

# DAIRY

Cafeteria | VermontHarvestoftheMonth.org



Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

## Tidbit

All dairy products are derived from animal milk, and although most common, milk doesn't just come from cows! For such a small state, Vermont has around 900 dairy farms milking cows, sheep, and/or goats. But in other countries, people consume buffalo, camel, yak, horse, reindeer, and donkey milk.

## Storage Tips

- Dairy products are perishable items and should be refrigerated at 40° F or lower to keep harmful bacteria from growing.
- Try wrapping hard cheeses in wax paper and then in a zip lock bag to maintain freshness.
- As with most foods, when in doubt, throw it out!

## Benefits

- Dairy products contain many nutrients including calcium, potassium, vitamin D, and protein.
- It has been shown that consuming milk as a child and adolescent helps build strong bones and reduces the risk of bone fractures and osteoporosis later in life.

## Cooking Tips

- Milk should be gently heated to avoid a scorched flavor or creating a surface film. Try double boiling or microwaving while stirring every 15 seconds.
- Throw the parmesan cheese rind into soups when cooking to add additional flavor. Discard rind after cooking.
- Not all cheeses are alike! Different types of cheeses will melt at different temperatures and some won't melt at all.

## Kid-Friendly Eating Tips

- Use milk in place of cream for sauces to cut down on fat content. Thicken the milk by whisking in 1 tablespoon flour for every 1 cup milk before adding to the pan. Stir until the sauce thickens.
- Use milk in place of water in bread or other baked goods to add richness and calcium.

## Selection Tip

- Always make sure your dairy products are fresh, especially milk and yogurt, by checking the sell-by dates.
- Dairy products vary significantly in fat and sugar content, read nutrition labels to ensure the product meets your dietary requirements.

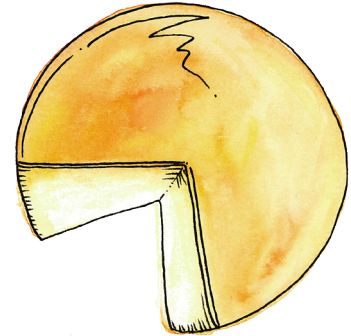
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## Varieties

- Milk is amazingly versatile and can be made into a variety of products that include cheese, yogurt, kefir, and, of course, enjoyed on its own as that tall glass of cold milk!



### Fluffy Whole-Wheat Buttermilk Biscuits

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Servings: 50

##### Ingredients:

- 1 lb, 12 oz whole-wheat flour
- 1 lb, 12oz enriched all purpose flour
- 4 oz granulated sugar
- 2 oz baking powder
- 1 tablespoon salt
- 1 lb butter, unsalted, cold, cut into pieces
- 1 quart buttermilk
- 4 large eggs

##### Directions:

1. Preheat convection oven to 325°F or conventional oven to 400°F. Line 2 full sheet pans with parchment paper.
2. Whisk together whole-wheat flour, all-purpose flour, sugar, baking powder and salt in a large bowl. Cut butter into the dry ingredients until it's the size of small peas. Stir in buttermilk and eggs just until incorporated (do not over mix).
3. Using a #20 scoop, portion biscuits onto the prepared pans. Bake until golden brown, 20 to 25 minutes.

Source: *New School Cuisine Cookbook*

### Cheesy Twice Baked Sweet Potatoes

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Yield: 50

##### Ingredients:

- 8 lbs Sweet Potatoes
- 1.5 oz chives
- 10 oz shredded reduced-fat cheddar cheese
- 7 oz fat-free sour cream
- 1 ½ tsp salt
- 1 ½ tsp ground black pepper
- ¾ cup shredded parmesan cheese

##### Directions:

1. Preheat convection oven to 400°F or conventional oven to 425°F.
2. Prick each sweet potato 3 times with a fork. Place on a full sheet pan and bake until tender, about 1 hour. Let cool.
3. Chop chives.
4. Cut the potatoes in half lengthwise and scoop out the flesh, leaving approximately ½ inch of flesh and skin. Transfer the flesh to a large bowl.
5. Add Cheddar cheese, sour cream, the chives, salt and pepper to the potato flesh and mash to combine. Fill the potato skins with this mixture. Sprinkle with Parmesan cheese.
6. Bake the stuffed potatoes until hot and the cheese is browned, about 20 minutes.
7. Cut the sweet potatoes into halves or thirds to reach 50 servings.

Source: *New School Cuisine Cookbook*