

# CALIFORNIA

## DAIRY TALES



Recipes  
and stories  
from the  
nation's  
leading  
dairy state



California Milk Advisory Board  
An instrumentality of the Department of Food & Agriculture, State of California

## CALIFORNIA'S RICH DAIRY HISTORY

California is the country's leading dairy state with a rich dairy history reflecting traditions and practices going back more than 200 years.



**iViva el queso!** – In the late 1700s, Spanish missionaries and colonists brought the first cows to California, which provided the missions with milk for drinking and cheesemaking.

### Dairy Gold –

During the Gold Rush, butter and cheese had to be shipped from the East Coast to meet growing demand from prospectors. Entrepreneurs began importing milk cows to increase local production, thus jumpstarting California's dairy industry.





One ounce of natural cheese such as Cheddar, Jack or Mozzarella contains approximately 20 percent of an adult's recommended daily calcium intake.



Milk and dairy products are among the richest food sources of calcium available, and calcium is important in building strong bones.



## Delicious, Nutritious Dairy

California's milk standards exceed federal standards because California processors add nonfat milk solids which offer improved taste and nutritional benefits.

### California Spa Yogurt Cup

From the land of sunshine, fresh air and healthy living comes a delicious California yogurt snack that you can feel good about! Great for breakfast on the run or a quick bite before visiting the spa or gym. *Yield: 1 serving*

3/4 cup nonfat California yogurt (plain or flavored)	1/2 cup low-fat granola
1 1/2 teaspoons no-sugar preserves	1/2 cup diced fruit (berries, banana, melon or apple)

Spoon half the yogurt into a bowl or parfait glass. Add half of the preserves, half of the granola and half of the fruit. Repeat with one layer of each of the remaining ingredients.

Adapt this delicious snack to suit your taste with the following variations: Strawberry yogurt, sliced strawberries and bananas, strawberry preserves. Peach yogurt, diced fresh or frozen peaches, 1 tablespoon toasted pecans. Apricot mango yogurt, chopped dried apricots, 1 tablespoon toasted walnuts.



### Tangy California Dairy Dressing

With the abundance of fresh produce throughout the state, salads are a mainstay in California. This low-fat dressing jazzes up any green salad with a burst of bold flavors and a cool creamy finish that is sure to please. *Yield: 1 1/2 cups*

1 cup low-fat California cottage cheese	2 tablespoons chopped green onions
1/2 cup plain nonfat California yogurt	1 small clove garlic, peeled
2 ounces California Feta	1/2 teaspoon salt
1 teaspoon lemon juice	

Place all ingredients in a blender or food processor and process until smooth, about 2 minutes. You can store refrigerated in a tightly sealed container for up to one week.

## Apple, Ham and California Cheddar on Sourdough

This savory sandwich features California Cheddar, ham and fresh crunchy apple slices in a delicious combination that comes together quickly and easily. Grilled San Francisco-style sourdough bread adds a nice tanginess to this comfort food favorite. This tasty version of the classic grilled cheese sandwich is adapted from *Great Grilled Cheese* by Laura Werlin. *Yield: 4 sandwiches*

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2 tablespoons California butter, room temperature  
8 slices San Francisco sourdough bread (1/4-inch thick)  
4 slices ham (about 1/8-inch thick)  
1 small apple (about 5 ounces) cut into 1/8-inch-thick slices  
1 1/2 cups (6 ounces) grated California Cheddar

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On 4 slices of bread, butter one side of each slice. On each unbuttered side, place a slice of ham, 4 to 5 apple slices and 1/4 of the grated cheese. Butter the remaining 4 bread slices and place, buttered side up, on top of each sandwich, pressing down slightly. Heat a large nonstick pan over medium-high heat, cover and cook each sandwich for 4 to 5 minutes or until the bread is golden brown and the cheese has begun to melt. Flip the sandwich and cover for another 4 minutes or until both sides are golden brown and the cheese has melted completely. Serve immediately.

## Buttery Garlic Bread

The town of Gilroy, California, has earned the nickname "Garlic Capital of the World" for its prodigious garlic crop. Celebrate Gilroy's finest by combining rich California butter with flavorful garlic to create the perfect garlic bread. *Yield: 4 half-loaves*

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1 cup California butter	1/4 teaspoon dried oregano
1/2 cup olive oil	2 loaves sweet French bread
4 cloves garlic, sliced	3 tablespoons finely chopped fresh parsley
1/2 teaspoon black pepper	

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In a small saucepan, melt butter; add olive oil and garlic. Warm over medium heat for 1 minute. Add black pepper and oregano. Cut loaves in half lengthwise and brush with garlic butter mixture. Sprinkle with parsley and toast on a grill or under a broiler until golden brown. Serve immediately.



