

Home On The Range



Goat Milk Brims With Nutrients

States, milk is synonomous with cow milk. Yet on a world wide basis, there are more people who drink milk from goats than any other animal.

Goat milk has a more easily digestible fat and protein content than cow milk. Consequently, many people who can not tolerant milk in their diets find that goat milk is easily digestible. Doctors often prescribe goat milk for those who have allergies or ulcers.

Goat milk is naturally homogenized. The protein value for goat milk is similar to a cow, but goat milk does have greater amounts of vitamin A, riboflavin, niacin and some B vitamins.

Jacob and Jane Fisher, who raise 60 milking goats on their Manheim farm, noted that goat milk must be cooled quickly since sanitation is important. The Fishers operate one of the few dairy farms in the area. They report that there is a real demand for goat milk, especially in large cities where ethnic groups prefer goat milk and specialty items made from it.

Loyal goat milk uses have submitted the following recipes which promise to add flavor and variety to menus. Try them.

COTTAGE CHEESE 1 gallon fresh goat's milk 1/2 rennet tablet

1 tablespoon cold water salt

Heat the milk to 100 degrees. Dissolve the rennet tablet in the water and add. Stir a few seconds, take off the heat source and let stand undisturbed for 1 to 3 hours until a firm curd has formed.

Now you are ready to make your cheese. Looking down at the cheese from above, cut, with a long knife, slots first in one direction then at right angles about an inch square. Reach completely to the bottom of the pan of milk. Then start from the side of the pan and make diagonal cuts, first from one side and then the other. You now have cubes of cheese.

Now stir gently with a spoon while you heat the curd to 105 and milk to soft ball-238 degrees. degrees. The stirring prevents the Cool slightly, beat until creamy, curd from sticking to the bottom. add vanilla and nuts. When the temperature is reached, shut off heat source, place cheese

To most people in the United cloth in a large sieve and place this in a large bowl. Pour cheese mixture into it. As the whey drains off the cheese, place the whey back into the original container and save to make Ricotta cheese.

After the whey has drained off the cheese, rinse the cheese in water, and then in ice water, and let drain a few minutes. Place into a refrigerator storage container and add salt and possibly some milk to taste.

MICROWAVE FUDGE 1 pound powdered confectioner's

sugar

1/2 cup cocoa 1 teaspoon vanilla

¹/₄ cup goat's milk

pound butter 1/4

Mix ingredients and put in microwave full power for 21/2 minutes.

If desired, add one of the following ingredients: 1 cup peanut butter, 1/2 cup marshmallow cream, 1 cup miniature marshmallows, 1/2 cup nuts.

Jenny Bigelow Blair Co. Dairy Princess

FANTASTIC FUDGE 2 cups granulated sugar

3/3 cup goat milk

- cup cocoa 1/4
- 2 teaspoons vanilla
- 4 tablespoons butter
- ¹/₂ cup peanut butter

1 cup confectioner's sugar

Combine granulated sugar, goat milk and cocoa. Stir over medium heat to softball stage. Remove from heat and add remaining ingredients but do not stir. When cool enough to hold hand on pan, heat until fudge loses its gloss. Pour into pan and cool.

Nancy Kramer Newmanstown **GOAT MILK FUDGE**

2 cups sugar

- ⅔ cup goat milk
- 1/1 cup cocoa
- 2 tablespoons white corn syrup 2 tablespoons butter
- ¹/₄ teaspoon salt
- 1 teaspoon vanilla
- ¹/₃ cup nuts

Cook sugar, cocoa, syrup, butter

Goat milk can be substituted in any recipe that calls for milk.

FETA CHEESE 2 rennet tablets 1 gallon goat milk

Heat the milk in a sterilized porcelain or stainless steel pan to 92 degrees. Dissolve the rennet tablets in 3 tablespoons of cold water and then add dissoved rennet slowly into the heated milk and stir. Milk can then be removed from the heat source. The mixture will thicken within thirty to thirtyfive minutes. When the curd can be moved from the side of the pan with a gentle push from a clean knife, you can begin to cut the curd. Cut the curds into two-inch cubes. Pour the cut curds and whey into a clean cheesecloth and allow it to drain. When most of the whey has drained, tighten the cheesecloth from the top. This will force out any remaining whey and will

Goat's milk to fill 6-quart treezer Beat eggs until lemon-colored. Add sugar, vanilla, condensed milk and mix well. Add unflavored gelatin which has been dissolved in one cup of goat's milk. Mix well. Add goat's milk to fill

6-quart ice cream freezer and turn

The recipe is deliciously creamy. It doesn't get too hard and leftovers freeze well.

> Doris Leer Hagerstown

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Featured Recipe

Spring is gong to sizzle with the gourmet cheeseburger promotion sponsored by the American Dairy Association and the Beef Industry Council and Beef Board.

Watch for advertising on TV, national magazines and in your local grocery store which will feature Gourmet cheeseburgers that use a patty of premium or lean ground beef and two types of domestic cheeses.

Try this featured recipe and pick up a free recipe booklet featuring more Gourmet cheeseburgers. Over 25,000 stores will ofer the recipes to customers.

Bacon Cheese Burgers

until hard.

Jane Fisher Manheim

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

March

2-

19-	Recipes Using	Lemon
26-	Easter Dinner	

April Using Hard-Boiled Eggs cause the weight of the curd to press upon itself. Allow it to hang in the tightened cheesecloth for three to five hours.

Remove the cheese from the cloth and slice it into one-inch thick slices. Take the saltbox and liberally salt both sides of each slice. Wrap all of the slices together in foil and refrigerate. Do the same with the salt and the cheese the next day. Store refrigerated for five days. Prepare yourself for a salty but flavorful cheese. Jean Fisher Manheim

GOAT'S MILK ICE CREAM 5 eggs

2 cans sweetened condensed milk

1 cup sugar

3 tablespoons vanilla

1 envelope unflavored gelatin

On English Muffins Preparation time: 15 minutes Cooking time: 11 to 13 minutes 1 pound ground beef (85 per cent lean) ¹/₂ teaspoon salt 1/4 teaspoon ground red pepper % cup sliced mushrooms 1 tablespoon butter 1/4 cup sliced green onion 2 English muffins, split, toasted 4 slices Colby cheese, quartered ³/₄ cup (3 ounces) shredded Muenster cheese 4 slices bacon, cooked, crumbled Combine ground beef, salt and red pepper, mixing lightly but thoroughly. Divide into 4 portions and form into patties, 1/2 inch thick. Place on rack in broiler pan so burgers are 3 to 4 inches from heat. Broil 10 to 12 minutes, turning once. Meanwhile saute mushrooms in butter until tender; remove from heat and stir in green onion. Top each muffin half with equal amounts of Colby cheese, burger, mushroom mixture and Muenster cheese. Place under broiler to melt cheese. Sprinkle each with bacon. 4 servings.