MILK, EGG AND CHEESE FOODS

COMPOSITION OF EGGS AND MILK.

<table>
<thead>
<tr>
<th>Food Material</th>
<th>Water</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Ash</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>87.0</td>
<td>3.3</td>
<td>4.0</td>
<td>5.0</td>
<td>.7</td>
</tr>
<tr>
<td>Egg</td>
<td>73.7</td>
<td>13.4</td>
<td>10.5</td>
<td></td>
<td>.1</td>
</tr>
<tr>
<td>Am. Pale Cheese</td>
<td>31.6</td>
<td>28.8</td>
<td>35.9</td>
<td>-3</td>
<td>3.4</td>
</tr>
</tbody>
</table>

MONTANA STANDARD FOR MILK.

Milk offered for sale shall contain not less than:
- 3.25% fat
- 8.5% solids not fat
- 11.75% total solids.

CARE OF MILK.

Remove the milk from the stable as quickly as possibly, strain through sterile cotton or cloth and cool promptly to prevent growth of bacteria.

It is generally admitted that milk containing over 500,000 bacteria per cubic centimeter is not a fit article for use, unless it be pasteurized. Some cities enforce a standard as low as 60,000 bacteria per cubic centimeter. Certified milk shall contain less than 10,000 bacteria when delivered.

COOKING OF EGGS.

Eggs begin to coagulate at 134 degrees fahrenheit and become of a jelly-like consistency at 160 degrees fahrenheit. If eggs are subjected to a boiling temperature they become tough and leathery;
in custards or salad dressings they become watery and have a curdled appearance.

Note: All egg mixtures should be cooked at a temperature below the boiling point.

**PRESERVATION OF EGGS.**

Preserve only eggs that are clean, sound and fresh. Do not wash eggs before placing in solution.

**WATER GLASS (Sodium Silicate)**

Immerse eggs in a water glass solution and keep in a cool place. Solution: Dilute the water glass as purchased 10 times its volume. The solution should have a specific gravity of 1.045. The eggs should keep in this solution several months.

**EGG, MILK AND CHEESE FOODS.**

**BAKED EGGS.**

Break eggs into a buttered platter or shallow baking dish. Sprinkle cracker crumbs and grated cheese over the top, then moisten with a few T's of cream. Bake in a moderate oven until the egg white is of a jelly-like consistency.

**SOFT COOKED EGGS.**

Have ready a saucepan containing boiling water. A general rule is to allow 1 pt. of water to 1 egg and an extra cupful for each additional egg. Put eggs in saucepan, remove to cooler part of stove and let stand from 3 to 5 min. if liked soft cooked; 8 to 10 min. for medium hard; 20 to 30 min. for very hard cooked. Temperature of water should not exceed 180 degrees.

**FRENCH OMELET.**

4 eggs 2 T Butter
4 T Milk ½ t salt
⅛ t pepper

Beat eggs slightly, just enough to blend yolks and whites. Add the milk and seasonings. Put butter in hot omelet pan; when melted, turn in the mixture; as it cooks, prick and pick up with a fork until the whole is of a creamy consistency and firm enough to fold.

All measurements are level. c-cup; t-teaspoon; T-tablespoon.
Place on hotter part of range that it may brown quickly underneath. Fold and turn on hot platter. Before folding, grated cheese, jelly or chopped meat may be added.

**SHIRRED EGGS WITH RICE.**

Line a shallow buttered baking dish with hot boiled rice. Break 6 eggs and carefully drop them one by one into the rice. Cover with 1 c of white sauce to which 1/4 c of grated cheese and 1/4 c of bread crumbs have been added. Set baking dish in pan of hot water and cook in slow oven until the whites of the eggs are jelly-like.

**CREAMED EGGS.**

Prepare white sauce and add hard cooked eggs cut in halves, slices, or chopped, and when hot serve on toast.

Or separate whites and yolks, chop whites fine, add to white sauce and when hot serve on toast and garnish with yolks run through a sieve or ricer. Season with salt and pepper. The eggs may be mixed with the white sauce, poured into a baking dish, covered with buttered crumbs and baked until crumbs are a delicate brown.

**MEDIUM WHITE SAUCE.**

2 T flour  
1 1/2 T butter  
1 c milk

Melt butter until it bubbles, add flour, mixing thoroughly. Add milk, stirring constantly.

**SIMPLE RAREBIT.**

1 c milk  
3 T flour  
2 T butter  
1/2 c cheese  
1 t salt  
Paprika

(Worcestershire sauce may be added)

Make white sauce, then add cheese, salt and paprika. Serve on crackers or toast. Eggs may be added. In case eggs are used, use 3 eggs in place of 1 T flour.

**CHEESE FONDU.**

1 c soft bread crumbs  
2 t salt  
1 c cheese  
4 eggs  
1 c milk  
little paprika

Soak bread crumbs in milk, add cheese cut in small pieces, egg yolks, salt and a little paprika. Fold in stiffly beaten whites of eggs.
Pour into buttered baking dish and bake about ½ hr. in moderate oven. Serve immediately. (Serves 6.)

**CHEESE SOUFFLE**

| 2 T butter       | 3 T flour       | ½ c milk       | ½ t salt       | Few grains cayenne | 2-3 c Old English or Young America cheese | Yolks 3 eggs | Whites 3 eggs |

Melt butter, add flour, and when well mixed, add gradually milk. Then add salt, cayenne and cheese. Remove from fire; add yolks of eggs beaten until lemon-colored. Cool mixture, and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking dish and bake 20 min. in a slow oven. Serve at once.

**MACARONI AND CHEESE**

Cook macaroni until tender. Rinse in cold water. Add tomatoes to cover. Simmer. Before serving add cheese broken in small pieces and seasonings desired. Cook long enough to melt cheese. Serve hot.

**CHEESE BALLS**

1 pkg. soft cheese 1 box sardines

Make into balls. Sprinkle with grated cheese and roll in pimento blanket.