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Friday, September 5, 1941

SUBJECT: "SOUR MILK, SOUR CREAM, AND COTTAGE CHEESE". Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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Whether it's meals or music--there's nothing like a little variation on the main theme to keep people interested.

So today, here are some suggestions about ways to add the spice of variety to that "milk every day" you serve the family. As you know, that daily milk for the family need not all be the sweet, whole, liquid kind. Suggestions for today are about 3 of the other dairy products you can use--sour milk, sour cream, and cottage cheese. And the suggestions come from home economists of the U. S. Department of Agriculture.

First of all, they say a word about the food value of these 3 milk products.

"Sour milk has the same food values as whole milk--in an easily digestible form. Sour cream has all the food values of sweet cream. That is, it is higher in fat and vitamin A than whole milk--but it is lower in calcium, other minerals, and other vitamins.

"Cottage cheese is an excellent and inexpensive way to get protein into the diet. And it rates as a good source of calcium and phosphorus."

Now, just a few ideas from the home economists on ways of using these 3 slightly acid milk products. First for sour milk.

Maybe you're like Little Miss Muffet--that is, you want your sour milk served very simply as curds-and-whey, or clabber. I know on some farms clabber is a special treat--with milk or cream over it and some sweetening to top it off.

But by far the commonest use of sour milk is in baked products--in butter cakes, pancakes, biscuits, and many other quickbreads. You can substitute sour

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milk for sweet milk in recipes for most any quickbread except popovers--if you know the rule.

And here is that rule.

"Say you have a recipe for pancakes that calls for sweet milk. But you want to use sour milk for the liquid. Well, use the sour milk--just as much as the recipe calls for in terms of sweet milk. Then for every cup of sour milk use $1/4$ to $1/2$ teaspoon of soda. The $1/4$ teaspoon per cup is for milk just beginning to turn sour. The $1/2$ teaspoon of soda per cup is for really sour milk.

"But whatever the amount of soda you use--the soda will furnish leavening power equal to three times its measure of baking powder. That is, $1/2$ teaspoon of soda equals 2 teaspoons of baking powder. If you need more leavening than that according to the recipe, make up the rest with baking powder."

And now just one more tip for success in substituting sour milk for sweet.

"It's better to use too little soda than too much. For too much soda gives your pancakes or other quickbread bad flavor, bad odor, and a yellow color."

