

June Dairy Month recipes from your local checkoff organizations

Compiled by *Progressive Dairy* staff

We reached out to state and regional checkoff organizations and asked them to share a popular June Dairy Month recipe. We also asked them to share what made the recipe so special – whether that was YouTube views, social media comments or a well-known chef’s involvement in the creation of the recipe. These recipes are just one way your checkoff organizations are hard at work for dairy farmers. And what’s great about this compilation is its diversity. From the simple to the complex and the savory to the sweet, there’s a recipe for every type of home chef. Whip up a fancy beverage, an impressive dessert or a crowd-pleasing dinner.



Orange Creamsicle Milkshake

Q. What makes this recipe unique?

Floridians are always looking for creative and delicious ways to use the abundance of oranges for which our state is known. This refreshing milkshake, featured on the Florida Dairy Farmers website and created by social media influencer Young at Heart Mom, has citrus-loving home cooks clamoring to transform their fresh fruit harvest into decadent desserts. As the creator of this recipe describes, “It’s a “little sip of sunshine.”

Ingredients

- 1 cup of whole milk
- 4 scoops orange sherbert
- 3 scoops vanilla ice cream
- 1 cup of fresh orange juice frozen into cubes

Directions

Coat rim of glass with melted white chocolate and sprinkles. Combine all ingredients into a blender and mix until creamy. Pour into glasses and top with whipped cream.

Recipe written and created by Jessica of Young at Heart Mom (www.instagram.com/youngatheartmom)

Recipe source: www.floridamilk.com/in-the-kitchen/recipes/desserts/orange-creamsicle-milksbakes.shtml

The creator of this recipe describes it as a “little sip of sunshine.”

PROVIDED BY:

Florida Dairy Farmers

Photo courtesy of Florida Dairy Farmers.



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Mousetrap Grilled Cheese

PROVIDED BY:

American Dairy Association of Indiana

And created by dairy farmer Andrew Kuehnert of Kuehnert Dairy Farm in Fort Wayne, Indiana



Photo provided by American Dairy Association of Indiana.



American Dairy Association of Indiana's 2016 "Ultimate Grilled Cheese Contest" winner, the Mousetrap.

Q. What makes this recipe unique?

For the past several years, we've hosted the "Ultimate Grilled Cheese Contest" during the Indiana State Fair. The winning grilled cheese is then featured the following year at the Indiana State Fair Dairy Bar. In 2016, Indiana dairy farmer Andrew Kuehnert of Kuehnert Dairy Farm (Fort Wayne) stole the show with this simple and delicious grilled cheese sandwich. While we had entries with several ingredients and strong flavors, the oozy-ness and gooey-ness of Andrew's sandwich couldn't be beat – with good reason. When we featured the Mousetrap at the 2017 Indiana State Fair, it was, hands down, one of our top sellers – we still have customers requesting it today. We often get asked if a grilled cheese sandwich

is technically a grilled cheese sandwich if a meat/protein is one of the ingredients (i.e., if you add an egg or ham), and we say, "Why? When something with only cheese is quite enough." Andrew's blue-ribbon sandwich is one of our most popular recipes on WinnersDrinkMilk.com and we will forever be thankful for this farmer's creation.

Ingredients

- 1 tbsp salted butter, softened
- 2 thick slices firm white bread (Texas toast-style)
- 1 thick slice medium cheddar cheese
- 1 thick slice Havarti cheese
- 1 thick slice Colby jack cheese

Directions

1. Preheat griddle or skillet to medium/medium-high.
2. Generously butter one side of each bread slice.

3. Place one bread slice, butter side down, on griddle.

4. Top with cheddar, Havarti and Colby jack cheeses then second bread slice, butter side up.

5. Grill until golden brown and cheeses are melted, pressing down on sandwich and flipping as needed.

6. Cover if needed to help melt cheeses.

7. Remove from griddle and let stand one minute; cut in half and serve.

8. Garnish as desired. Makes one sandwich.

Recipe source: winnersdrinkmilk.com/recipes/the-mousetrap



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Photo courtesy of American Dairy Association North East.



No-Bake Mini Cheesecakes

PROVIDED BY:

American Dairy Association North East courtesy of **Savor Recipes**

This recipe is perfect for summer, especially for the 4th of July, which is just around the corner.

Q. What makes this recipe unique?

Our no-bake mini cheesecake recipe is a delicious, dairy-heavy and easy-to-make recipe. This summertime favorite recipe has been viewed nearly 15,000 times and reached more than 153,000 consumers on Facebook.