## Fruity Golden State Licuado

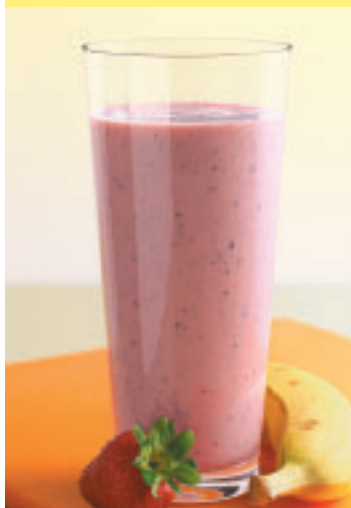
The Licuado is a refreshing fruit-and-milk drink that hails from Mexico and Central America, where delicious variations are served just about everywhere. In California you'll find them in Hispanic neighborhoods and, increasingly, in trendy restaurants. They are as easy to make as they are delicious, so try this version at home. *Yield: 4 servings*

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1 cup California milk	1 medium ripe banana, peeled and sliced
1/4 cup orange juice concentrate, undiluted	4 ice cubes
1 cup chopped fruit (strawberries, mango or papaya)	

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In blender combine milk, orange juice concentrate, fruit of choice, banana and ice cubes. Blend until smooth. Serve.





### California's Happy Cows

Those popular emissaries of California's dairy industry, the Happy Cows, have packed their bags to travel from coast to coast to remind people that "Great Cheese comes from Happy Cows. Happy Cows come from California." The Happy Cows television advertisements proved so popular with Californians that they are now airing nationally and winning more and more fans for Real California Cheese. You can view the latest hijinks of the blissful bovines online at [www.RealCaliforniaCheese.com](http://www.RealCaliforniaCheese.com).

## CALIFORNIA'S RICH DAIRY HISTORY

**The Dairy Industry Takes Root** – In the 1850s, the Point Reyes peninsula north of San Francisco became home to one of the first commercial dairies in the country.



**A California Original** – California made a permanent impression on the nation's cheese lovers in 1882 when Monterey businessman David Jacks began selling a soft white cheese that soon bore his name – Monterey Jack.

**Growing Acclaim** – Like the state's wines, California's cheeses are winning acclaim at cheese competitions across the U.S. and in Europe. In recent years, California cheeses have won more awards at the prestigious American Cheese Society judging than any other state.



## California-Style Asian Pizza

What could be more “California” than combining Asian flavors with California cheese for a delightful twist on traditional pizza? This variation blends shrimp and peanut sauce with Mozzarella, celebrating California’s status as the nation’s leading Mozzarella producer. For true Asian flavor and to create a crunchy crust, brush the crust with peanut oil before baking.

*Yield: 4 entrée servings*

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1/4 cup bottled peanut sauce	1 cup (8 ounces) bay shrimp, cooked and drained well (or substitute medium-sized shrimp, cooked, peeled and cut into pieces)
12- to 14-inch prebaked pizza crust	2 tablespoons chopped fresh cilantro
2 cups (8 ounces) shredded California Mozzarella	1/4 cup sliced green onions
1/2 cup diced red onion	

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Preheat oven to 425°F. Spread peanut sauce on pizza crust. Sprinkle 1 cup Mozzarella evenly over the sauce. Arrange onion and shrimp evenly over the cheese and sprinkle with remaining 1 cup Mozzarella. Bake about 15 minutes, or until cheese is melted and bubbly and the crust is crisp and golden. Sprinkle green onions and cilantro over hot pizza.

## The Ultimate California Sundae

This ice cream treat combines great flavors from California – rich vanilla ice cream, fresh fruit and crunchy nuts – to create a signature Golden State dessert. This epic sundae was created just for Californians by Bruce Weinstein, author of *The Ultimate Ice Cream Book*.

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### For Topping:

1 quart strawberries, washed and stemmed	1/2 teaspoon almond extract
2/3 cup sugar	2 tablespoons chopped candied ginger
Juice of 1/2 lime	1/3 cup sliced almonds

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Slice berries in half (or into quarters if they are very large) and place them in a large saucepan with the sugar and lime juice. Toss until the berries are well coated with sugar. Set aside for two hours or until the berries have released their juice.

Place the pan with the berries over medium heat. Stir until the sugar is completely dissolved and the mixture comes to a simmer. Add the almond extract and candied ginger. Cook, stirring frequently, for 10 minutes.

