

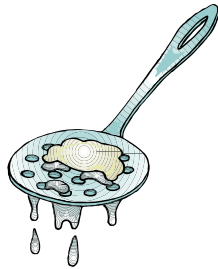
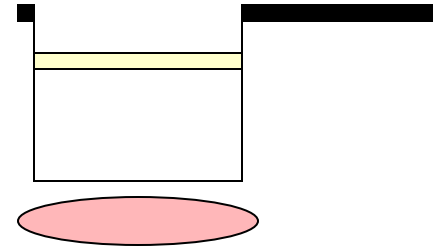
COOKING WITH MILK



Affects the nutrient protein.

SCUM FORMATION

Solid layer of milk solids and fat that forms on the top of milk during heating.



Scum is rubbery and tough; should be removed rather than stirred in where it will float in small particles throughout the milk.

Stirring during heating will help prevent scum formation. Beating to form a foam layer also prevents its formation.



BOILING OVER

Caused by scum formation.

Pressure builds up beneath the layer of scum preventing its release as steam.

Pressure continues to build until milk finally boils over.

Prevent by cooking with medium-medium high heat and/or using methods of scum prevention.



MEDIUM TO
MEDIUM-HIGH

SCORCHING MILK



Burning that results in a color change.

Brown in color and has an burned taste.

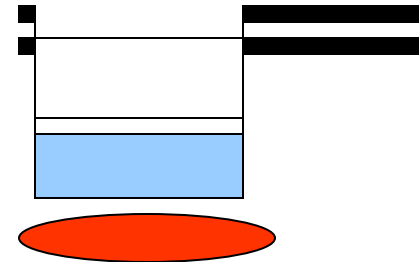


Lactose, the simple sugar in milk, caramelizes, changing to a brown color, when heated at too high of temperatures.

Cook over medium to med-high heat or in the top of a double boiler.



Medium



CURDLING

Caused by:



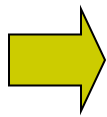
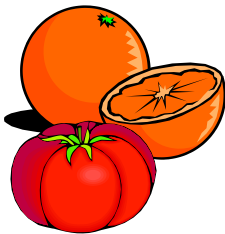
High temperatures, acids, enzymes, tannins, and salts.



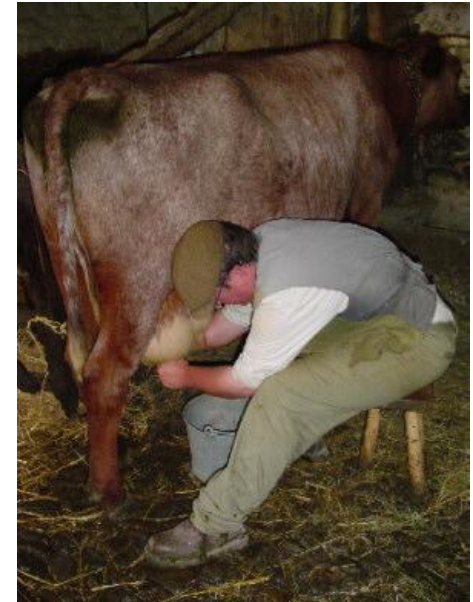
Causes proteins in milk to coagulate and form lumps called curds.



Oranges and tomatoes contain acids. Fruits and Vegetables contain tannins and enzymes. Brown sugar contains tannins. Ham and meat contain salt.



Prevent curdling by using low temperatures and fresh milk.



MICROWAVING

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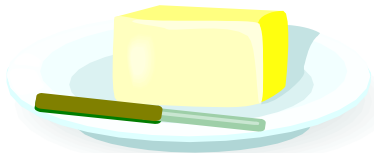
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- Use low power setting.
- Watch carefully.
- Fill containers no more than 2/3rds full.
- Stir during cooking period.

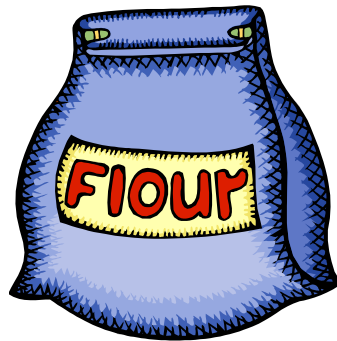


WHITE SAUCE

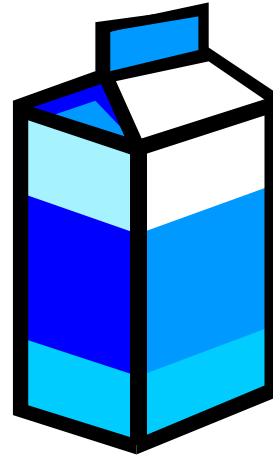
A thickened milk product made from:



Butter



Flour



Milk



Salt,
pepper,
and other
seasonings

Used as base for soups, sauces & gravies.

