixture.

Freeze in hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When ice cream is frozen, tip freezer to drain off water. Wipe lid carefully. Open can; scrape ice cream off dasher and pack firmly in can. Replace lid (fitted with cork or paper plug). Repack with a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover with paper or heavy cloth. Let stand 1-1/2 to 2 hours to ripen. Makes about 1 quart.
ORANGE MILK SHERBET

Mix together

- 1 cup PET MILK
- 1-1/4 cups ORANGE JUICE
- 1/2 cup SUGAR
- 1-1/2 teaspoons grated ORANGE RIND
- 2 tablespoons LEMON JUICE
- few grains SALT

Freeze in hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When sherbet is frozen, tip freezer to drain off water. Wipe lid carefully. Open can; scrape sherbet off dasher and pack firmly in can. Replace lid (fitted with cork or paper plug). Repack with a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover with paper or heavy cloth. Let stand 1-1/2 to 2 hours to ripen. Makes about 1-1/2 pints.

STRAWBERRY ICE CREAM

Wash, drain then hull

1 pint fresh STRAWBERRIES*

Put into bowl and mash thoroughly with bottom of glass or bottle.

Add

- 2/3 cup SUGAR
- 1/8 teaspoon SALT
- 1 tablespoon LEMON JUICE

Stir in

1 cup PET MILK

Freeze in hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When ice cream is frozen, tip freezer to drain off water. Wipe lid carefully. Open can; scrape ice cream off dasher and pack firmly in can. Replace lid (fitted with cork or paper plug). Repack with a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover with paper or heavy cloth. Let stand 1-1/2 to 2 hours to ripen. Makes about 1-1/2 pints.

* A 16-ounce package of frozen strawberries can replace fresh berries if sugar is reduced to 1/3 cup. Thaw berries, mash thoroughly and proceed as directed above.

PEACH ICE CREAM: Substitute 1-1/2 cups sliced peaches* (3/4 pound) for the strawberries, 1/8 teaspoon almond extract can be added, if desired.

FROZEN GRAHAM CRacker PUDDING

Mix together

- 1/3 cup SUGAR
- 1-1/2 cups PET MILK
- 3/4 cup WATER
- 3 teaspoons VANILLA

Put into freezer can.

Just before you are ready to turn the crank, add

3/4 cup GRAHAM CRACKER CRUMBS*

Freeze in hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When ice cream is frozen, tip freezer to drain off water. Wipe lid carefully. Open can; scrape ice cream off dasher and pack firmly in can. Replace lid (fitted with cork or paper plug). Repack with a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover with paper or heavy cloth. Let stand 1-1/2 to 2 hours to ripen. Makes about 1 quart.

* A 16-ounce package of frozen peaches can replace fresh peaches if sugar is reduced to 1/3 cup. Thaw peaches, mash thoroughly and proceed as directed above.

FROZEN GINGER SNAP PUDDING: Substitute 3/4 cup ginger snap crumbs for the graham cracker crumbs.

FROZEN VANILLA WAFER PUDDING: Substitute 3/4 cup vanilla wafer crumbs for the graham cracker crumbs.

ORANGE-PINEAPPLE ICE CREAM

Mix together

- 1 cup PET MILK
- 1/2 cup SUGAR
- 1/8 teaspoon SALT

Stir in

- 3/4 cup canned, crushed PINEAPPLE
- 1/2 cup ORANGE JUICE
- 1 teaspoon grated ORANGE RIND
- 2 tablespoons LEMON JUICE

Freeze in hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When ice cream is frozen, tip freezer to drain off water. Wipe lid carefully. Open can; scrape ice cream off dasher and pack firmly in can. Replace lid (fitted with cork or paper plug). Repack with a mixture of 3 parts crushed ice to 1 part ice cream salt. Cover with paper or heavy cloth. Let stand 1-1/2 to 2 hours to ripen. Makes about 1 quart.

* A 16-ounce package of frozen oranges can replace fresh oranges if sugar is reduced to 1/3 cup. Thaw oranges, mash thoroughly and proceed as directed above.
DESSERTS TO BE FROZEN IN A REFRIGERATOR TRAY OR MOLD

PEPPERMINT STICK ICE CREAM

Soften .......... 1/2 teaspoon unflavored GELATIN in 2 teaspoons cold WATER

Scald over boiling water ........ (1 cup PET MILK

Add softened gelatin and stir until dissolved. Chill until icy cold.

Whip with cold rotary beater, or electric beater at high speed, until stiff.

Fold in ............ 2/3 cup PEPPERMINT STICK CANDY, finely crushed or ground

Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt. Makes about 1 quart.

CHOCOLATE ICE CREAM

Chill until icy cold .......... (3/4 cup PET MILK

Mix in saucepan .......... 1/3 cup SUGAR 2 tablespoons COCOA 2 tablespoons FLOUR

Stir in gradually .......... 1/4 cup PET MILK mixed with 1/4 cup WATER

Boil and stir over low heat 3 minutes, or until mixture is slightly thickened.

Remove from heat and add ........ (1 teaspoon VANILLA

Cover and chill.

Whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff. Fold into chilled cocoa mixture.

Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt. Makes about 1 quart.

FROZEN LEMON PUDDING

Chill until icy cold ............ (3/4 cup PET MILK

Mix in top of double boiler .......... 2 well-beaten EGG YOLKS 6 tablespoons SUGAR

1/2 teaspoon grated LEMON RIND

1/4 cup LEMON JUICE

Cook and stir over boiling water about 3 minutes, or until thickened. Cool.

Beat until stiff ............ (2 EGG WHITES

Beat in ............ 2 tablespoons SUGAR

Fold into cooled lemon mixture, then chill.

Rub bottom and sides of refrigerator tray with butter or margarine.

Spread in bottom of tray half of .......... 3/4 cup GRAHAM CRACKER CRUMBS*

Whip chilled milk until stiff. Fold into chilled lemon mixture. Put into tray. Sprinkle with remaining crumbs.

Freeze, without stirring, at coldest temperature until firm. Serve with slices of Maraschino cherries, if desired. Makes about 1 quart.

*9 graham crackers 2-1/2 inches square will make 3/4 cup crumbs.
CARAMEL ICE CREAM

Chill until icy cold .... ( 2/3 cup PET MILK

Sprinkle slowly into hot, heavy skillet, .... ( 2/3 cup SUGAR
stirring constantly

When sugar is melted and as dark brown as .. ( 1/3 cup hot WATER
strong coffee, add

Stir until sugar is dissolved.

Stir in gradually ...... ( 1 cup PET MILK

Remove from heat ...... ( 1 well-beaten EGG
and stir into .......... ( 1/8 teaspoon SALT

Cook over boiling water 5 minutes, stirring frequently.

Then add ............, ( 1 teaspoon VANILLA

Chill.

Whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff. Fold into chilled caramel mixture.

Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt. Makes about 1 quart.

PEANUT BRITTLE ICE CREAM

Soften .................. ( 1/2 teaspoon unflavored GELATIN in 2 teaspoons cold WATER

Scald over boiling water .......... ( 1 cup PET MILK

Add softened gelatin and stir until dissolved. Chill until icy cold.

Put through food chopper .......... ( 1 cup crushed PEANUT BRITTLE (1/4 pound)

Whip chilled milk with cold rotary beater, or electric beater at high speed, until stiff. Fold in ground peanut brittle.

Add ...................., ( 2 teaspoons VANILLA

Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt. Makes about 1 quart.

THREE-IN-ONE ICE CREAM

Chill until icy cold .... ( 1 cup PET MILK

Mash until smooth ....... ( 1 medium well-ripened BANANA

Add and stir until sugar is dissolved ..... ( 1/2 cup ORANGE JUICE
2 tablespoons LEMON JUICE.

3/4 cup SUGAR
few grains SALT

Chill thoroughly. Whip chilled milk with cold rotary beater, or electric beater at high speed, until fluffy.

Then add ................ ( 2 tablespoons LEMON JUICE

Continue whipping until stiff. Fold into fruit mixture.

Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in mixture of 3 parts crushed ice to 1 part ice cream salt. Makes about 1 quart.

STRAWBERRY ICE CREAM

Chill until icy cold .... ( 1 cup PET MILK

Wash, drain, then hull ........ ( 1 pint fresh STRAWBERRIES *

Put into bowl and mash thoroughly with bottom of glass or bottle.

Add .................... ( 2/3 cup SUGAR
1/8 teaspoon SALT

Let stand.

Whip chilled milk with cold rotary beater, or electric beater at high speed, until fluffy.

Then add ................ ( 1 tablespoon LEMON JUICE

Continue whipping until stiff. Fold into mashed berries.

Freeze, without stirring, in tray of automatic refrigerator at coldest temperature, or in a mold buried in mixture of 3 parts crushed ice to 1 part ice cream salt. Makes about 1 quart.

* A 16-ounce package of frozen strawberries can replace fresh berries if sugar is reduced to 1/3 cup. Thaw berries, mash thoroughly, and proceed as directed above.
CHOCOLATE SAUCE

Mix together .......... 1/2 cup SUGAR
                      1/4 cup COCOA
Stir in ................... 2 tablespoons WATER
Add ....................... 1-1/2 tablespoons CORN SYRUP
Boil to 234° F., or until a few drops form a soft ball when dropped into cold water.
Remove from heat 1/3 cup PET MILK
and stir in ............. 1/2 teaspoon VANILLA
Serve warm or cold on Plain Ice Cream (recipe, page 7), plain cake or other desserts. Makes about 1 cup.

WHIPPED PEPPERMINT SAUCE

Chill until icy cold .. 1/2 cup PET MILK
Heat slowly until ..... 1/4 pound PEPPERMINT STICK CANDY
                      6 tablespoons WATER
Chill,
Whip chilled milk with cold rotary beater, or electric beater at high speed, until fluffy.
Add and continue whipping until stiff 1 tablespoon LEMON JUICE
Fold into chilled peppermint mixture. Serve on Chocolate Ice Cream (recipes, pages 7 and 9) or other chocolate-flavored desserts. Makes about 1-1/2 cups.

