

DAIRY

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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.
- Store cheese in a refrigerator drawer and milk on an interior shelf, not the door, to avoid temperature swings.
- Try wrapping hard cheeses in wax paper and then in a zip lock bag to maintain freshness.
- As with most foods, when it doubt, throw it out!

Kid-friendly Eating Tip

- 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 instead of water in bread or other baked goods to add richness and calcium.
- Natural, aged cheeses contain trace amounts of lactose-like cheddar, parmesan, and Swiss. These cheeses can often be eaten by people who are lactose intolerant, but introduce these slowly into a new diet.

Cooking Tips

- Throw the parmesan cheese rind into soups when cooking to add additional flavor. Discard the rind after cooking.
- 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
- Not all cheeses are alike! Different types of cheeses will melt at different temperatures and some won't melt at all.



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Selection

- Always make sure your dairy products are fresh, especially milk and yogurt, by checking the sell-by dates.
- Given the short shelf life of milk, consider buying smaller containers more frequently instead of larger containers that might go bad.
- Dairy products vary significantly in fat and sugar content, read nutrition labels to ensure the product meets your dietary requirements.
- Ask for samples of cheese at the grocery's cheese counter- many places will let you try before you buy!

Recipes

Homemade Farmer's Cheese

Homemade Farmer's Cheese

Time: 25 minutes

Servings: 16

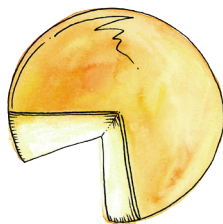
Ingredients:

- 1 gallon whole milk
- 1 large lemon
- 1 pinch salt

Directions:

1. Pour the milk into a large pot, and stir in a pinch of salt. Bring to a boil over medium heat, stirring occasionally to prevent the milk from scorching on the bottom of the pot.
2. When the milk begins to boil (small bubbles will first appear at the edges), turn off the heat. Stir lemon juice into the milk, and the milk will curdle. You may need to wait 5 or 10 minutes.
3. Line a sieve or colander with a cheesecloth and pour the milk through the cloth to catch the curds. What is left in the cheesecloth is the Farmer's Cheese. The liquid is the whey. Gather the cloth around the cheese, and squeeze out as much of the whey as you can. Wrap in plastic, or place in an airtight container. Store in the refrigerator.
4. Discard the whey or use in other recipes

Source: allrecipes.com



Goat cheese and Roasted Corn Quesdillas

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Time: 24 minutes

Servings: 4

Ingredients:

- 1 cup fresh corn kernels (about 1 large ear)
- 2/3 cup goat cheese, softened
- 8 (6-inch) corn tortillas
- 1/4 cup chopped green onion (about 1 green onion)
- 10 tablespoons bottled salsa verde, divided
- Cooking spray

Dressing Ingredients:

- 2 Tbsp. olive oil
- 2 cloves garlic, peeled and minced
- 3 Tbsp. lime juice
- 1/2 tsp. ground cumin
- 1 cup fresh cilantro, finely chopped

Directions:

1. Heat a large nonstick skillet over medium-high heat. Add corn; sauté 2 minutes or until browned. Place corn in a small bowl. Add goat cheese to corn; stir until well blended. Divide corn mixture evenly among 4 tortillas; spread to within 1/4 inch of sides. Sprinkle each tortilla with 1 tablespoon green onions. Drizzle each with 1 1/2 teaspoons salsa; top with remaining 4 tortillas.
2. Heat pan over medium-high heat. Coat pan with cooking spray. Place 2 quesadillas in pan; cook 1 1/2 minutes on each side or until golden. Remove from pan; keep warm. Wipe pan clean with paper towels; recoat with cooking spray. Repeat procedure with remaining quesadillas. Cut each quesadilla into 4 wedges. Serve with remaining 8 tablespoons salsa.

Source: myrecipes.com