

BE **Foley** EQUIPPED

Try these other fine
Foley Utensils

 Pan Drainer #156	 Blending Fork #107
 3-Cup Sifter #180	 Jar Opener #147
 Meat Lifter #126	 Juicer #110
 Pastryframe #113	 Measuring Cup Set #136
 Rolling Pin #117	 Tongs #178

... and Many More!

Foley

FOLEY MANUFACTURING COMPANY
MINNEAPOLIS, MINNESOTA 55418



75
WAYS
TO USE THE

Foley

FOOD MILL



Scores of good cooks all across America know and use the Foley Food Mill. Yet how many young homemakers are only beginning to discover the versatility of this amazing utensil.

It's remarkable, the Foley Food Mill. So simple and uncomplicated. It is a fine American-made product designed to do the most superb job of mashing, puréeing and straining foods. Working quickly and easily, it saves precious time with results that are actually cumbersome and hard to achieve by other methods.

The Food Mill, available in hardware stores as well as in the housewares sections of variety and department stores, comes in three sizes. Most popular, and most readily available, is the 2 quart capacity household mill. This all-purpose size works perfectly whether one potato or enough for a crowd is mashed. The smaller $\frac{3}{4}$ quart mill, called the gourmet mill, is ideal for preparing baby foods or other strained foods in small quantities. Finally, there is a $3\frac{1}{2}$ quart canning mill, handy for making large batches of applesauce, tomato or grape juice.

To give you an idea of just how versatile a Food Mill can be, here are 75 different ways to put it to work. For specific recipes of any of the suggestions write to:

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The Foley Food Mill comes completely assembled. The four simple parts are the main body of the mill, handle with paddle attached and, on the bottom, the scraper, spring and nut. The mill is made of cold rolled steel, and is tin-coated to make it rust and acid resistant.

How To Operate the Foley Food Mill

Place Food Mill on a larger bowl or saucepan and add the prepared food. Turn the paddle, pressing down on it, three or four times to the right, then make a left turn. Continue in this way until all the food has been strained. The amount of fibers or residue left in the mill depends on the type of food being milled. When puréeing, mashing or straining too much food for the size of the mill, just purée a portion at a time, removing residue occasionally. The scraper works to sweep the puréed foods from the bottom of the mill into the bowl or saucepan.



To clean the Food Mill: Remove scraper, spring and nut from bottom of mill. Lift out paddle. Wash and dry parts thoroughly. Reassemble for storage.



AND NOW — 75 ways to use the Foley Food Mill. Some familiar, some new, but all intended to help make your cooking quicker and easier and the results smoother, more flavorful, wholesome and good.

1 Make applesauce. For many people, the Foley Food Mill's number one use has been to make applesauce. And today's young cooks who relish the natural tangy taste of homemade applesauce are discovering how easy it is with a Food Mill. No need to peel or core the apples. Remove blossom ends and stems. Cut apples into quarters and place in a saucepan with just enough water to prevent sticking (2 tablespoons for 2 pounds apples). Cover and cook over low heat until soft, turn through the Food Mill. Add sugar to taste.

Enjoy applesauce, of course, but don't stop there. Use it to make:

- 2** Old fashioned Applesauce Cake
- 3** Moist, nutritious Applesauce Cookies
- 4** Baked Swedish Apple Pudding
- 5** French Apple Tart
- 6** Applesauce Turnovers
- 7** Cottage Cheese. Whisk it through the Food Mill to make it extra smooth for Cheese Cake, but also for:
 - 8** Filling blintzes
 - 9** A low calorie dip for vegetables
 - 10** A substitute "Ricotta"

11 Mash potatoes. Use the Food Mill for the world's smoothest, lightest, fluffiest mashed potatoes to be enriched and flavored with butter and milk, or to become:

- 12** Egg-enriched Duchess Potatoes
- 13** Italian style Potato Gnocchi
- 14** Shepherd's Pie

15 Mash sweet potatoes and yams, too, for Southern style Sweet Potato Pie, Stuffed Orange Shells or a Yam and Pineapple Casserole.

16 Strain fresh tomatoes through the Food Mill for natural homemade tomato juice. No need to cook soft, vine ripened tomatoes. No need to peel them, either. The Food Mill, in jiffy quick time, strains the juice and holds back the peel. Cook firm tomatoes just until soft.

Make tomato juice by the gallon — but also:



- 17** Tomato Aspic made from it
- 18** Tomato Purée cooked to just the right thickness
- 19** Tomato Catchup
- 20** Cream of Tomato Soup

21 Strain frozen fruits through the Food Mill for fruit sauce, a pie glaze, cake frosting, or for natural fruit-flavored milk. For the sauce, purée the fruit without draining it and thicken with cornstarch. For the glaze, drain the fruit before putting it through the Food Mill.



22 Purée fresh fruits. Turns very ripe fruit through the food mill without cooking. Cook other fruits until soft, then run through the mill. Try these:

23 Purée strawberries to make a fresh strawberry sauce, homemade strawberry ice cream, a strawberry mousse or pudding.

24 Purée raspberries for Melba Sauce, the first step in making famous Peach Melba. To completely remove tiny seeds, rub puréed fruit through a fine strainer.

25 Remove pits and cook plums until tender; purée to use as a sauce or in a whip.

26 Don't forget dried fruits. Cook them in water until tender, drain and put through the Food Mill. Sweeten and use in a number of ways.