Remove the pan from the heat and skim any foam that has formed. Stir in the almonds and allow the topping to cool. Refrigerate the topping for at least 2 hours before using. Extra topping may be kept tightly covered in the refrigerator for up to 1 week. *Yield: About 1 1/2 cups*

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### For Sundae:

2 fresh Black Mission figs, quartered (use dried figs if fresh aren't in season)	2-3 tablespoons whipped cream for garnish
4 scoops vanilla California ice cream	Sliced almonds for garnish
1/2 cup strawberry topping, divided (recipe above)	1 teaspoon chopped candied ginger for garnish

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Place 3 pieces of fig in the bottom of a large sundae glass. Cover the figs with 2 scoops of ice cream. Place 3 more fig pieces over the ice cream along with 1/4 cup strawberry topping. Add 2 more scoops of ice cream and top with the remaining 1/4 cup strawberry topping. Garnish the sundae with the whipped cream, sliced almonds, candied ginger and remaining fig pieces. *Yield: 1 sundae*



## California Butter Cookies

California is the nation’s leading producer of butter and these delicious cookies are all about the great taste of butter. You can also add raisins, nuts, or bits of lemon zest or chocolate. *Yield: About 30 cookies*

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1 cup flour	1/2 cup sugar
1/4 teaspoon salt	1 large egg
1/8 teaspoon baking powder	1/2 teaspoon vanilla
1 stick California butter, softened	

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Into a bowl sift together flour, salt and baking powder. In a separate bowl with an electric mixer beat butter until creamy. Gradually add sugar, beating until mixture is light and fluffy.

Add egg and vanilla and beat until combined well. Gradually add flour mixture, beating until mixture just forms a dough.

Turn dough onto a sheet of waxed paper and form into an 8 X 2-inch log. Roll log in waxed paper and chill until firm, at least 2 hours and up to 5 days. (Dough may be frozen, wrapped in foil, for up to 2 months.) Keep dough chilled between batches and let soften slightly before cutting. Preheat oven to 350°F and lightly butter a baking sheet.

Cut dough into 1/4-inch-thick slices and arrange about 1 1/2 inches apart on baking sheet. Bake cookies in batches in middle of oven until golden around edges, 10 to 12 minutes; transfer with a metal spatula to a rack to cool. Cookies may be kept in an airtight container at room temperature for 5 days.

## CALIFORNIA'S RICH DAIRY HISTORY

### The Central Valley –

As irrigation projects and railroad lines developed toward the end of the 19th century, California's Central Valley became an ideal location for dairies. Today the Central Valley is the center of California's growing dairy industry.



**The Dairy State** – California is well known for its diverse agricultural bounty and dairy is the state's leading agricultural commodity. California became the nation's leading milk producer in 1993.

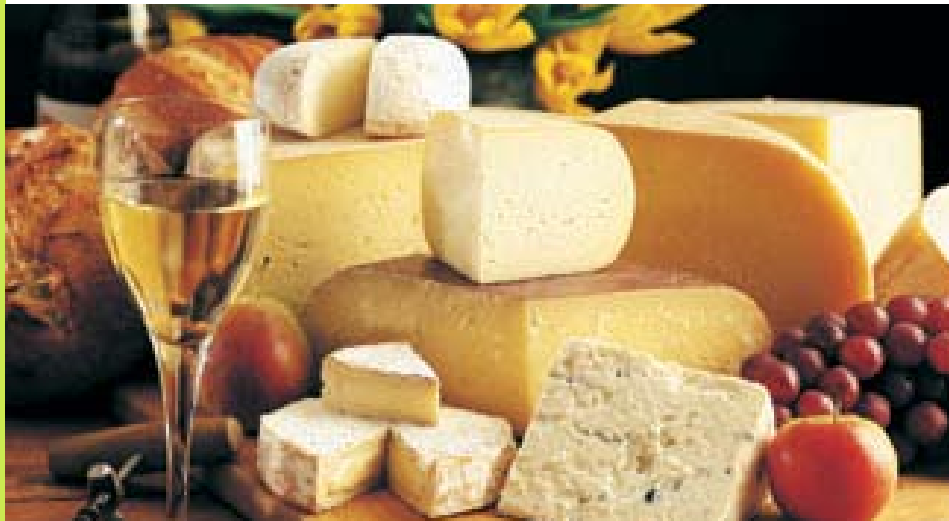
### California Cheese and Wine Pairing Tips

California cheese and wine make delicious partners. And they are easy to pair if you keep in mind a few simple guidelines:

- White wine is easier to pair with cheese than red wine.
- Softer, fruitier wines tend to go with the widest variety of cheeses.

- Sparkling wines go well with many cheeses, as do sweeter types of wine.
- Older, mellow wines pair well with milder cheeses.
- Creamy cheeses are better partners with lighter-style wines with softer tannins.

But remember, if you like a specific combination of cheese and wine, then it's a great pairing!



California is the nation's leading milk producer and the state's dairy processors use that abundant supply of fresh milk to produce some of the country's finest dairy products. Look for the California seal on the package when you purchase cheese, butter and ice cream.



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