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Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

MILK DRINKS FOR CHRISTMAS

Well, my friends, those jolly times of Christmas are once again approaching. And men of good cheer are supposed to imbibe. And parties occur across the land. And many punches are introduced. And eggnog is a special favorite.

But I've a hunch that there is a whole population out there who for one reason or another might prefer non-alcoholic drinks. Certainly, our children want punches they can drink along with enjoying the decorations and all the festivity.

So let me repeat, by request, some of what I said at this time several years ago and give you some actual recipes you may want to employ.

Special Milk Drinks

For young people and old I have always thought special milk drinks and punches are a great holiday treat. And more nutrition

per calorie, by far, than other beverages.

So here's one called Party Punch. Calls for 1 qt. whole milk, 3 pt. orange sherbert, and 1 qt. lime-grapefruit carbonated beverage. Combine milk and sherbert. Beat smooth. Add chilled lime-grapefruit and stir gently until just blended. Scoop or spoon remaining sherbert on top. Makes 28 half-cup servings. For variety you could substitute lime or raspberry sherbert for the orange sherbert.

Or Peach Almond Shake. You'll need 2 cups frozen or canned peaches and syrup, 1 pint vanilla ice cream, 2 cups cold milk, ¼ teaspoon almond extract. Put ingredients in blender or mixing bowl. Beat two minutes or until smooth and frothy. Makes 4 servings. Variations of this can be mixed by using other flavors or actual fruit such as bananas, crushed pineapple, and so forth.

Basic Eggnog

Basic eggnog, if not purchased already prepared from your dairy, calls for 4 eggs, separated, ½ cup sugar, ¼ teaspoon salt, 3 cups of milk, 1 cup of whipping cream, ½ teaspoon vanilla, nutmeg as desired. Beat egg yolk, gradually add ¼ cup sugar and salt, beating constantly. Add milk and cream gradually. Cook over hot water or low heat, stirring constantly, until mix thickens and coats a metal spoon. Cool. Add vanilla and chill thoroughly. Beat egg whites to soft peaks while gradually adding remaining ¼ cup sugar. Beat chilled custard until smooth and frothy. Fold egg whites into custard. Sprinkle nutmeg on top. Makes 16 half-cup servings.

Witmer Cow Cited

Holliknoll Billys Pride a seven year old, Registered Guernsey cow, owned by Raymond & Louise Witmer, Penn-Del Farm, Willow Street, has completed an official DHIR actual production record of 14,450 pounds of milk and 645 pounds of butterfat, in 305 days two times a day milking, according to The American Guernsey Cattle Club.

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Good Advice

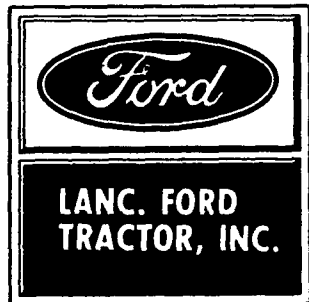
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Paul J. Boyer, President of Lancaster Ford Tractor Inc. and S. Dale High, Partner of High Realty Company, announced that plans have been completed for the new structure, and ground breaking will take place in the near future. The new facilities will be located at the corner of McGovernville Road and Flory Mill Road in East Hempfield Township. Completion is scheduled for early next year.



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