

Dairy Products Study Sheet **KEY**

Guide to Good Food, Chapter 17, pages- 292-299

Dairy Products: **are essential for good health**

Teens should have- **3 servings a day**

Nutrients: **major source of calcium; also contains high quality protein, phosphorous, riboflavin and vitamins A and D**

Milk- a popular beverage that in US; usually comes from cows

1. Pasteurized- **heated to destroy bacteria to improve keeping quality**
2. UHT or Ultra High Temperature processing-**higher temperature during pasteurization to increase shelf life (store up to 6 months without refrigeration)**
3. Homogenization- **mechanical process that prevents cream from rising to the surface of whole milk**
4. Fortified- **generally add vitamins A & D and possibly calcium**
5. Milk Fat- fat portion of milk
6. Milk Solids- contain most of the vitamins, minerals, protein and sugar in milk

Cream-

1. Heavy whipping and light whipping- **contain fat can hold air when whipped**
2. Light cream - table cream and half & half- half milk and half cream; use both in cooking

Cultured Dairy Products: are made from milk to which helpful bacteria have been added; bacteria have been specially grown in labs for this/**bacteria produce lactic acid which gives these products thick texture and tangy flavor**

Examples: yogurt, sour cream and cultured buttermilk

Concentrated Milk Products: produced when water is removed; can be canned or dried

1. Evaporated- **sterilized and homogenized with some water removed/ use it for drinking & in cooking instead of fresh milk**
2. Sweetened condensed milk- **whole or skim with some water removed and sweetener added/ used in baking and cooking**
3. Dried- **removed most of water from product/add water to use**

Frozen Dairy Products

1. Ice cream, frozen yogurt, sherbet

Butter

1. Churned pasteurized sweet or sour cream
2. Sweet butter has no salt- salt acts as a preservative
3. Whipped butter has air incorporated into it; more perishable

Nondairy Products

1. Coffee creamers, whipped toppings imitation sour cream- contain no cream
2. Margarine- made from vegetable oil or animal fat/ no milk fat

Storage

1. **Cover and store in coldest part of refrigerator or freezer
Keep containers tightly closed to prevent it from absorbing flavors and odors**

Cooking with Milk

- A. Scum Formation- solid layer (tough and rubbery) formed on surface of milk when heated. Stirring, covering, and beating to form a foam layer help prevent scum. Remove scum layer. When cooling in refrigerator cover with plastic wrap

- B. Boiling Over- scum causes milk to boil over; to prevent use a low heat and prevent scum formation
- C. Scorching- overheating which results in the burning of the milk; brown in color and off taste; prevent using low temps to prevent sugar in milk (lactose) from burning
- D. Curdling- high temps, acids, tannins, enzymes & salts cause proteins to coagulate and form clumps. Prevent by using low temperatures and fresh milk, when you add acid food to milk thicken the milk or acid first

Microwaving Milk

1. Use lower settings
2. Watch milk carefully; boils over easily
3. Fill containers only 2/3 full
4. Stir to prevent scum formation