

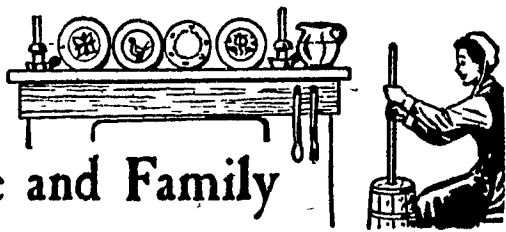
For the Farm Wife and Family

Evaporated Milk

By Mrs. Richard C. Spence

Using evaporated milk in your cooking can make for better blending and richer flavor. It will give you better texture and smooth gravies, sauces, custards, and frozen desserts. Not only will you have delicious results with evaporated milk but your budget will benefit, too.

Evaporated milk is milk from which more than half of the water has been removed by heating in a vacuum. It is hermetically sealed in cans and then sterilized. Evaporated milk can be substituted for whole fresh milk; for 1 cup fresh milk use ½



cup evaporated milk and ½ cup water.

Here are some easy-to-do ways with evaporated milk:

(1) Luscious homemade fruit pies are a natural accompaniment to summertime. To make them even more enticing brush the top pastry with undiluted evaporated milk, then sprinkle lightly with granulated sugar. Your pie will emerge from the oven glistening prettily with a light shiny glaze.

(2) This sunny corn and carrot saute will brighten up any menu. All you do is saute ¼ cup finely chopped onion in 3 tablespoons butter in a frypan until yellow and transparent. Mix in ½ cup shredded carrots and 2 cups corn cut from the cob, then cover and steam about 5 minutes over very low heat. Stir in ¼ cup evaporated milk along with ¼ teaspoon salt and a few grains pepper. Bring to serving temperature

over low heat and you're all set to dish up four servings of a truly delectable and beautiful vegetable combination.

(3) Not exactly "hasty pudding" but certainly a mighty quick one to prepare is this crunchy good Coco-Peanut Pudding made with evaporated milk. For this family treat place 1 package (about 4-ounces) chocolate pudding and pie filling mix (not instant) in a saucepan, then stir in 1 tall can evaporated milk and ¾ cup water. Cook over medium heat, stirring constantly, until thickened, about 5 minutes. Remove from heat and stir in ¼ cup chunk-style peanut butter. Cover and chill. At serving time spoon pudding into four dessert dishes. Sprinkle with chopped salted peanuts, if desired. Serve immediately.

(4) Evaporated milk blends together a Peppermint Stick

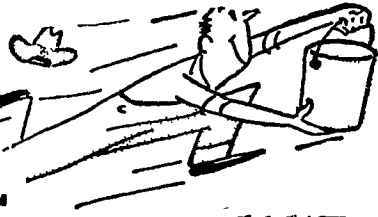
Sauce that is a tempting top per for chocolate or vanilla ice cream. To prepare place ½ cup white corn syrup and ¼ cup water in a small saucepan. Blend well, then boil to soft ball stage (235 degrees F.) Remove from heat and stir in ¼ cup finely crushed peppermint stick candy. Stir until candy is dissolved, then stir in ½ cup evaporated milk. Cool. When ready to serve, stir in an additional ½ cup of the crushed peppermint candy. Makes 1½ cups sauce.

(5) Obviously meant for each other are fresh fruit salads and this distinctive dressing that's a smooth blend of evaporated milk, peanut butter, lemon juice & honey. For the dressing place ½ cup peanut butter in a small bowl, then slowly blend in ½ cup evaporated milk and beat until mixture is smooth. Stir in 1 tablespoon lemon juice, a pinch of salt and 1 tablespoon honey, then blend in an additional ¼ cup evaporated milk. Makes about 1½ cups of dressing that will do marvelous things for a mixed fruit salad of sliced bananas, chopped apple and grapefruit seeds.

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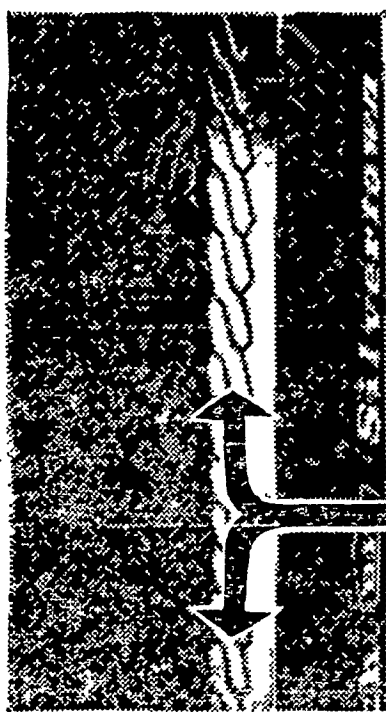
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