Well-known New York food blogger Tara Bench recorded a how-to video making this recipe for our SavorThis! video series: <https://www.youtube.com/watch?v=7i1oe8-EEwU>

Ingredients

- 9 whole graham crackers
- 3 tablespoons unsalted butter, melted
- 2 (8-ounce) packages cream cheese
- 1 can sweetened condensed milk
- 6 tablespoons fresh lemon juice
- 1 teaspoon vanilla extract
- 1 (10 ounce) package frozen raspberries
- 1/4 cup granulated sugar
- Fresh blueberries and raspberries for garnish

Directions

1. In a large bowl, beat cream cheese until smooth and no lumps remain for two to three minutes. Add sweetened condensed milk, lemon juice and vanilla and beat until the mixture is smooth, scraping the sides and bottom of the bowl as you mix.
2. Pour filling into 10 (8-ounce) jars, glasses or plastic cocktail cups and place them on a baking sheet to transfer to the refrigerator. Chill for 20 to 30 minutes.
3. In a small saucepan, heat the raspberries and sugar until it's simmering. Remove from heat and let the sauce cool.
4. In a food processor, blend together the graham crackers and melted butter until it's finely ground. Set aside.
5. Spoon the raspberry sauce over the chilled cheesecake layers. Top with a layer of graham cracker crust and return jars to the fridge until ready to serve. Serve chilled, topped with blueberries and raspberries.

Recipe source: bit.ly/SavorNoBakeCheesecake



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Photo courtesy of DairyMAX.

This recipe uses over 4 pints of dairy products.

Q. What makes this recipe unique?

Beat the summer heat with this homemade ice cream recipe from Kow Castle Dairy located in central Texas. The main ingredients (which include over 4 pints of dairy) make the perfect

staple for adding unique flavors like raspberries or your favorite soda – or you can always stick to classic vanilla or chocolate.

At the start of the pandemic, Dairy MAX shifted social media content to connect with consumers in their kitchens and address the uncertainty we were all facing. A video (www.facebook.com/DairyMAXinc/videos) showing the steps to make Kow Castle ice cream has been viewed over 50,000 times on Facebook. A blog ([www.dairydiscoveryzone.com/blog/homemade-ice-cream-no-churn-](http://www.dairydiscoveryzone.com/blog/homemade-ice-cream-no-churn-needed)

needed) about making no-churn ice cream an easy at-home activity was also one of the most popular pieces of content shared in 2020, reaching over 80,000 people on Facebook.

By shifting content to meet consumers' changing needs, Dairy MAX delivered 6,551,056 digital impressions in 2020 overall. Visit DairyDiscoveryZone.com to see more.

Ingredients

- 3 eggs
- 1 cup sugar
- 1 quart half and half
- 1 pint whipping cream

PROVIDED BY:

Dairy MAX

- 1 tablespoon vanilla
- 3 cups milk

Directions

Beat eggs until frothy. Gradually add sugar, beating until thick. Add other ingredients, mix well. Pour into freezer and add enough milk to 3/4 full.

Variation: May add in extras such as 1 cup chocolate syrup or strawberries and Big Red (a Texas soft drink) until 3/4 full along with milk.

Recipe source: www.dairydiscoveryzone.com/recipe/kow-castle-ice-cream

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Maple Cream Pie

PROVIDED BY:

Maine Dairy Promotion Board

This maple cream pie calls for pecans, but those can easily be swapped out for blueberries in the summer.

Q. What makes this recipe unique?

This recipe for maple cream pie is the best kind of recipe. It's loaded with dairy, requires no baking and is super-simple. It also combines dairy with one of Maine's other favorite ingredients – maple syrup. And while this time of year the blueberries are not yet ready for picking, it's easy to swap the pecans out for some famous wild Maine blueberries when they are in season later in the summer. As the Maine Dairy

Promotion Board, we have taken this recipe along with us to events for consumers to sample and it gets rave reviews. People will bring their friends or family back to our booth to get a taste and grab a recipe card.

Ingredients

- 2 8-ounce bars of cream cheese
- 1 cup whipping cream
- 1 cup maple syrup
- 1 1/2 cups chopped pecans (or blueberries if in season)
- 1 9-inch graham cracker pie crust (pre-made or use your favorite recipe)



Photo courtesy of Maine Dairy Promotion Board.