WHITE SAUCE USES

Thin white sauce forms the base of cream soups.



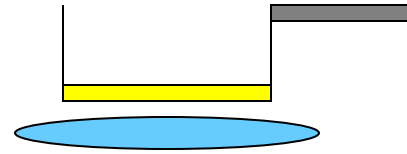
Medium white sauce forms the base for creamed vegetables and meats.

A thick white sauce forms the base for soufflés and croquettes.

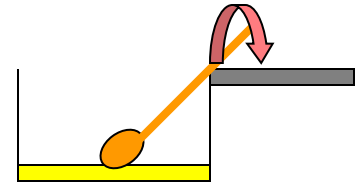


PREPARING WHITE SAUCE

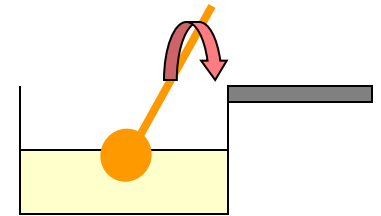
1. Melt fat over low heat.



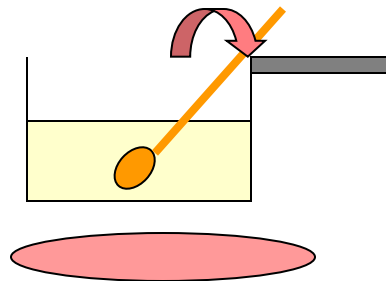
2. Remove pan from heat; quickly stir in flour and seasonings. Mixture form a thick paste called a *roux*.



3. Slowly add cold milk, stir constantly but gently until smooth.



4. Cook sauce over medium to medium high heat, stirring gentle, until reaching a boil. Cook 1 min. longer to cook starch.



BISQUES AND CHOWDERS

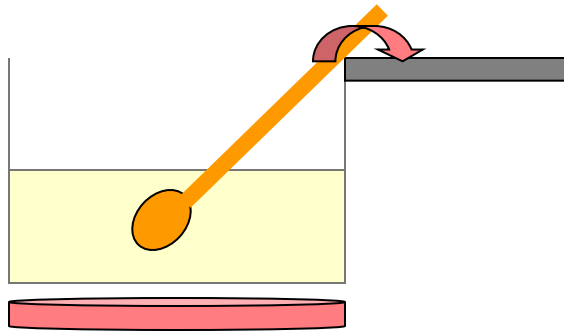
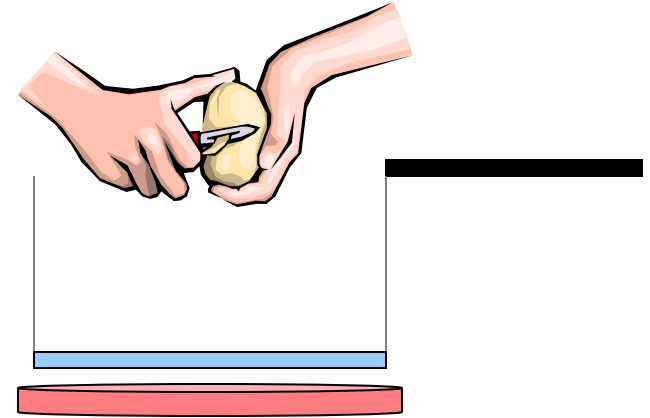
BISQUES are rich, thickened cream soup. Light cream replaces all or part of the milk.



CHOWDERS are made from unthickened milk. Chowders can contain vegetables, meat, poultry, or fish. Most chowders contain potatoes, the starch of which helps add thickness.

PREPARING CREAM SOUPS

PAN 1: Prepare and cook ingredients such as vegetables, meat, poultry, or fish. Any cooking liquid may be used as part of the white sauce.



PAN 2: Prepare thin white sauce as directed. Add prepared vegetables, meat or poultry to white sauce and season according to taste.