

Homestead Notes

Pat Erway, Editor



The Experts Show You How...

Try Your Hand At Making Dairy Products

By Sally Bair
Feature Writer

Lancaster County boasts some unique dairy recipes, some of which are still made in the home, and some of which are made primarily by small businessmen. As part of LANCASTER FARMING's continuing salute to the dairy industry, we are including some recipes and brief stories of a few of these Lancaster County dairy products.

Egg Cheese and Cup Cheese

Egg cheese and cup cheese come to mind instantly when one thinks of traditional Pennsylvania Dutch dairy products. Robert S. Shenk, Lancaster RD6, who has been making these dairy products "ever since I was a kid", agreed to share his recipes and techniques.

Shenk sells his local products at his stand at Central and Southern Markets in Lancaster. In addition

to egg cheese, cup cheese and ball cheese, he also sells other local products, including jams, jellies and chow chow. His cheese recipes were developed and expanded from family recipes. Cup cheese got its name because it was measured in cups for customers.

EGG CHEESE

2 quarts sweet milk
1 pint sour milk or buttermilk
4 eggs
2 Tablespoons sugar
1 teaspoon salt

Bring sweet milk to a boil. Beat together eggs, buttermilk, salt and sugar - eggs must be completely broken up. When sweet milk is boiling, pour the eggs and buttermilk mixture into the boiling milk. Curds will come to the top. Lift curds out with sieve or perforated ladle. Put into holey mold (colander or sieve will do) and drain until it will hold its form.



Robert S. Shenk dips egg cheese into the perforated molds where they will drain and take shape.

CUP CHEESE

4 gallons skim milk
½ cup buttermilk
1½ teaspoon soda
2 teaspoons salt
3 cups water (or milk)

Heat skim milk to 86 degrees in double boiler. Add cultured buttermilk and let stand six to eight hours until thick. Break up curds and heat to 112-116 degrees until curds drain readily. Drain, press until fairly dry. Crumble curds as fine as you can make it (Shenk uses a meat grinder and crumbles the curds to about the size of a rice grain.) Place in crock or in pans. When warm, after eight to 12 hours, stir and add two teaspoons salt. After eight to 12 hours, stir again and add 1½ teaspoon of bicarbonate of soda. After another eight to 12 hours agitate at intervals until it develops a curd which is clear and yellow. This agitation should be continued at regular intervals from three days to several weeks

to develop the clear curd. The longer this period, the stronger, more flavorful the product will be. Cook with either sweet milk or water (three cups). When completely dissolved (around 140-160 degrees) pour into cups and it is ready to use when cold.

Homemade Ice Cream

Everyone likes homemade ice cream, and everyone seems to have his favorite recipe. Here Lancaster County's Dairy Princess Donna Book shares one of her favorites.

Donna, the daughter of Mr. and Mrs. Roy H. Book, Ronks RD1, is completing her year's reign this month. It was her job to speak up for milk in many public appearances throughout the year, and she says, "I really loved it. I would definitely encourage other girls to enter the contest."

Donna is 18 and a member of the Paradise Mennonite Church. She is very active in Youth for Christ, having been a leader of



Lancaster County Dairy Princess Donna Book shows how it's done with a hand cranked homemade ice cream freezer.

the senior high club and is now secretary of the alumni club. She is employed as a secretary for Nolt, Incorporated, and certainly will continue to be a spokesman for Lancaster County's leading agricultural industry.

Donna says strawberries are her "favorite fruit" so with the strawberry season approaching, you may want to try this refreshing ice cream recipe.

STRAWBERRY ICE CREAM

1 quart crushed strawberries
2 eggs
1 cup sugar
3 cups milk
3 cups whipping cream
½ teaspoon almond extract
¼ teaspoon salt

Sweeten berries to taste. In a large mixing bowl beat eggs until foamy. Gradually add sugar, beat until thickened. Add milk, cream, almond extract and salt. Blend in strawberries. Chill. Churn-freeze. Yield: Approximately one gallon.

Note: Approximately three pints fresh strawberries or approximately two pounds frozen strawberries (three 10-ounce packages or two 16-ounce packages.)

Homemade Butter

Sweet cream butter is a product which was once made on every farm, but is fast going the way of many other homemade goodies - it's easier to buy than to churn yourself.

Mrs. Paul G. Martin, Lititz RD2, still makes about 12 pounds of butter once a week, mostly for her family's use, although she said she does sell a little of it. Her

churn is mechanized, so a little of the hard work is eliminated, but

it still takes plenty of elbow grease to work out the butter in its final form.

Mr. Martin is a farmer and milk hauler, and they have 10 children. Mrs. Martin said she

learned to make butter when she was about 16, at her home, and she has been making it regularly ever since.

Sweet Cream Butter

1 quart heavy cream should make 1 pound butter
1 scant teaspoon salt for each pound of butter.

Have cream temperature at about 60 degrees. Churn until butter particles cling together to one solid lump. Drain off buttermilk, and wash butter in clear cold water. Add salt and work into butter. At the same time

work out and drain off excess water. Mold and wrap in butter paper.

(Continued On Page 27)