Directions

With a hand mixer, whip together the cream cheese, whipping cream and maple syrup until thick and starting to form peaks. Fold in pecans and scoop into pie crust, smoothing over with a spatula. Refrigerate for a couple of hours before serving.

Recipe source: www.drinkmainemilk.org/maple-pecan-cream-pie

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Whipped Coffee

PROVIDED BY:

American Dairy Association Mideast

Be sure to post a picture of your successful whipped coffee on social media.



Photo courtesy of American Dairy Association Mideast.

Whipped coffee (also known as Dalgona coffee) was the hottest cold beverage trend in early spring 2020. This frothy iced coffee beverage could be easily made at home during the COVID-19 pandemic – and people are still whipping it up a year later. The drink is simply made using instant coffee, sugar and water. Mix the three ingredients until they reach a whipped consistency and then place atop a glass of iced milk. Just as whipped coffee was becoming Instagram-famous, the American Dairy Association Mideast partnered with food blogger Beyond Frosting to develop an easy, delicious, original whipped coffee recipe – and it truly went viral. It was by far the top recipe on Drink-Milk.com in 2020 – with about 35,300 views. A video showing how to make it has more than 33,800 views on Facebook (www.facebook.com/ADAMideast/videos/whipped-coffee/643012816478490)

Serving size: 1-2

Ingredients

- 2 tablespoons instant coffee or espresso powder
- 2 tablespoons granulated sugar
- 2 tablespoons water
- 1 cup milk (regular or lactose-free)

Directions

1. Combine first three ingredients in a medium-sized bowl.
2. Using a hand whisk, hand mixer or frother, whisk rapidly until stiff peaks form (three to five minutes).
3. Fill a cup with ice and milk, spoon the whipped coffee over milk. Stir and enjoy.

Recipe source: www.drink-milk.com/whipped-coffee

Ricotta Churro Waffles

PROVIDED BY:

California Milk Advisory Board

Ricotta churro waffles are a California dairy fan favorite.

Directions

Preheat waffle iron and spray with nonstick cooking spray.

In a medium-size bowl, mix waffle mix, water, vegetable oil and egg until blended smoothly. Spoon mixture into waffle iron until batter reaches the sides of each square. Cook for five minutes or until waffles are lightly golden and crisp. (Timing will vary based on waffle iron.) Melt butter in a bowl and set aside. Mix cinnamon and sugar in another bowl and set aside. Once waffles are done, use a pastry brush to spread the butter on one side of waffle and dip into cinnamon sugar combo. Generously spoon ricotta cheese on top to garnish.

Serves: 2

Recipe source: www.realcaliforniamilk.com/recipe/ricotta-churro-waffles

Q. What makes this recipe unique?

Recipes are a big part of our social content and where we push consumers through our social media channels. We had over 971,000 total recipe page views from Jan. 2020 to March 2021. Taking a look at the most accessed recipe from Jan. 2020 to March 2021, it's our ricotta churro waffles, which has received over 48,000 views.

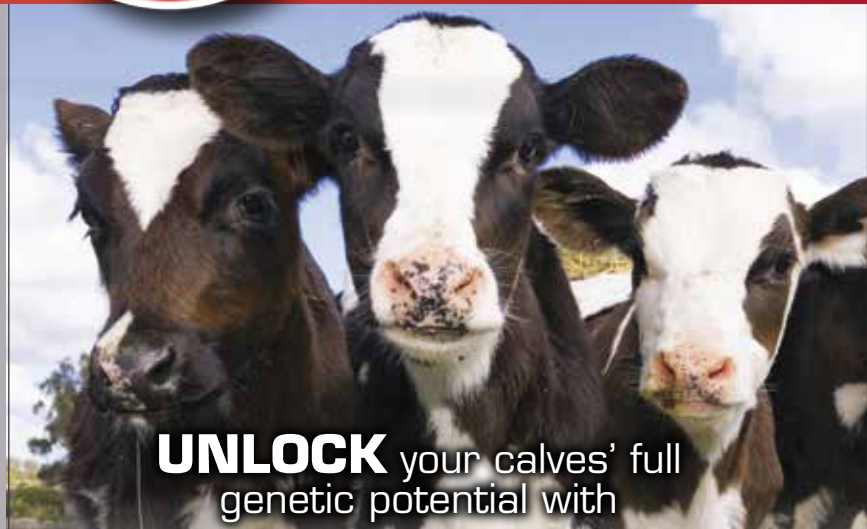
Ingredients

- 1 8-ounce container of Real California ricotta cheese
- 1/2 cup melted Real California butter
- 1 1/2 cups waffle mix
- 2/3 cup cold water
- 1 egg
- 3 tablespoons vegetable oil
- 1/2 cup white sugar
- 1/2 cup cinnamon



