

What's new... in dairy and eggs?



Issue #17 January 2013

Cooking with Milk and Cream

Cooking with milk and cream adds a creamy texture to sauces, soups and puddings. When done properly, there is no mess and the results are delicious. You don't have to be a professional chef to successfully cook with milk and cream! Just use these tips to avoid some common cooking problems.

1. **Scorching** is a result of heating milk on too high a heat and is caused by the proteins in the milk thickening and then burning on the bottom of the pan. Using lower heat, wetting the pan with water before adding the milk, using a double boiler or using a microwave on lower heat will help.
2. **Curdling** or separating occurs when the milk proteins separate from the milky white whey (think curds and whey). Curdling occurs when mild acids, tannins and salt are added to milk or milk is heated at too high a temperature. To avoid curdling, add a little flour or cornstarch to the milk before adding the acid (i.e. tomatoes) should help. When adding milk to a hot liquid, temper the milk, by adding a bit of the hot liquid to it or heat the milk first and then add it to the liquid. Sauces may separate if heat is too high or cooked too long.

Note: Cream has a higher fat content than milk (light – 6%; table – 10%; coffee - 18%; whipping – 32%) which makes the product more stable. The higher the fat level in the cream, the less likely the cream is to curdle. The reason that higher fat creams are more stable is because they have less protein so less of a chance to curdle.

3. **Skin formation**, like the one that may form on homemade pudding, occurs when the proteins in milk come in contact with air and thicken. To prevent this, cook at lower heat and cover the surface when cooling.

Remember, lower heat is always the best practice when using milk.

Alberta Milk has a great link to help your students learn the proper way to whip cream:

<http://www.youtube.com/watch?v=N3FVpDmSZUM>.

Banana Cream Pie

Courtesy of Dairygoodness.ca

Crust:

- 1 1/2 cups (375 ml) crushed vanilla or ginger-snap cookies
- 1/4 cup (50 ml) butter, melted
- 1/4 cup (50 ml) mashed bananas

Filling:

- 1 envelope gelatin
- 1/4 cup (50 ml) cold water
- 3 eggs
- 2/3 cup (150 ml) sugar
- 1/4 cup (50 ml) cornstarch
- 2 cups (500 ml) Milk
- 1 tsp (5 ml) vanilla
- 1 cup (250 ml) 35% Real Whipping Cream
- 2 bananas

Garnish:

- 1 cup (250 ml) 35% Real Whipping Cream
- 2 tbsp (30 ml) icing sugar
- 1/2 cup (125 ml) grated semi-sweet chocolate- optional

1. Combine cookie crumbs with melted butter and mashed bananas. Press firmly into the bottom and up the sides of a 9" (24 cm) round pie dish.
2. To prepare filling, in a medium saucepan sprinkle gelatin over cold water. Allow to soften 5 min. Heat gently just until dissolved.
3. In a medium size bowl, beat eggs with sugar until combined. Whisk in cornstarch. Whisk in Milk. Whisk in dissolved gelatin.
4. Transfer mixture to a saucepan and cook, stirring constantly; just until mixture comes to a boil and thickens (remember to use the tips about scorching in #4). Remove from heat. Stir in vanilla. Cool to room temperature.
5. Whip 1 cup (250 ml) cream until soft peaks form (Watch <http://www.youtube.com/watch?v=N3FVpDmSZUM> for tips). Fold into cooled custard.
6. Slice bananas and place in the bottom of the prepared pie crust. Mound the filling over the bananas. Refrigerate.
7. Whip remaining 1 cup (250 ml) cream with icing sugar. Pipe or spoon over the filling. Sprinkle the top with grated chocolate. Refrigerate at least 4 hrs before serving.

Resources: Alberta Milk has a number of free or low cost resources, like the *Milk Nutrients Poster and Activity Sheet*, for you at: moreaboutmilk.com/resources.aspx. Check out more easy, tasty and healthy recipes at our blog: easytastyhealthy.ca or moreaboutmilk.ca



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EGG HANDLING TIPS

Smart Shopping

- When grocery shopping, pickup eggs near the end of your shopping trip. Ask the cashier to pack them with frozen items to keep them cold, and then keep them in the coolest part of your vehicle on the way home. Get them home and into your fridge as quickly as possible.

Storing Eggs

- The egg carton protects the eggs and prevents them from absorbing strong odours and flavours of other foods through the thousands of tiny pores in the shell. Keeping eggs in their carton also means the Best Before date is always visible.
- Eggs should not be stored on the refrigerator door, but in the main body of the refrigerator, to ensure they keep a consistent, cool temperature.

Determining the Freshness of Eggs

- In a fresh egg, the yolk sits up high and the white is thick and closely surrounds the yolk. An old egg has a flat yolk that breaks easily, and a thin, watery white.
- A fresh egg will sink in water, while an old egg will float. As an egg ages, the size of the air cell inside increases, causing the egg to float.

Cooking Eggs

- To prevent toughness, use moderate heat and controlled cooking time for eggs.
- Unless otherwise specified, most recipes are written using large eggs. One large egg = 1/4 cup or 4 tbsp or 50mL.
- If a recipe calls for eggs at room temperature, immerse them in warm water for a few minutes.

RESOURCES

Contact Egg Farmers of Alberta at info@eggs.ab.ca, to request a variety of egg resources, including *All About Eggs; A guide to egg cooking techniques and more...*

For more nutritious & delicious egg recipes, visit EFA's website at www.eggs.ab.ca

An egg a day is ok! To find out more about eggs and health, visit aneggadayisok.ca

Chocolate Butterscotch Meringue Pie

Ingredients

- 1 pie shell 9 inch or ((23 cm), baked and cooled
- 2/3 cup (150 ml) milk
- 1/3 cup (75 ml) all purpose flour
- 1/4 cup (50 ml) butter
- 3/4 cup (175 ml) brown sugar, lightly packed
- 2 cups (500 ml) milk
- 3 egg yolks, beaten
- 1 tsp (5 ml) vanilla extract
- 1 unsweetened chocolate, square, melted
- 3 egg whites
- 1/4 tsp (1 ml) cream of tartar
- 1/3 cup (75 ml) sugar

Directions

Combine 2/3 cup (150 ml) milk and flour in a screw top jar. Shake vigorously until smooth. In a medium saucepan over medium heat, melt butter. Add brown sugar and boil until slightly caramelized, 2 to 2 1/2 minutes. Add 2 cups (500 ml) milk all at once (butterscotch will harden). Cook and stir until butterscotch is dissolved. Stir in flour mixture. Bring to boil, stirring constantly. Cook 2 minutes, stirring constantly. Stir about 1/4 of the hot mixture into egg yolks and mix quickly. Pour egg yolk mixture back into saucepan. Cook and stir over medium heat 1 minute, without boiling. Add vanilla. Pour about half of the mixture into pie shell. Let cool 5 minutes. Add chocolate to remaining filling and stir until well blended. Spoon carefully into pie shell, over butterscotch mixture. Preheat oven to 200 C (400 F). In a medium bowl, beat egg whites with cream of tartar until foamy. Add sugar gradually, about 1 tbsp (15 ml) at a time, and continue beating until sugar is dissolved and meringue is stiff but still glossy. Spoon over warm pie filling, make sure meringue adheres to pie shell edge, covering filling completely. Bake until meringue is golden, about 8 minutes. Cook on a cake rack. Refrigerate uncovered until ready to serve.

Makes: approximately 8 servings.

Preparation: 15 minutes Cooking: 15 minutes

Nutrients per serving:

- Calories: 349
- Protein: 6.8 g
- Carbohydrate: 45.3 g
- Fat: 16.4 g



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