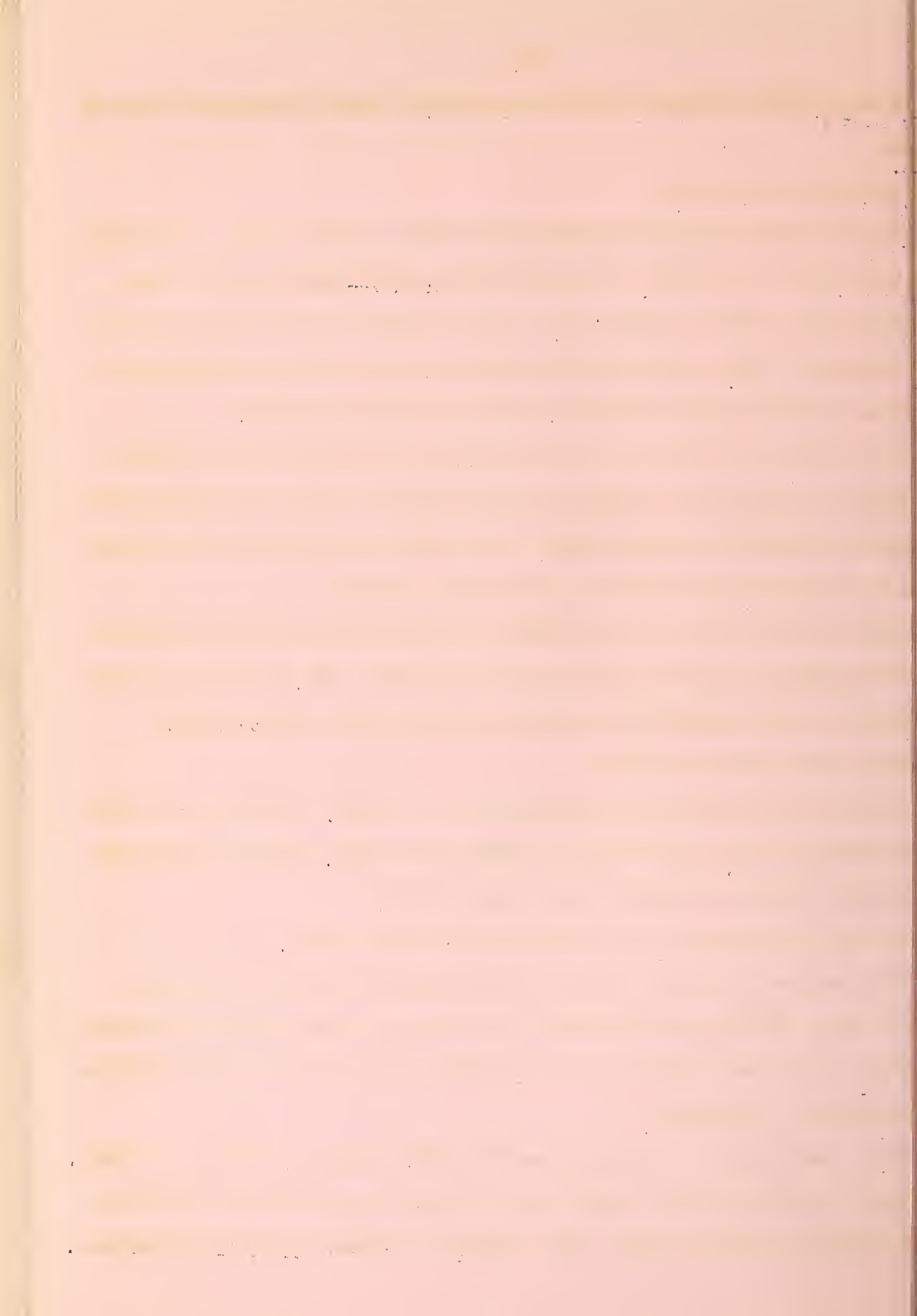
And another word of warning--

"Mix the soda with the dry ingredients--not the milk. For when you combine the soda with the milk, the gas begins to escape right away. And this is the gas that you want to save to help leaven the baked product."

So much for sour milk. Now just a word about sour cream.

"You can use sour cream in much the same way as you do sour milk as the liquid in cakes, cookies, and quickbreads. And you use the same rule for leavening with soda. But you also should cut down somewhat on the fat in the recipe--because of the extra fat in the cream."

Sour cream is good in garnishes, and for salad dressing. For many of these, you'll want to whip the cream. Keep it cold to whip it and just whip it until it becomes smooth and somewhat stiff. Don't overdo the beating or you'll have butter.



Try a spoonful of plain whipped sour cream on a bowlful of cream of pea, bean, or beet soup. Use whipped sour cream seasoned with sugar, salt, pepper, lemon juice, and vinegar for a dressing for cabbage, cucumbers, and lettuce. Or use it unwhipped and unsweetened as a salad dressing.

Sour cream is good in gravy, too--in cooked salad dressings and in sauces for fish and meat.

Now--just a suggestion or two on cottage cheese--the food that is increasing in popularity all over the country. It is especially well liked in salads and sandwiches.

"Serve a mound of cottage cheese on a lettuce leaf for the simplest of salads Or season it with salt and pepper, with a bit of mayonnaise--or maybe with chili sauce or catsup. Or cut up parsley, or olives, or nuts, green peppers, bits of onion. Plain onion juice is a good seasoner too--in fact almost any rather strong-flavored vegetable.

"Serve cottage cheese in sandwiches, well-seasoned or in combination with the seasonings suggested for salads. One good combination is sliced tomato, lettuce, cottage cheese, and mayonnaise."

And those are all the suggestions from the U. S. Department of Agriculture home economists I have for today on getting variety into the family's daily quota of milk.

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