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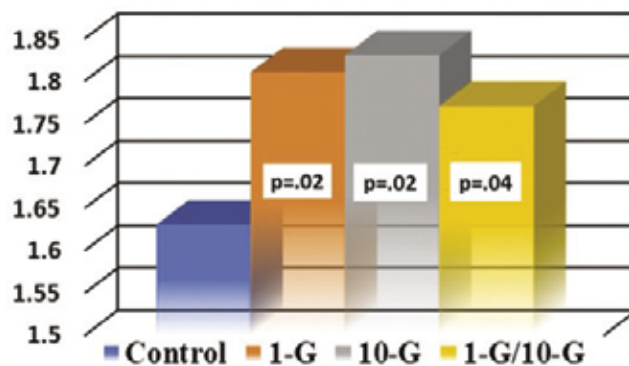
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Chamomile Tea Latte



Photo courtesy of New England Dairy.

Take your herbal tea game to the next level with this chamomile tea latte.

PROVIDED BY:
New England Dairy

Q. What makes this recipe unique?

Need a Zen moment to yourself? Take your herbal tea game to the next level with this chamomile tea latte from New England Dairy. You'll feel nourished by whole milk and relaxed by calming chamomile. The video tutorial has been viewed over 12,000 times on YouTube. View it here: www.youtube.com/watch?v=A58mOqsMB44

Ingredients

- 4 cups of milk
- About 10 cloves, crushed
- 4 tablespoons of loose chamomile tea
- 2 cinnamon sticks
- 2 teaspoons of vanilla extract (1 per cup)
- Ground cinnamon to sprinkle on top

Directions

1. In a saucepan, heat milk on medium-low heat with chamomile, cinnamon stick and cloves. Bring to a gentle boil.
2. Once milk is at a gentle boil, turn heat off and let the milk steep for 5 to 10 minutes depending on how patient you are.
3. Pour milk into French press or mug with a strainer. Use a strainer to separate the chamomile tea milk by filtering out the chamomile, cloves and cinnamon stick.
4. If using french press, place plunger on top and pump five to eight times to froth.
5. Add 1 teaspoon of vanilla extract to each mug and pour frothed milk from french press into mug.
6. Sprinkle ground cinnamon on top and enjoy.

Recipe source: www.newenglanddairy.com/recipe/chamomile-tea-latte

Editor's note: Progressive Dairy reached out to every local United Dairy Industry Association member organization, and those that responded by deadline were included in this section.

No-Churn Milk and Cookies Ice Cream



Photo provided by The Dairy Chef Rebecca Egsteiker.

Q. What makes this recipe unique?

Due to more people cooking at home, purchasing groceries online and craving comforting, simple recipes during COVID-19, the Dairy Alliance introduced the no-churn milk and cookies ice cream through the Real Dairy, Real Delicious digital campaign.

The ice cream is ideal for promoting dairy because it's simple but delicious and can be made regardless of experience in the kitchen. The ingredients are staples, and three of the five ingredients are dairy products. The recipe is also more accessible by calling for a freezer instead of an ice cream maker.

To reach a larger audience, ads featuring the recipe included a fully shoppable ad, videos on streaming platforms and a Facebook recipe video. The campaign brought fluid milk to the attention of Southeast consumers, with the shopper ads earning 10,787,832 impressions and a 0.34% click-through rate – which is more than double the industry benchmark. The video ads garnered 1,247,149 impressions with an 86.69% completion rate, while the Facebook promotion received 120,000 impressions and 74,600 views. These successful no-churn milk and cookies ice cream ads encouraged consumers to purchase fluid milk to enjoy with family.

Don't have an ice cream maker? No worries, this super-simple and super-delicious ice cream will certainly please ice cream lovers of all ages.

Prep time: 15 minutes
Freeze Time: 6 to 24 hours
Ease: Easy
Servings: 1 quart

Ingredients

2 cups heavy whipping cream
1 (14-ounce) can sweetened condensed milk
1 cup whole milk
2 teaspoons vanilla extract
1 1/2 cups crushed chocolate chip cookies

Directions

Place cream in large mixing bowl and whip on high speed until soft peaks form. Gradually add milk and mix on low until well combined, followed by the sweetened condensed milk. Stir in about a third of the cookie crumbles.

