

Skills for Living

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Topic 15-4

Milk and Milk Products

- In this topic, you will learn how to choose, store, and prepare milk and milk products, as well as
 - ❖ **Buying dairy products**
 - ❖ **Storing dairy products**
 - ❖ **Preparing dairy products**

Milk and Milk Products

Objectives for Topic 15-4

After studying this topic, you will be able to

- list factors to consider when buying dairy products
- use proper storage methods for dairy products
- describe methods used to prepare milk and cheese

Topic 15-4 Terms

❖ pasteurization

❖ homogenized

❖ natural cheese

❖ process cheese

Buying Dairy Products

- Dairy products include milk, cheese, yogurt, frozen milk products, cream, and butter
- *Pasteurization* is a heating process that destroys harmful bacteria in dairy products
- All dairy products shipped for retail sale in the United States are pasteurized



Milk

- The price of milk is partly determined by its fat content
- Milk products include fluid, canned, dry, and cultured milks
- *Homogenized* refers to a process by which the milk fat is broken into tiny particles and suspended throughout the milk
 - ❖ This prevents cream from rising to the top

Cheese

- Cheese is made by coagulating milk
- *Natural cheeses* are made from milk whey, or cream
 - ❖ *Unripened cheeses* have soft textures and mild flavors
 - ❖ *Ripened cheeses* are stored to develop flavors and textures



Cheese

- *Process cheeses* are made from blending and melting two natural cheeses
 - ❖ *Process cheese food* is mild-flavored cheese that melts easily when heated
 - ❖ *Process cheese spread* is a spreadable form for serving on crackers, raw vegetables, and sandwiches

Storing Dairy Products

- Dairy products are perishables
- Must be refrigerated to keep fresh
- Check for date on products and choose latest date possible
 - ❖ *Pull dates* indicate last date a product should be sold
 - ❖ Dairy products will remain fresh for a few days after the pull date

Preparing Dairy Products

- Milk products contain protein
- Protein is sensitive to heat
- For best results, use low cooking temperatures



Cooking with Milk

- Cook slowly over low heat to prevent *scorching*, or burning
- Low cooking temperatures will prevent milk proteins from *curdling*, or forming clumps
- Beat milk to prevent a film called *scum* from forming on the surface as it is heated

Cooking with Cheese

- Cheese can become tough and rubbery when overcooked
- To prevent overcooking, add cubed or shredded cheese to a recipe at the end of the cooking time

Summary for Topic 15-4

- Consider factors such as form and size when choosing dairy products
- Most dairy products are perishable and must be refrigerated
- For best quality, use the products before or within a few days after the pull date
- Successful preparation of foods made with dairy products involves using low cooking temperatures