



CT DAIRY FACT OF THE WEEK

APRIL 7, 2009

Did you know...

On average CT residents consume **17 gallons of fluid milk** per year.

CT's population is about **3.5 Million people**.

That's **59.5 Million gallons of milk/year** consumed in CT.
40% of which is produced by **CT dairy farmers**.

Next week's fact: How long does it take milk to get from the cow to your refrigerator (on average)?



CT FARM BUREAU

DAIRY RECIPE OF THE WEEK

Polenta with Cheese and Mushrooms with CT Milk

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 cups sliced shiitake mushrooms
- 3 cups CT milk
- 2 cups chicken broth
- 1 1/2 cup polenta (not instant polenta)
- 1 teaspoon chopped thyme
- 1 teaspoon chopped oregano
- 1 teaspoon chopped basil
- 4 ounces grated smoked Gouda
- Garnish: 1 tablespoon fresh chopped parsley



Recipe created by 3-A-Day™ of Dairy.

Cooking Instructions

Heat oil in 10-inch non-stick sauté pan over medium heat. Sauté onions until soft; about 3 to 4 minutes. Reduce heat to low and continue cooking onions until soft and lightly caramelized about 15 minutes longer, stirring occasionally to avoid burning. Add mushroom slices to the pan, stir gently to combine and cover. Continue to cook over medium heat, stirring occasionally, until mushrooms are just cooked; about 3 or 4 minutes. Remove from heat. Set aside.

While onions are cooking, heat broth and milk in a 3-quart saucepan over medium heat. When mixture is just ready to boil, whisk in the polenta. Stir over medium heat until mixture comes to a low boil. Simmer, until polenta is soft and creamy, stirring often. Mixture should not be stiff. This will take about 10 to 15 minutes. If polenta becomes too thick, add a small amount of broth or water to thin slightly. Stir in cheese and herbs and mix well. Gently fold in mushroom-onion mixture. Divide between warmed serving plates. Garnish with fresh parsley.