COFFEE SAUCE

Mix in top of double boiler .......... 1/4 cup SUGAR
                      1 tablespoon CORNSTARCH
                      1/8 teaspoon SALT
Stir in ..................... 1 cup strong COFFEE* 1/2 cup PET MILK
Cook over boiling water for 20 minutes, stirring frequently. Serve on ice cream, plain cake or pudding. Makes about 1-1/2 cups.

*To make strong coffee, pour 1-1/4 cups boiling water over 3 tablespoons drip-grind coffee. Cover and let stand 5 minutes. Strain before using.

CARAMEL SAUCE

Sprinkle slowly into hot, heavy skillet, ....... 1/4 cup SUGAR
stirring constantly
When sugar is melted and dark brown in ....... 1/3 cup hot WATER
color, add
Stir until sugar is dissolved.
Mix together .............. 2 tablespoons SUGAR
                      1 tablespoon FLOUR
                      1/8 teaspoon SALT
Stir in gradually ....... 1/2 cup PET MILK
Then stir into dissolved sugar mixture and boil slowly for 2 minutes, stirring constantly.
Remove from heat and add 1/2 teaspoon VANILLA
Serve warm or cold on ice cream. Makes about 3/4 cup.

PINEAPPLE TOPPING

Chill until icy cold ..... 1/3 cup PET MILK
Mix in top of double boiler .......... 1-1/2 teaspoons CORNSTARCH
                      2 tablespoons SUGAR
                      few grains SALT
Stir in ..................... 1/4 cup PINEAPPLE JUICE
Cook over boiling water 20 minutes, stirring occasionally.
Remove from heat and fold in 1/2 cup drained, crushed PINEAPPLE, cooked or canned
Chill thoroughly.
Whip chilled milk with cold rotary beater, or electric beater at high speed, until fluffy.
Then add ............... 2 teaspoons LEMON JUICE
Continue whipping until stiff. Fold into chilled pineapple mixture. Serve on ice cream, plain cake or pudding. Makes about 1-2/3 cups.
## Principal Operations in the Processing of Evaporated Milk

<table>
<thead>
<tr>
<th>EVAPORATION</th>
<th>HOMOGENIZATION</th>
<th>VITAMIN D FORTIFICATION</th>
<th>STERILIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>The removal of about 60% of the water which all cows' milk naturally contains.</td>
<td>The process that breaks up the butterfat globules of milk into very small particles. These smaller fat particles are evenly distributed and do not rise to the top to form cream.</td>
<td>The addition of vitamin D to the extent of 400 U.S.P. units per reconstituted quart, the level recommended by the Council on Foods and Nutrition of the American Medical Association. (The type of vitamin D used to fortify Pet Milk is pure crystalline Vitamin D₃.)</td>
<td>The process of heating (autoclaving) the milk at 240°F. for 15 minutes after it has been hermetically sealed in the cans.</td>
</tr>
</tbody>
</table>

### PROCESSING GIVES EVAPORATED MILK THESE ADVANTAGES:

| EVAPORATION | 1. The food value is doubled. Evaporated milk contains twice the protective food substances of whole milk.  
2. Evaporated milk whips.  
3. Economy -- the smaller volume reduces the cost of transportation and storage thus lowering cost to the consumer. |
| HOMOGENIZATION | 1. Uniform butterfat content.  
2. A smooth consistency. |
| FORTIFICATION WITH VITAMIN D | 1. A dependable source of vitamin D is supplied at no extra cost to the consumer. Babies and growing children must have milk to supply calcium and phosphorus to build strong bones and sound teeth. Vitamin D is necessary for utilization of these minerals. Medical authorities* have determined that a daily quota of milk fortified to a potency of 400 units of vitamin D₃ per quart will provide the vitamin D needed by normal infants for good bone and tooth development, and for best over-all growth.  
| STERILIZATION | 1. Absolute safety -- evaporated milk is sterile.  
2. Long-time keeping qualities -- evaporated milk will keep indefinitely in the sealed can.  
3. Ready digestibility -- the heat of sterilization changes the nature of the protein so that softer, smaller curds are formed in the stomach. |

### COMPARISON WITH BOTTLED MILK, CREAM AND WHIPPING CREAM

<table>
<thead>
<tr>
<th></th>
<th>Bottled Milk*</th>
<th>Pet Milk</th>
<th>Cream*</th>
<th>Whipping Cream*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td>3.9%</td>
<td>7.9%</td>
<td>20.0%</td>
<td>35.0%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>4.9%</td>
<td>9.5%</td>
<td>4.0%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Protein</td>
<td>3.5%</td>
<td>7.0%</td>
<td>2.9%</td>
<td>2.3%</td>
</tr>
<tr>
<td>Mineral Salts</td>
<td>.7%</td>
<td>1.5%</td>
<td>.6%</td>
<td>.5%</td>
</tr>
<tr>
<td>Total Solids</td>
<td>13.0%</td>
<td>25.9%</td>
<td>27.5%</td>
<td>40.0%</td>
</tr>
</tbody>
</table>


This seal certifies that all statements about Pet Milk made here have been accepted as true by the Council on Foods and Nutrition of the American Medical Association.