



CT DAIRY FACT OF THE WEEK

MARCH 31, 2009

Did you know...

The average Connecticut cow produces over 6 gallons of milk/day.



That's over 100 glasses of milk/day!

Next week's fact: How much fresh milk do CT residents consume each month??



DAIRY RECIPE OF THE WEEK

Macaroni & Cheese with CT MILK

Ingredients:

- 12 ounces elbow macaroni
- 1/4 cup white onion, diced
- 3 tablespoons butter
- 2 tablespoons flour
- 2 cups whole Connecticut milk
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 1/4 to 1/2 teaspoon hot pepper sauce, to taste
- 1 tablespoon prepared mustard
- 3 cups (12 ounces) Sharp Cheddar cheese, shredded
- 3/4 cup coarse, fresh bread crumbs



Cooking Directions:

Preheat oven to 375° F. Cook macaroni according to package instructions, or until al dente. Drain, rinse and set aside.

In large sauce pan, sauté onion in melted butter for two minutes or until transparent. Blend in flour, stirring well to incorporate, and cook for an additional minute, stirring. Gradually whisk milk into butter and flour mixture. Cook, stirring constantly, until mixture comes to a boil and thickens. Over low heat, add salt, pepper, hot sauce and mustard. Stir in 2 1/2 cups cheese.

Add cooked macaroni to cheese sauce and mix well. Place macaroni mixture in buttered, oven proof, 9" x 9" dish. Top with remaining 1/2 cup Cheddar cheese and bread crumbs. Bake for 25 minutes or until top is golden brown.