Transfer a third of the mixture to a large freezer-safe container and sprinkle a layer of cookies on top. Repeat layers, ending with a top layer of cookie. Cover tightly with lid or plastic wrap and place in freezer for at least six hours or overnight.

Recipe source: thedairyalliance.com/dairy-recipes/no-churn-milk-and-cookies-ice-cream

PROVIDED BY:
The Dairy Alliance

The easy no-churn milk and cookies ice cream consists of only five ingredients, including three dairy products, positioning it as the perfect recipe for families new to the kitchen.



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Q. What makes this recipe unique?

Our honey chamomile cake is a recipe our consumers keep coming back to again and again (and again and again). It was one of the first recipes we created with Portland-based recipe developer Heart Creative, and it continues to come out on top years later. This recipe has garnered over 225,000 video views on Pinterest alone, which outperforms our second-most popular recipe, Blue Moon milk, by double the views. For those who want to satisfy their baking needs, this beautiful three-tier cake with light, fluffy honey buttercream is a feast for the eyes and for the mouth. Topped with chamomile flowers and bee pollen – who doesn't like a little spring sprinkled on top?

12 servings

Ingredients

- 1 cup whole milk
- 3 tablespoons dried chamomile flowers
- 3 1/2 cups sifted cake flour
- 1 tablespoon plus 1 teaspoon baking powder
- 1/2 teaspoon fine sea salt
- 2 sticks unsalted butter, softened
- 2 cups sugar, divided
- 1 teaspoon vanilla
- 8 large egg whites
- 1/2 teaspoon cream of tartar

For honey buttercream

- 8 large egg whites
- 1 1/2 cups sugar
- 4 tablespoons water
- 2 teaspoons vanilla
- 1/2 teaspoon cream of tartar
- 1/2 teaspoon fine sea salt
- 6 sticks unsalted butter, softened
- 1/2 cup wildflower honey

Decorate with fresh chamomile flowers and bee pollen.



Photo provided by CMD Agency.

Honey Chamomile Cake

PROVIDED BY:

Dairy Farmers of Washington

Made with love and butter. What better way to show someone (or yourself) how much you care than with this tasty masterpiece? This honey chamomile cake with homemade buttercream frosting is light, fluffy and infused with real chamomile flower.

Directions

1. In a medium saucepan, bring milk and chamomile flowers just to a simmer over medium heat. Take off heat, cover and let steep 15 minutes. Strain into a bowl and let cool completely.
2. Preheat oven to 350°F. Grease and flour three 8-inch round cake pans and line bottoms with parchment paper.
3. In a medium bowl, whisk together flour, baking powder and salt. Set aside.
4. In a large bowl or a stand mixer with the paddle attachment, beat butter until smooth. Add 1 2/3 cups sugar and beat until light and fluffy, about five minutes. Beat in vanilla. Beat in flour mixture in three additions, alternating with milk in two parts.
5. In a separate large bowl (or scrape the butter-sugar mixture into a large bowl, wash and dry stand mixer bowl well and switch to whisk attachment) beat egg whites with cream of

tartar until soft peaks form. Add remaining 1/3 cup sugar very gradually and beat whites until stiff but not dry.

6. Fold 1/3 of egg whites into batter to lighten it, then fold in remaining whites. Divide batter between cake pans. Bake until a toothpick inserted into the center comes out clean, 15 to 20 minutes. Let cakes cool 10 minutes in pans on a rack. Run a thin knife between edge of pan and cake. Invert cakes onto a rack, peel off parchment, then turn cakes right side up to cool completely.

7. To make buttercream, in a large bowl or a stand mixer bowl, combine egg whites, sugar, water, vanilla, cream of tartar and salt. Whisk briefly to combine. Bring 1 inch water to a simmer in a large saucepan. Place bowl of egg whites over simmering water and whisk constantly until whites reach 160°F.

8. Take off heat and beat egg whites on medium-high speed (for

a stand mixer, use whisk attachment) until very thick and stiff and until the bowl is no longer warm to the touch, about 10 minutes.

9. If using stand mixer, switch to paddle attachment and beat in butter 1 tablespoon at a time until completely incorporated and smooth. Gradually beat in honey.

