



CT DAIRY FACT OF THE WEEK APRIL 28, 2009

Did you know...

~ Connecticut's Dairy Industry ~

Value to the State's economy = up to \$1.1 billion in output (sales)

Jobs generated = up to 4,242 jobs in food production, manufacturing, construction and sales

Land used by dairy farmers = 72,000 acres

Estimated annual public benefit of open space = \$55 million or \$762/acre

Dairy farming is the **2nd** most valuable component of CT's agricultural sector.

This week's fact is from the Departments of Economic and Community Development and Agriculture's 2009 study: "The Economic and Fiscal Impacts of Connecticut's Dairy Industry".



DAIRY RECIPE OF THE WEEK Rice Pudding

INGREDIENTS

- 2 1/2 cups CT whole milk
- 1/3 cup uncooked long or short grain white rice
- 1/8 teaspoon salt
- 1 egg
- 1/4 cup brown sugar
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/3 cup raisins

METHOD

1 In a medium heavy bottomed saucepan, combine milk, rice and salt and bring to a boil over high heat. Reduce heat to low and simmer until the rice is tender, about 20 minutes. Stir frequently to prevent the rice from sticking to the bottom of the pan.

2 In a small mixing bowl, whisk together egg and brown sugar until well mixed. Add a half cup of the rice mixture - a tablespoon at a time - beating to incorporate.

3 Add egg mixture back into the saucepan of rice and milk and stir, on low heat, for 10 minutes or so, until thickened. Be careful not to have the mixture come to a boil at this point. Stir in the vanilla. Remove from heat and stir in the raisins and cinnamon.

Serve warm or cold. Serves 2-3.

