

# Make Tasty Dairy Products at Home

You may not realize it, but you can make delicious cultured dairy products in your own home. These products include buttermilk, yogurt and cottage cheese. All require microbial action to turn milk sugar into lactic acid.

Dr. Joseph F. Mattick, professor of dairy technology at the University of Maryland in College Park, has come up with simple methods for persons interested in such adventures. He says that your best sources for the microorganism cultures required in making these products are commercial buttermilk and yogurts.

In order to make a quart of buttermilk, you need one tablespoon of a commercial buttermilk and a quart of whole milk. Reconstituted nonfat dry milk can be substituted for whole milk. In this case, Dr. Mattick suggests getting the instant variety. It goes into solution much easier.

Once the ingredients have been combined, the mixture should be allowed to stand at 70 to 72 degrees F. for 14 to 16 hours. If the temperature is raised, the process will speed up. At 80 to 85 degrees

F., it takes only 5 to 6 hours for the mixture to coagulate.

After the milk has coagulated, add salt to satisfy individual tastes. Then shake the milk until it forms a flowing liquid.

You can make your own "starter" culture at home for future use by the following method: To a pint of milk add one-half teaspoon of buttermilk. Keep it at room temperature for 14 to 16 hours, or until it coagulates. Then store the culture in your refrigerator until you are ready to make your next batch of buttermilk.

Cottage cheese is prepared in much the same way as buttermilk, says Dr. Mattick. But he cautions soft curd makers to never use aluminum pots. Instead, utilize glass or stainless steel containers.

Following the same steps as used in making buttermilk, let the milk coagulate. However, this time do not break up the curd.

Pour the coagulated milk into several layers of cheesecloth, as you would in obtaining juice from fruit when making jelly. The

whey will drain out, and the solid product left will be the cottage cheese. It can be salted to taste.

There are several ways to use cottage cheese. Cream can be added to make a cream-style cottage cheese. The finished product can be used as a main ingredient in cheesecake. Or the curds can be chopped very finely to make a cottage cheese dip.

Finally, your homemade cottage cheese can be combined with sugar and cinnamon, fruit cocktail, pineapple, chopped onions or garlic salt and used as the main part of a summer-time meal.

For yogurt, a different organism is needed in the culture. A tablespoon of plain, fresh yogurt should be used with a quart of whole milk. Reconstituted non-fat dry milk can be substituted. If firm yogurt is desired, use more than the recommended amount of nonfat dry milk solids.

Yogurt requires a higher temperature than buttermilk and cottage cheese, Dr. Mattick notes. It must be incubated at 105 to 115 degrees F. This can be accomplished by placing an electric heating pad in a box with containers holding the milk and yogurt mix. Use the lowest heat setting on the control knob. Some organic food stores have yogurt-making units which can be used in place of the heating pad.

Once the temperature has reached 105 to 115 degrees F., it takes about 5 to 6 hours for the coagulant to form. Dr. Mattick observed that your first effort might take a little longer.

If you like a fruit-flavored yogurt, add fruit to the bottom of the container into which you pour the finished product. Jams can be used in place of fruit. Flavoring can also be added. If you like a little sweetness in your yogurt, just add sugar.

Again, you can "carry" your own starter culture by setting aside a little of the original yogurt and milk mix.

## Society 6

Farm Women Society 6 met Saturday, June 7 in the Elizabethtown Church of God. Guests were members of Society 23 and county officers. Hostesses were Mrs. Harry Shonk, Mrs. Martha Eshleman, Mrs. Samuel Myer, and Mrs. Anna Brandt. Devotions were in charge of Mrs. Ray Hixon. The theme of the meeting was weddings and roll call was answered by naming your wedding date.

The speaker of the afternoon was Mrs. Walton Moyer who told of experiences at weddings and wedding customs. After telling about Japanese weddings, she introduced Mrs. Paul Rice who was dressed in Keiko Mumford's Japanese wedding gown. Mrs. Rice sang one of the numbers from "Madame Butterfly".

Mrs. Moyer also told about Jewish weddings, after which Mrs. Stanley Beery and Mrs. John Gerber sang "Sunrise, Sunset" from "Fiddler on the Roof". They were accompanied by Mrs. James Heigel. Mrs. Moyer then called on another guest, Mrs. John Hoover, who had just arrived from the Philippines. She told about marriages among the Moslems and her own Christian marriage. She is the daughter-in-law of member Muriel Saylor.

Several numbers were presented on the accordion by Mrs. Lorraine Royer before members and guests went to beautifully decorated tables. She also played and sang several numbers while delicious refreshments were served.

The next meeting will be held on July 5 at the summer home of Mrs. E. Musser Heisey in Mount Gretna.

## Silver Spurs 4-H Meets

The June meeting of the Silver Spurs 4-H Horse and Pony Club was held at the home of Cherri Gochnauer, Centerville. There were 26 members and 4 leaders in attendance. The meeting was called to order by the president, Jim Glick.

A committee for the club's open horse show to be staged August 17th at the Lancaster Riding Club was selected. Teen leaders who had planned the horse clinic held on June 7 were recognized for their work. They included: Leslie Wimpenny, Leni Matroni, Roberta Stein, Margaret Keeney, Amy Katz, Beth Robbins, Patti Nauman and Sue Baker along with Cherri Gochnauer.

Several of the club's members will be visiting Colorado on the 4-H Exchange Trip on June 28th through July 9th.

The Club will hold its Grooming and Showmanship Clinic at the home of Randy

and Jim Glick, Leola on June 17th. The Junior division will start promptly at 7:00 p.m. and the senior division at 8:00 p.m. In order to be eligible to participate in the 4-H County Round-up on July 19th the member must attend this grooming and showmanship contest.

Demonstrations were presented by Cherri Gochnauer on the skeletal system of the horse with Brian McCall giving a demonstration on the History of Bits. Mike McCall gave a talk on Bits and their purposes.

The next meeting will be held at the home of Leslie and Mike Wimpenny at 7:00 p.m. on July 15. There will be a swimming party following the meeting.

Margaret Keeney  
News Reporter

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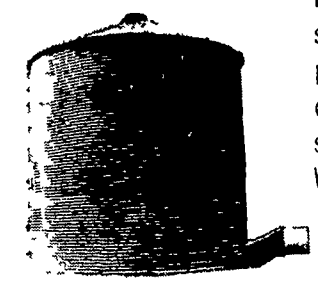
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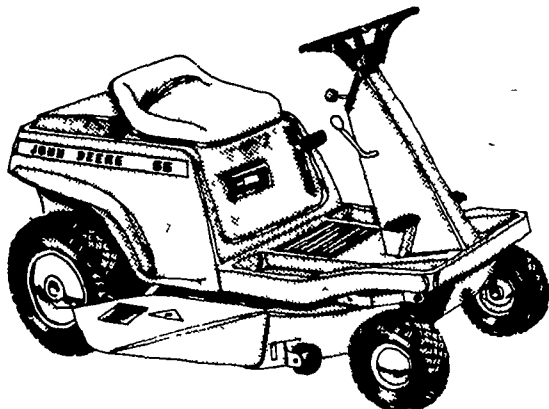
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