10. To assemble, level the tops of all three cakes by cutting off the domed top with a serrated knife. Place one cake on a serving platter or cake stand. Spread 3/4 cup buttercream over the top and to edges of cake. Place another cake on top and spread with 3/4 cup buttercream. Place last cake on top. Spread a very thin layer of buttercream all over the cake, then refrigerate for 20 minutes to set the frosting.

11. Frost cake with remaining frosting. Decorate with chamomile flowers and bee pollen.

Recipe source: wadairy.org/honey-chamomile-cake

Gelato

Try your hand at Italian cuisine with a traditional gelato recipe.

FROM THE KITCHEN OF:
Dairy West
as part of Dairy World tour

Q. What makes this recipe unique?

Dairy World tour is a culinary journey that takes participants around the world to learn about different countries' cultures while enjoying local dairy products. During the year, participants receive six product boxes filled with local dairy products and recipes that highlight the cuisine of a specific country. There is a live cooking demonstration by a chef who has a connection to the highlighted country. Participants are welcome to virtually join the live demonstration or watch it later.

Dairy West, the dairy promotion organization for Idaho and Utah,

created Dairy World Tour with a goal to get consumers excited about local dairy products while learning new recipes and traveling the world without leaving their kitchen.

Enjoy this recipe for traditional Italian gelato you can make with cream from your local dairy farms.

Prep time: 20 minutes

Cook time: 40 minutes

Servings: Yields 8

Ingredients

- 2 cups milk
- 1 cup cream
- 3/4 cup granulated sugar
- 4 egg yolks
- Vanilla or other flavoring

Directions

Heat milk, cream and half of the sugar in a saucepan over medium heat nearly to a boil. When the first bubbles start to appear, remove from the heat and let cool to about room temperature.

Beat egg yolks with the other half of the sugar until pale yellow in a separate container. Temper the eggs by slowly adding 1 cup of the warm milk mixture to the eggs while mixing. Then slowly pour the egg mixture into the saucepan of milk while mixing. This process ensures that you won't scramble the eggs. Add your flavoring – vanilla, cocoa powder, fruit, etc. – now.

Put the saucepan on medium heat



Photo provided by Dairy West.

and stir continually until it thickens enough to coat the back of a spoon. Be careful to warm the mixture slowly and keep stirring. If it gets too hot, the eggs will curdle. Once it has thickened, remove from heat. Pour into a bowl and cover with plastic wrap. Cool in fridge then, when ready, pour into ice cream maker to freeze.

Ziploc bags are a good alternative if an ice cream maker isn't available.

Recipe source: unbottled.com/recipes/gelato

PROVIDED BY:

Dairy Farmers of Wisconsin

Summer Stone Fruit Crisp



Photo provided by Dairy Farmers of Wisconsin.

Summer Stone Fruit Crisp features Wisconsin butter and a mild, nutty gouda cheese to add depth and a bit of saltiness to this crisp. Top it with a scoop of locally sourced ice cream for a crowd-pleaser.

remaining fruit mixture over top. Sprinkle with crumb topping.

5. Bake for 45-50 minutes or until fruit is bubbly and topping is golden brown. Let stand for 15 minutes before serving. Serve with ice cream.

Recipe source: www.wisconsincheese.com/recipes/3793/summer-stone-fruit-crisp

Q. What makes this recipe unique?

The Summer Stone Fruit Crisp marries two best friends – fruit and Wisconsin cheese. The recipe features Wisconsin butter and gouda cheese along with assorted stone fruits to create a delicious fruit crisp. Top it with a scoop of locally sourced vanilla or cinnamon ice cream – yum! It was published in our digital magazine, *Grate. Pair. Share.*, which averages 20 to 25 million impressions per year with a two- to three-minute read time. Our recipes were responsible for nearly 2.4 million page views and 41% of WisconsinCheese.com visits in 2020. Since last July, the recipe landing page is the No. 1 most visited (non-advertising) page on our website. The recipe performed extremely well on the Wisconsin Cheese Facebook page (www.facebook.com/WisconsinCheese), where it reached more than 1.5 million people while also generating 54,708 landing page views and over 90,000 engagements. You can check out the recipe video here: youtube.com/watch?v=26GgnKy344U

