

CHAPTER 25

DAIRY PRODUCTS

GENERAL

Dairy products include eggs, milk, and cheese. The various types of products (fresh, dehydrated, and so forth) are discussed separately.

EGGS

Eggs are an important food, high in nutritional value. They can be used in a variety of ways. Eggs add color, richness, and flavor to many other foods in which they are used. The Armed Forces procure fresh shell eggs, dehydrated egg mix, and frozen eggs. Fresh eggs must be stored in a refrigerator and separated from foods which have strong aromas. Frozen eggs must be kept frozen, while powdered egg solids should be kept in a cool, dry place, and used before their expiration date. Eggs are a favorite breakfast item and can be prepared several ways. They can also be used as follows:

- Lighten batters and doughs.
- Thicken gravies, soups, sauces, fillings, and custards.
- Act as a binding agent for meat loaves, coquettes, muffins, cookies, and cakes.
- Garnish salads, cold meats, vegetables and other foods.
- Act as a clarifier for clear soups and other foods.
- Coat chops, chicken, and other foods for frying.

Shell Egg Handling

Procedures for handling shell eggs are described below.

Remove eggs from the refrigerator one hour before use to allow them to warm up. This ensures more uniform cooking, especially when the eggs are fried or baked; keeps shells from cracking when eggs are hard-cooked; and increases the volume of stiffly beaten egg whites.

When cooking two or more eggs together or combining them with other ingredients, break each egg separately in a small dish before combining them. This allows you to discard eggs with a bad odor or poor appearance without spoiling the other eggs or ingredients.

Beat eggs thoroughly to lighten doughs or batters, and beat eggs lightly to thicken, bind, or coat foods.

Add ingredients gradually to stiffly beaten egg whites.

Hot mixtures, such as hot milk or hot sauce, should be added slowly to the slightly beaten eggs to prevent the eggs from curdling.

Fry eggs at low to moderate temperatures to prevent protein from becoming rubbery.

Dehydrated Egg Mix

Dehydrated egg mix can be used in almost the same manner as fresh eggs (for example, scrambled or omelets, griddle cakes, custards, or any type of cooked dessert that calls for fresh eggs). Do not reconstitute more than 25 portions of dehydrated egg mix by the hand method at one time. If you are using a mechanical mixer, you can reconstitute up to 100 servings at the same time. However, do not cook more than 25 servings at a time. Use reconstituted egg mix within one hour or discard it. Dehydrated eggs can be reconstituted by the hand method or the mechanical mixer method.

Hand method. Reconstitute egg mix by the hand method as follows:

- Remove all lumps.
- Pour one-third of the liquid into the egg powder and blend them together.
- Add remaining liquid gradually. Beat until smooth.

Mechanical mixer method. Reconstitute egg mix using a mechanical mixer as follows:

- Pour dehydrated eggs into mixing machine.
- Pour one-third of the liquid into the egg powder. Mix on low speed for one minute, on second speed for two minutes, and on high speed for 30 seconds or long enough to remove the remaining lumps.
- Turn mixer to second speed, add remaining water, and beat until the egg paste and water are thoroughly combined.

MILK AND MILK PRODUCTS

Milk products are essential elements of good nutrition. Because they spoil rapidly and are odor-absorbant, they require special handling.

Fresh Milk and Milk Products

Fresh whole and/or 2-percent milk, cheese, butter, and margarine are served at almost all meals. Since these products absorb odors easily, they should be stored separately from foods that produce strong odors. They should not be frozen as freezing causes some product degradation.

Dehydrated Milk and Milk Products

The two primary dehydrated dairy products are milk and cheese. These products can be used the same as fresh products when reconstituted. For best results, reconstitute according to the manufacturer's guidance or as listed under the General Information Section of TM 10-412.