

Name: \_\_\_\_\_ Group: \_\_\_\_\_ Period: \_\_\_\_\_

## MILK

1. \_\_\_\_\_ C. from the milk group is recommended for teens and adults.
2. Milk and milk products, (yogurt, cheese, etc.) are excellent sources of \_\_\_\_\_ because they come from animal sources.
3. Eat \_\_\_\_\_ rich foods in the dairy group.
4. By law, milk must be fortified with \_\_\_\_\_.

### Raw (unpasteurized) milk and milk replacements

5. Most of the nutritional benefits of drinking raw milk are available from pasteurized milk without the risk of disease that comes with drinking raw milk.
6. Raw milk made into other products like soft cheese, \_\_\_\_\_, and yogurt can still cause dangerous illnesses. When consuming these products, make sure they are made from pasteurized milk. Raw, unpasteurized milk can carry dangerous bacteria such as Salmonella, E. coli, Campylobacter, and Listeria which are responsible for causing numerous foodborne illnesses.
7. Milk replacements such as \_\_\_\_\_ milk, \_\_\_\_\_ milk, or rice milk are comparable with milk in regards to nutritional value and are a viable substitute for people with special dietary needs.

### Lowering the Fat content in Milk Products

8. MyPlate teaches us to choose \_\_\_\_\_ or low fat dairy. Lowfat is considered \_\_\_\_\_%.
  - a. Reduce fat in recipes by using a lower fat content milk product.  
For Example: Substitute yogurt for \_\_\_\_\_ or \_\_\_\_\_.  
Substitute fat-free (skim) or lowfat (1%) for \_\_\_\_\_.

### Cooking with Milk Products

9. Milk products \_\_\_\_\_ easily.
10. Scorching occurs when the proteins in milk are \_\_\_\_\_. They fall and cling to the bottom of the pan. They create a thick, black layer that is difficult to remove.
11. To prevent scorching, cook milk on \_\_\_\_\_ and \_\_\_\_\_ to prevent the proteins from collecting on the bottom of the pan.
12. Heating milk in the \_\_\_\_\_ will also prevent scorching.
13. Milk goes through several treatments before it is safe to drink. Two of these processes are:
  - a. \_\_\_\_\_: milk that has been \_\_\_\_\_ to remove or kill harmful organisms.
  - b. \_\_\_\_\_: the fat particles in milk have been \_\_\_\_\_ and evenly distributed so they cannot join together again.

## **SIMPLE CHOCOLATE ICE CREAM**

½ cup unsweetened cocoa powder  
¼ cup firmly packed brown sugar  
1 ½ C + 2 T heavy cream

1/3 cup granulated sugar  
¾ cups whole milk  
½ tablespoon pure vanilla extract

Place the cocoa and sugars in a medium bowl; stir to combine. Add the whole milk and use a hand mixer on low speed or whisk to combine until the cocoa and sugars are dissolved, about 1 to 2 minutes. Stir in the heavy cream and vanilla. If not freezing immediately, cover and refrigerate until ready to use.

Turn machine on; pour mixture into freezer bowl, and let mix until thickened, about 25 to 35 minutes. The ice cream will have a soft, creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

## **VANILLA ICE CREAM- BASE RECIPE**

1 C. milk  
a pinch of salt  
1 Tbs. vanilla

½ C. Sugar  
2 C. light cream (half and half)

Prepare the basic ice cream formula by mixing all ingredients. Put ingredients in ice cream churn and fill sides of the bucket with alternating layers of ice and ice cream salt. Churn for about 25 minutes. If ice cream is frozen, enjoy! Churn more if necessary.

## **MILK FUDGE SQUARES**

1 Can of condensed milk  
⅔ C. Milk  
1 tsp. Vanilla

3 C. Sugar  
½ C. Butter

In a non-stick pan, place the condensed milk, sugar, milk, butter and vanilla extract. Stir over low heat until the mixture doesn't stick to the pan anymore. Remove from heat and beat it in a blender or using a hand mixer until the cream thickens and starts to create sugar crystals. Arrange in a pan lined with greased parchment paper. Let it cool down and cut into small squares.

## **TAPIOCA PUDDING**

⅓ C. Sugar  
2 ¾ C. Milk  
1 tsp Vanilla

3 TBS Minute Tapioca  
1 egg, well beaten

Mix sugar, tapioca, milk and egg in medium saucepan; let stand for 5 minutes. Cook on medium heat, stirring constantly, until mixture comes to a full boil. Remove from heat, stir in vanilla. Cool 20 minutes; stir. Serve warm or chilled.