Ingredients

2 pounds assorted peaches, plums and nectarines, pitted and cut into 1/2-inch slices
1/2 cup sugar
1/2 cup plus 1 tablespoon all-purpose flour, divided
3 teaspoons ground cinnamon, divided
1 cup old-fashioned oats
1/2 cup packed brown sugar
1/2 teaspoon salt
1/2 cup (1 stick) cold butter, cut into small cubes
4 ounces Arena Spring Green Gouda cheese, shredded (1 cup)
Vanilla ice cream

Directions

1. Heat oven to 350°F.
2. Place fruit in a large bowl. Combine the sugar, 1 tablespoon flour and 1 teaspoon cinnamon in a small bowl; sprinkle on fruit and toss lightly. Set aside.
3. Whisk the remaining flour and cinnamon, oats, brown sugar and salt in a medium bowl. Cut in cold butter until small crumbs.
4. Spoon half of the reserved fruit mixture in an ungreased 10-inch ovenproof or cast-iron skillet; sprinkle with gouda. Spoon

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Photo provided by Jenni Fillenworth, MS, RDN.

This popular chicken dish features both dairy and veggies.

Pasta and Chicken in Garlic Cream Sauce

PROVIDED BY:

United Dairy Industry of Michigan

Q. What makes this recipe unique?

Pasta and chicken in garlic cream sauce is one of our top-viewed recipes on our website, MilkMeansMore.org. Not only is it delicious, but it makes a great one-dish dinner on busy weeknights. We have instructions for making it in a programmable pressure cooker, which speeds up the prep and cooking time, or on the stovetop. With fresh spinach leaves and cherry tomatoes, this recipe incorporates dairy plus veggies in a better-for-you dish. Enjoy.

Total Time: 40 minutes

Prep Time: 30 minutes

Spectacular and rich, Parmesan and garlic cream sauce coats tender morsels of chicken and bowtie-shaped pasta in this one-dish dinner. Wilted spinach leaves add interest, and bits of crispy bacon add a salty tang to the pasta dish.

Ingredients

4 slices bacon, crosswise-cut into 1/2-inch-wide pieces
3/4 pound boneless, skinless chicken breasts, cut into 3/4-inch pieces

10 ounces farfalle (bowtie) pasta (about 4 cups)
2 1/2 cups reduced-sodium chicken broth
4 cloves garlic, minced, or 2 teaspoons bottled minced garlic
1 1/2 teaspoons dried Italian seasoning
1/2 teaspoon coarsely ground black pepper
1 cup heavy cream
1 cup grated Parmigiano Reggiano cheese or Parmesan cheese
3 cups baby spinach leaves
1 cup halved cherry tomatoes

Directions

1. Place removable pan inside pressure cooker. Using sauté function, cook bacon, uncovered, until crisp. Use slotted spoon to remove bacon, leaving drippings in pan. Drain bacon on paper towels. Leave 1 tablespoon of the drippings in pan, discarding any remaining.
2. Add chicken, half at a time, to bacon drippings in pan. Using sauté function, stir-fry chicken for two to three minutes or until cooked through. Use slotted spoon to remove chicken from pan. Repeat until all chicken is cooked. Press cancel.

3. Stir pasta, broth, garlic, Italian seasoning and pepper into drippings in pan. Secure lid and set pressure release to sealing function. Select high pressure setting and cook for five minutes. Press cancel.

4. Allow pressure to release naturally for five minutes. Move pressure release to venting function to release any remaining steam. Remove lid.

Stovetop directions

1. In Dutch oven, cook pasta according to package directions. Drain. Rinse with cold water. Drain well. Set aside.
2. Use paper towels to wipe out the Dutch oven. Add bacon. Cook, uncovered, over medium heat until crisp. Use slotted spoon to remove bacon, leaving 1 tablespoon of the drippings in the pan. Drain bacon on paper towels. Discard any remaining drippings.
3. Add chicken, garlic, Italian seasoning and black pepper to drippings. Cook over medium-high heat for two to three minutes or until chicken is nearly done, stirring frequently.

4. Stir cream into chicken mixture. Bring to boiling. Reduce heat. Simmer, uncovered, for three minutes. Remove from heat.

5. Add pasta, bacon, spinach and Parmesan cheese to chicken mixture. Gently toss until spinach wilts. Sprinkle with tomatoes.

6. Stir cream into pasta mixture. Using sauté function, cook and stir, uncovered, until boiling. Boil, uncovered, about four minutes or until sauce just generously coats pasta, stirring frequently. Press cancel. Stir in chicken and Parmesan cheese.

7. Place spinach and bacon in large bowl. Pour pasta mixture over top. Toss until combined. Ladle into serving bowls. Top each serving with tomatoes.

