

MILK

A Resourceful, Healthy Ingredient



Chefs are drawn to Real California Milk as a cooking ingredient because of its versatility and nutrition. They use it as a creative solution to a variety of menu applications to attract today's demanding diners keen on healthy, clean label foods and beverages. Chefs know that cooking with multi-purpose California milk adds volume, creaminess, flavor and texture to custards, sauces, soups, potatoes, entrees, casseroles, baked goods and more.

FLUID MILK FACTS



The Golden State became America's leading milk-producing state in 1993 and has led the nation in milk production ever since. In California, production reached **39.8 billion** pounds in 2017, accounting for **18.5%** of the nation's total.

Fluid milk produced and sold in California adheres to higher nutritional standards for protein, calcium and other nutrients than milk under federal standards. This is accomplished by fortifying the milk with nonfat milk solids, which improves taste and adds nutritional benefits.



Nothing packs a protein and nutrition punch like an 8-ounce glass of Real California milk. A 1-cup serving of two-percent, low-fat milk provides eight grams of protein. In addition, restaurant customers would benefit from eight other essential nutrients in the milk, including vitamin D, calcium and potassium.



STORAGE & HANDLING

- Store fresh fluid milk in a refrigerator set at 38°-40°F. Keep the container closed to prevent the absorption of refrigerator flavors.
- The "sell by" date stamped on fluid milk tells you how long a retail store can keep the product for sale on the shelf. Regardless of the date, discard fluid milk with an off odor or taste.
- Freezing fluid milk is not recommended, as it causes undesirable changes to its texture and appearance.



FOODSERVICE APPLICATIONS

Back-of-the-House

Real California milk is used in many baking recipes, including custards, cookies, cakes and breads. When brushed on edges before baking, milk encourages the browning reactions characteristic of baked goods like pastry crusts, cookies and biscuits. Most varieties of drinking milk (nonfat, low-fat or whole) may be used interchangeably in baking.

Milk is a key ingredient of classic comfort foods Mac and Cheese and used in center-of-the-plate entrees, such as poached fish in milk. Adding milk to soups is a useful ingredient because it adds a creamy mouthfeel and rich flavor. It softens some of the bold flavors in soup and improves flavor balance.

In cooking with milk, here are a few tips:

Don't let milk boil: To avoid curdling, heat milk gently over medium- low heat. Stirring while heating milk gently will prevent burning. If a "skin" forms during heating, simply skim it from the top.

Stabilize with starch: Flour or cornstarch help stabilize milk emulsions to prevent from separating. A common technique is to thicken sauce or soup with roux before adding milk.

Avoid strong acids: If the sauce or soup contains an acidic ingredient like wine, tomatoes or lemon juice, the milk is more likely to curdle. To counteract the effect of the acid, use a starch.

Temper the milk: Don't add cold milk directly into a hot liquid. Instead, simply heat the milk gently in a saucepan before adding it.

WHAT'S TRENDING

Milk Used in a Variety of Breakfast Dishes

Chefs have found new ways to expand their breakfast menus for adults and children. Creative breakfast menus with Real California milk as a key ingredient include meals such as pancake sandwiches, chicken and waffles, and egg casseroles.

Milkshakes Enjoying Resurgence in Popularity

Real California milk is also a mainstay in a long-time consumer favorite – milkshakes, which provide foodservice operators with a significant opportunity to drive business and increase customer satisfaction.

Milk Foam Decorates Desserts

Pastry chefs are adding an artistic touch to desserts with dehydrated milk foam. The foam dresses up the presentation of coffee drinks and dishes such as banana cream pie.

Braising Meats in Milk

What's old is new again as chefs are using Real California milk to braise meats producing buttery, rich sauces. The milk proteins help to tenderize the meat and create mouthwatering meals.

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For more information about CMAB Foodservice:
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