

## **By the spoonful. Some uses of Condensed Milk**

July 2025

As a kid in Sri Lanka quaffing condensed milk was a daily practice. The can had two holes in it – triangular from the tool that made them. I also grew up having condensed milk in my tea, a practice that was stopped immediately when we landed in Australia. I wonder why? Perhaps it was because now we had easy access to dairy milk? Condensed milk spread on white bread from the bakery down the street was a more accepted practice. The other use of condensed milk I recall was poured into hibiscus tea. When my dad went on bivouacs in the Australian Army he would always return with three or four tubes of sweet and not-so-sweet spreads - Vegemite, a jam, and condensed milk at a minimum. We'd squeeze the tubes directly into our mouths and occasionally squeeze them onto white sliced buttered bread.

For no reason I can recall the other day I thought about condensed milk and my uses of it. Always on the look out for something to vox pop my FB friends about I asked them to tell me of their uses of it.

In my pre caring about nutrition days I ate it by the spoon  
OMG. My Pommy childhood once a week we were allowed a teaspoon each on a slice of bread.  
By the spoon full couldn't have it in the house.  
I used to just eat it by the spoonful as a teenager. Loathe it now.  
My brother used to have this on fresh bread. He used to carefully spread it all over & then eat it without spilling any over the sides. I remember being very impressed by this feat.  
A condensed milk sandwich.  
Conny-onny butties. (Sandwiches)

Tea, coffee  
Kiri topi and tinkiri tea. (Milk coffee and tea)  
Instant coffee.  
Use a heaped teaspoon in my coffee.  
In Java: kopi Jawa susu - Javanese style coffee with the grounds in the bottom of the glass with condensed milk. Javanese may even add sugar.  
We used to buy it in a tube, and always brought some when we went away on holiday to anywhere out of town. It served as sweetener for mugs of tea or milk, and as emergency treat material for kids who were suffering from holiday scrapes and sadness. Happiness in a squeeze of the tube.  
Vietnamese coffee.  
Use a heaped teaspoon in my coffee.

A few blobs was lovely in rice pudding  
Caramel pudding, Butterscotch pudding,  
Caramel slice of course. But honestly in my pre caring about nutrition days I ate it by the spoon.  
I also made something with lots of coconut....  
Used it yesterday to make Florentines ( Women's Weekly cookbook recipe)  
Dulce de leche. Supposed to be a bit dangerous

OMG so much - cheesecake filling.  
Cheesecake with Philly cheese

I once made a cheesecake with it, so long ago i don't remember the recipe but I think it had lemon juice in it.

A packet of Philly cheese, a can (of condensed milk) and 1/4 cup lemon juice.

Milk toffee.

We always had this in our cupboard, but I can't recall exactly what for. Would it have gone into toffees? (Making toffees for school stalls was a very regular event.) Baked rice pudding? (Every Saturday night) We didn't have it in mayonnaise or on bread or any other ways listed so far. Sri Lankan Milk Toffee. Loved it. I used to help Mum make it and I definitely licked the can. 'Kore kommie,' an addition to the Estonian lollies that were made by boiling equal parts sugar and milk till it has reduced to a brown colour, then pouring it onto a buttered surface to harden, then cut to desired shapes, the darker the mixture the harder the lolly, or sticky lollies if you take off heat in a lighter brown stage.

Mayonnaise - for the potato salad my father made.

I think mum made mayonnaise with it? Whatever it was we fought over who got to lick the can! Lol

Mayonnaise: vinegar plus condensed milk.

Milk on holiday: condensed milk plus water ( yuk).

Definitely salad cream! Condensed milk, malt vinegar, Keen's mustard. We loved it so sweet sour great with boiled chook tomato beetroot iceberg lettuce!! and bread and butter!!!! My mum also made mayo.

Still make Mayo from it. Much nicer than shop bought

The dressing was for coleslaw. Like a mayonnaise but with a sweet/vinegar tang.

In mashed avocado.

Mixed with mashed avocado.

Avocado smoothies

We drizzle it over avocado in Malaysia.

I remember as a kid boiling it in the can to turn it into caramel.

Boil it in the tin for caramel.

I recall it being heated in water whilst still in the can to make caramel, but I never could be bothered.

I think we used to put a hole in the tin (they were not pull tops in those days) and boil them to make a caramel. Then pour the caramel into a pie tin crust that was basically rolled up sweet bickies and butter.

Caramel shortbread and chocolate slices

Boiled it in the tin for caramel. Was our treat when I lived in the bush without electricity.

You can boil it up in the can and it turns into caramel sauce you can use on desserts or ice cream- have also used to make little coconut balls with dried fruit etc.

Dulce de Leche (Condensed Milk caramelized)

Caramel pie

Key lime pie

1 tin condensed milk add 1 packet of desiccated coconut or really any of the dried coconut stuff and choc bits. Mix well. Press it into a lamington tin. Bake at 180C for 12-14 minutes. When cool cut into squares. A sweet treat.

Have detected it in carrot cake icing - wish they wouldn't use it.

Place unopened tin of condensed milk in a saucepan, cover with water and boil for a few hours. Make sure it doesn't boil dry. The condensed milk turns into yummy caramel. Once cooled you can use it in desserts. This one is a triumph.... Layer cooked puff pastry sheets with the cooled caramel sauce and whipped cream. Repeat layers. Cover the whole puff pastry caramel log with whipped cream and crushed puff pastry bits. Leave it in the fridge for a few hours before serving. There won't be any leftovers! Recipe from my mum.

Ice cream

Pour it on a bowl of fresh snow when cross country skiing, to make "ice cream"!! I still do this and it's the best!

Pour some into a glass and add soda water. Drink with a straw.

Hmmm that sounds good. So, I am off to get the soda water and give it whirl.