Yield: 8 cups; 8 servings; (1 serving = 1 cup)

Recipe source: www.milkmeansmore.org/recipe/pasta-and-chicken-in-garlic-cream-sauce/

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Chef Justin Beckett's Pimento Cheese

PROVIDED BY:

Arizona Milk Producers

Southern Rail pimento cheese.



Photo provided by Southern Rail Restaurant (southernrailaz.com).

Q. What makes this recipe unique?

We reached out to popular local Arizona chef Justin Beckett to ask if he would do a Facebook Live cooking demo of one of his most popular recipes that includes dairy. He chose pimento cheese, known as the “caviar of the South” and a very popular item served at the Masters Tournament for over 50 years. The video has drawn over 1.2K views and 108 engagements on Facebook. You can view the recorded demo here: youtu.be/yYLoMS4P3cc

Ingredients

- 1 pound cream cheese
- 3/4 cups mayonnaise
- 4 cups shredded yellow cheese
- 3 jalapeños
- 5 large red bell peppers

- 2 bunches of green onions
- 3 tablespoons powdered garlic
- 3 tablespoons cider vinegar
- 1 teaspoon Cajun spice
- 1 teaspoon cayenne pepper
- 2 tablespoons Crystal's Hot Sauce
- 2 teaspoons kosher salt

Directions

1. Roast or grill the red peppers until they are charred on all sides but not burnt.
2. Place them in an airtight container to “sweat” and cool so they become easier to peel.
3. Peel and de-seed the peppers. (You can purchase pre-roasted bell peppers at your favorite grocery.)
4. Medium dice the peppers and

place them in a strainer to let the excess juice drain off.

NOTE: Adding in too much bell pepper juice will cause the cheese to turn a funky pink color.

5. Small dice the jalapeños (remove the seed and stem) and set aside.
6. Whip the cream cheese in a kitchen aid mixer with the paddle attachment until smooth.
7. Add in the mayonnaise and mix until combined; make sure to scrape down the side of the bowl with a rubber spatula.
8. Add in the garlic powder, green onion, vinegar, cayenne pepper, hot sauce and salt.

Mix again until fully incorporated.

9. Remove the bowl from the mixer and add in the shredded cheese, bell peppers and jalapeños; mix by hand just until combined. *Do not over-mix*

10. Store in airtight container in the fridge until ready to use.

Serve pimento cheese with chips, crackers, toast points or sliced veggies. It's also great as a grilled cheese or tea sandwiches.

Yields 1 1/2 quarts

Recipe source: arizonamilk.org/recipes/southern-rail-pimento-cheese



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Zucchini Pizza Boats



Photo provided by Food Hero.

Zucchini pizza boats are an inexpensive and fun way to cook with your kids.

PROVIDED BY:
Oregon Dairy and Nutrition Council



Q. What makes this recipe unique?

In March of 2020, as unknowns of the COVID-19 pandemic disrupted everyday lives of families worldwide, parents looked to the internet for ideas to keep their children busy while they were homebound. The Oregon Dairy and Nutrition Council (ODNC) was there to help by encouraging parents to use simple recipes with dairy ingredients to spend time together in the kitchen.

Recognizing that when children help prepare meals, they not only learn math skills and fine motor coordination but also are more likely to try new foods, ODNC enlisted the help of staff member Stacy Foster's 5-year-old daughter to create a video to show just how simple (and fun) cooking together could be. The video reached nearly 24,000 people on Facebook and was shared 90 times.

ODNC highlighted an Oregon SNAP-Ed partner, Food Hero, to choose a recipe that was affordable and gave Oregonians recipes that included dairy options through their website, www.foodhero.org. They have great recipes as well as nutrition education activities for

children and food demo activities.

What recipe will your family pick next?

Ingredients

- 2 medium zucchini
- 1/2 cup tomato-based pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons Parmesan cheese

Directions

1. Heat oven to 350°F.
2. Wash zucchini. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of zucchini.
3. Place zucchini halves in a small baking dish. Spoon pasta sauce into zucchini halves. Top with mozzarella and Parmesan cheeses.
4. Bake for 25 to 30 minutes or until zucchini can be pierced with a fork and cheese is bubbly and brown. Serve warm.

View the recipe video here: odncouncil.org/?s=zucchini+boats

Recipe source: www.foodhero.org/recipes/zucchini-pizza-boats

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