27 Add brandy to puréed, sweetened dried apricots for a scrumptious cake filling.

28 Purée cooked dried apricots and canned crushed pineapple for a winter jam.

29 With puréed cooked prunes, make a prune whip, souffle or spicy prune cake.

30 Apple Butter, thick and brown and spicy good. There's also:

31 Pear Butter

32 Peach Butter

33 Apricot Butter

34 Plum Butter

35 Turn cooked rhubarb through the Food Mill and use it for making Rhubarb Jelly, Rhubarb Chiffon Pie, an exotic Rhubarb Punch.

36 When making homemade cranberry sauce, turn the cooked cranberries through the Food Mill, then through a fine strainer.

37 For your own homemade natural grape juice, extract the juice from cooked whole crushed grapes with the Foley Food Mill.



To prevent crushing the small hard seeds when straining grapes, remove the spring and scraper from the Food Mill and replace the nut.

38 Use the Food Mill to separate grape seed from pulp for popular Concord Grape Pie, or for grape conserve, marmalade or butter.

39 Let the Food Mill take a turn at exotic fruits. Purée persimmons for persimmon pudding, guavas for guava butter, avocados for an avocado gelatin mold or an avocado soup.



Be an expert at cream soups by letting the Food Mill do the straining.

40 For Cream of Asparagus Soup, include the tough ends; the Food Mill strains out the fibers.

41 Open a can of cream-style canned corn for a quick Cream of Corn Soup.

42 Reach for either fresh or frozen peas for Crème Saint Germain.

Also make delightfully smooth cold soups.

43 Good Vichyssoise depends on a smoothly strained leek, onion and potato mixture.

44 For cold Borscht, make a vegetable and beet stock, strain through the Food Mill, chill and serve with julienne cut beets. Top with a spoonful of sour cream.

45 Strain cucumbers cooked in chicken stock for a cold Cucumber Soup. Season very lightly with curry powder.

46 Watercress Soup is good hot, but extra good cold. Garnish with chopped watercress.

47 Make dry bean soups velvety smooth by putting them through the Food Mill. Do it with Lentil soup but also with split pea or black bean.

If you like vegetables, you'll cherish the Food Mill.

48 Create a new vegetable by puréeing two or more through the mill. Start with potatoes and turnip, but also try:

49 Carrots and sweet potatoes

50 Parsnips and peas

51 Lima beans, peas, carrots and onions

52 Mash carrots for a vegetable but also for:

53 Wholesome Carrot Cookies

54 Better than pumpkin Carrot Pie

55 Light and airy Carrot Souffle

56 Turn boiled chestnuts through the Food Mill for a delightful winter vegetable.

57 Purée vegetables not usually puréed. For example: beets, broccoli, split peas, cauliflower.

58 If it's a member or close relative to the turnip, mash it in the Food Mill. This includes kohlrabi, parsnips and rutabagas.

59 Cook a fresh pumpkin for Pumpkin Pie but also for pumpkin soup, pudding or cake. To cook, remove stringy parts and without cutting off the rind, cut into cubes. Boil until tender then put it through the Food Mill.

60 Follow the pumpkin technique and purée winter squash such as acorn, hubbard, butternut.



61 Turn the Food Mill into a collander by removing the paddle. Use it to drain spaghetti, macaroni, noodles.

62 When supper is delayed, place the "collander" mill over hot water and use it to keep rice, potatoes and other vegetables hot.

63 Make a steamer out of the Food Mill. Remove the paddle. Place the mill over a saucepan of about the same diameter as the mill. Cover with a snug-fitting lid.

Tricks that may be new to you —

64 Grate hard cooked eggs through the Food Mill as a mimosa garnish for salads. Or when preparing deviled eggs, put the yolks through the mill.

65 Crush saltines and graham crackers in the Foley Food Mill. It's economical, easier than using a rolling pin and crumbs are uniform.

66 Whisk canned salmon through the Food Mill for a creamy smooth salmon mousse.

67 For a liver paté, put the cooked chicken livers first through the Food Mill, then through a fine strainer.

68 Use the Food Mill to turn commercial preserves and jams into quick, smooth sauces.

69 Make coconut milk for a curry dish or Coconut Pudding. Pour 3 cups boiling water over 2 cups grated fresh coconut. Let stand until cool. Turn into the Food Mill and press milk from coconut.

70 Purée canned fruits for use in snows, whips, puddings and sauces.

71 Strain the vegetable rich stock of a stew or other braised dish through the Food Mill.

The Food Mill is great for all ages

72 Mash bananas in the Foley Food Mill, especially for young babies who don't like lumps, and cooks who want the bananas for breads and cakes to be perfectly smooth.

73 Make your own strained baby food by putting cooked vegetables through the Food Mill.

74 For ulcer and colitis patients, remove irritating fibers from vegetables by puréeing them through the Food Mill.

75 On a salt-free diet? Intensify the flavor of vegetables by letting the Food Mill remove tasteless fibers from corn, lima beans, peas.

The Food Mill by Foley, over many years, has become a household necessity for all good cooks who maintain they couldn't keep house without it. There are now hundreds of Foley kitchen utensils of the same high-grade quality sold by department stores, chain stores and supermarkets throughout the United States, Canada and foreign countries.