



CT DAIRY FACT OF THE WEEK APRIL 14, 2009

Did you know...

It takes an average of **2 days** for milk to leave a **cow**, get bottled and transported to **CT grocery stores**.

Total shelf life of milk after pasteurization is **up to two weeks**.

When milk is produced locally, it not only gets into your refrigerator a lot faster, but it also has a smaller carbon footprint than milk imported from other states.

Check where your food comes from and try to buy from as local as possible!

Next week's fact: What is the carbon footprint of milk being imported into CT?



DAIRY RECIPE OF THE WEEK



BREAD Pudding with Homemade Whipped Cream

Ingredients

- 1 loaf stale bread, cut into 1-inch squares
- 4 cups milk
- 3 eggs, lightly beaten
- 2 cups sugar
- 2 Tbsp vanilla
- 1 cup raisins (optional: soaked in 1/4 cup bourbon)
- 1/4 teaspoon allspice
- 1/4 to 1/2 teaspoon cinnamon
- 3 Tbsp unsalted butter, melted

Directions

- 1** Preheat oven to 350°F.
- 2** Soak the bread in milk in a large mixing bowl. Crush with hands until well mixed and all the milk is absorbed. In a separate bowl, beat eggs, sugar, vanilla, and spices together. Gently stir into the bread mixture. Gently stir the raisins into the mixture.
- 3** Pour butter into the bottom of a 9x13 inch baking pan. Coat the bottom and the sides of the pan well with the butter. Pour in the bread mix and bake at 350°F for 35-45 minutes, until set. The pudding is done when the edges start getting a bit brown and pull away from the edge of the pan. Best fresh and eaten the day it is made. Makes 8-10 servings.

Whipped Cream

- 1 pint heavy whipping cream
- 1/2 teaspoon vanilla extract
- 1/4 cup powdered sugar

Directions

Add the cream, and whip quickly with electric blender until the cream is slightly thickened. Now add the sugar and vanilla. Continue to whip until cream forms soft peaks. Don't whip beyond the soft-peak stage, because the cream will get stiff and curdle.